

Order on the Adoption of the Anti-Doping Rules of the Russian Federation

In accordance with Clause 1, Section 9 of Paragraph 26 of the Federal Law No. 329-FZ dated December 4, 2007 “On Physical Culture and Sport in the Russian Federation” (Collection of the legislation of the Russian Federation, 2007, No. 50, paragraph 6242; 2008, No. 30 (p.2), paragraph 3616, No. 52 (p.1), paragraph 6236; 2009, No. 19, paragraph 2272, No. 29, paragraph 3612, No. 48, paragraph 5726, No. 51, paragraph 6150; 2010, No. 19, paragraph 2290, No. 31, paragraph 4165, No. 49, paragraph 6417, No. 51 (p.3), paragraph 6810; 2011, No. 9, paragraph 1207), I hereby order:

To adopt the Anti-Doping Rules of the Russian Federation developed by the Anti-Doping Organization of the Russian Federation in conformity with the anti-doping rules adopted by the international anti-doping organizations, regulations of the International Convention against Doping in Sport, adopted at the 33rd UNESCO General Conference, Paris, October 19, 2005 and ratified by the Federal Law No. 240-FZ dated December 27, 2006 “On Ratification of the International Convention against Doping in Sport” (Collection of the legislation of the Russian Federation, 2007, No. 1, paragraph 3), and Clause 1, Section 2 of Paragraph 26.1 of the Federal Law No. 329-FZ dated December 4, 2007 “On Physical Culture and Sport in the Russian Federation”.

Minister

Vitaly L. Mutko

Adopted by Order No. 307
of the Ministry of Sport, Tourism and Youth Policy
of the Russian Federation
dated April 13, 2011

ANTI-DOPING RULES OF THE RUSSIAN FEDERATION

I. General Provisions

1. The Anti-Doping Rules of the Russian Federation (hereinafter referred to as “the Rules”) were developed in accordance with the Federal Law No. 329-FZ dated December 4, 2007 “On Physical Culture and Sport in the Russian Federation” (Collection of the legislation of the Russian Federation, 2007, No. 50, paragraph 6242; 2008, No. 30, paragraph 3616, No. 52, paragraph 6236; 2009, No. 19, paragraph 2272, No. 29, paragraph 3612, No. 48, paragraph 5726, No. 51, paragraph 6150; 2010, No. 19, paragraph 2290, No. 31, paragraph 4165, No. 49, paragraph 6417, No. 51, paragraph 6810; 2011, No. 9, paragraph 1207) (hereinafter referred to as “the Federal Law”).

Responsibility for development of the Rules and their implementation lays with the Anti-Doping Organization of the Russian Federation – Non-Profit Partnership Russian Anti-Doping Agency “RUSADA” (hereinafter referred to as “RUSADA”)*.

Provisions of the Rules are in conformity with the regulations of the International Convention against Doping in Sport, adopted at the 33rd UNESCO General Conference, Paris, October 19, 2005 (Collection of the legislation of the Russian Federation, 2007, No. 24, paragraph 2835) and ratified by the Federal Law No. 240-FZ dated December 27, 2006 “On Ratification of the International Convention against Doping in Sport” (Collection of the legislation of the Russian Federation, 2007, No. 1, paragraph 3) (hereinafter referred to as “the Convention”), the World Anti-Doping Code accepted by the World Anti-Doping Agency, and the WADA International Standards.

* Federal Law, Paragraph 26.1, part 2 (1).

Certain regulations of the Code are incorporated into the Rules with no essential changes, except for minor alterations in translation of the name of the organization, sports, numeration of the sections, etc*.

Code provisions not incorporated into the Rules are subject to implementation in accordance with the Convention.

The Rules shall apply to:

- physical culture and sports organizations;
- sports federations;
- organizing committees of the sports events held in the Russian Federation;
- Anti-Doping Organization of the Russian Federation;
- Laboratories accredited or otherwise approved by WADA, other duly authorized anti-doping organizations;
- Athletes:
 - a) members of the physical culture and sports organizations registered in the Russian Federation, independently of their current or permanent place of residence, or otherwise falling under the jurisdiction of the above-mentioned sports organizations;
 - b) participating in physical culture and sports events held by the physical culture and sports organizations or sports events organizing committees registered in the Russian Federation, provided that the Event Regulations do not define its status as that of an international sports event;
- coaches;
- other experts in the field of physical training and sports, including experts in the field of physical training and sports who are the part of national teams of the Russian Federation;
- experts in sports medicine (physicians, instructors-methodologists, massage nurses) (hereinafter referred to as “the Athlete Support Personnel”); parents or other legal representatives of minor Athletes.

II. Anti-Doping Rule Violations

* WADA Code, Paragraph 23.2.2.

2. Doping is defined as the occurrence of one or more violations of the following Rules*:

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 violation described in these Rules.

For purposes of observing the Rules involving the presence of a prohibited substance (or its metabolites or markers), the Rules adopt the rule of strict liability. Under the strict liability principle, an Athlete is responsible, and an anti-doping rule violation occurs, whenever a prohibited substance is found in an Athlete's Sample. The violation occurs whether or not the Athlete intentionally or unintentionally used a prohibited substance or was negligent or otherwise at fault. If the positive Sample came from an in-competition test, then the results of that competition are automatically invalidated according to the Rules. However, the Athlete then has the possibility to avoid or reduce sanctions if the Athlete can demonstrate that he or she was not at fault or significant fault according to the Rules or in certain circumstances did not intend to enhance his or her sport performance according to the Rules.

The strict liability rule for the finding of a prohibited substance in an Athlete's Sample, with a possibility that sanctions may be modified based on specified criteria, provides a reasonable balance between effective anti-doping enforcement for the benefit of all "clean" Athletes and fairness in the exceptional circumstance where a prohibited substance entered an Athlete's system through no fault or negligence or no significant fault or negligence on the Athlete's part. While the determination of whether the anti-doping rule violation has occurred is based on strict liability, the imposition of a fixed period of ineligibility is not automatic. The strict liability principle set forth in the Rules has been consistently upheld in the decisions of CAS.

2.1.2. According to the Rules sufficient proof of an anti-doping rule violation is established by either of the following: presence of a prohibited substance or its

* Federal Law, Paragraph 26, part 1.

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.

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 Rules, the Prohibited List or International Standards may establish special criteria for the evaluation of prohibited substances that can also be produced endogenously.

2.2. Use or attempted use by an Athlete of a prohibited substance or a prohibited method.

2.2.1. It is each Athlete's personal duty to ensure that no prohibited substance enters his or her body. 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. Refusing or failing without compelling justification to submit to Sample collection after notification as authorized in the Rules, or otherwise evading Sample collection.

2.4. Violation of applicable requirements regarding Athlete availability for out-of-competition testing, including failure to file required whereabouts information and missed tests.

2.4.1. Any combination of three missed tests and/or filing failures within an eighteen-month period as determined by RUSADA shall constitute the Rules violation. Separate whereabouts filing failures and missed tests declared by RUSADA and/or by the Athlete's International Federation shall be combined in applying this paragraph of the Rules.

2.4.2. In appropriate circumstances, missed tests or filing failures may also constitute the Rules violation under paragraph 2.3 or paragraph 2.5. of the Rules.

2.5. Tampering or attempted tampering with any part of doping control.

2.6. Possession of prohibited substances and prohibited methods.

2.6.1. Possession by an Athlete in-competition of any prohibited method or any prohibited substance, or possession by an Athlete out-of-competition of any prohibited method or any prohibited substance which is prohibited out-of-competition unless the Athlete establishes that the possession is pursuant to a therapeutic use exemption granted in accordance with paragraph 4.3 of the Rules or other acceptable justification.

Possession by coaches, by other sports and physical education specialists, by sports and physical education specialists who are members of Russian national sports teams, and by Athlete Support Personnel in-competition of any prohibited method or any prohibited substance, or possession by an Athlete Support Personnel out-of-competition of any prohibited method or any prohibited substance which is prohibited out-of-competition in connection with an Athlete competition or training, unless the Athlete Support Personnel establishes that the possession is pursuant to a therapeutic use exemption granted to an Athlete in accordance with paragraph 4.3 of the Rules or other acceptable justification.

2.7. Trafficking or attempted trafficking in any prohibited substance or prohibited method.

2.8. Administration or attempted administration to any Athlete of any prohibited method or any prohibited substance, or any other type of complicity involving an anti-doping rule violation or any attempted anti-doping rule violation.

III. Proof of Doping

3.1. Burdens and standards of proof.

3.1.1. RUSADA shall have the burden of establishing that an anti-doping rule violation has occurred. The standard of proof shall be whether RUSADA 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 the Rules place the burden of proof upon the Athlete or other person alleged to have committed the Rules violation to rebut a presumption or establish specified facts or circumstances, the standard of

proof shall be by a balance of probability, except as provided in paragraph 9.4 and 9.6 where the Athlete must satisfy a higher burden of proof.

3.2. Methods of establishing facts and presumptions.

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

WADA-accredited laboratories are presumed to have conducted Sample analysis and custodial procedures in accordance with the International Standard for Laboratories. The Athlete or other person may rebut this presumption by establishing that a departure from the International Standard for Laboratories 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 International Standard for Laboratories occurred which could reasonably have caused the Adverse Analytical Finding, then RUSADA shall have the burden to establish that such departure did not cause the Adverse Analytical Finding.

3.2.2. Departures from any other International Standard or other anti-doping rule or policy which did not cause an Adverse Analytical Finding or other Rules violation shall not invalidate such results. If the Athlete or other person establishes that a departure from another International Standard or other anti-doping rule or policy which could reasonably have caused the Adverse Analytical Finding or other Rules violation occurred, then RUSADA shall have the burden to establish that such departure did not cause the Adverse Analytical Finding or the factual basis for the Rules violation.

3.2.3. The facts established by a decision of a court or professional disciplinary Committee 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.

3.2.4. The Disciplinary Anti-Doping Committee in a hearing on the Rules violation may draw an inference adverse to the Athlete or other person who is asserted to have committed the Rules 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 Disciplinary Anti-Doping Committee) and to answer questions from the

Disciplinary Anti-Doping Committee or from RUSADA asserting the Rules violation.

IV. The Prohibited List

4.1. Incorporation of the Prohibited List in the Rules.

4.1.1. For purposes of realization of measures to prevent doping in sports and to fight against doping the Ministry of Sport, Tourism and Youth Policy of the Russia adopts lists of substances and (or) methods prohibited in sports according to the Prohibited List.

4.1.2. Prohibited List goes into effect three months after publication of the Prohibited List by WADA on its website www.wada-ama.org without requiring any further action by RUSADA.

4.1.3. WADA publishes and amends the Prohibited List as an International Standard as often as necessary and no less often than annually.

4.2. Prohibited substances and prohibited methods identified on the Prohibited List.

4.2.1. Specified Substances.

For purposes of the chapter IX of the Rules, all prohibited substances shall be “Specified Substances” except substances in the classes of anabolic agents and hormones and those stimulants and hormone antagonists and modulators so identified on the Prohibited List. Prohibited methods shall not be specified substances.

4.2.2. New Classes of Prohibited Substances.

In the event WADA expands the Prohibited List by adding a new class of Prohibited Substance, WADA’s Executive Committee shall determine whether any or all Prohibited Substances within the new class of Prohibited Substances shall be considered Specified Substances under paragraph 4.2.1. of the Rules.

4.2.3. WADA’s determination of the prohibited substances and prohibited methods that will be included on the Prohibited List and WADA’s classification of substances into categories on the Prohibited List are final and cannot be subject to challenge by an Athlete or by other person based on an argument that the substance or method did not have the potential to enhance performance or represent a health risk.

4.3. Therapeutic use.

4.3.1. The Athletes with documented medical conditions requiring the use of Prohibited Substance and (or) Method may at first request a therapeutic use exemption (hereinafter referred to as TUE) of such substances or methods.

The apparent cases of violations of the Rules established by paragraph 2.1, 2.2, 2.6 and 2.8 of the Rules, consistent with the provisions of an applicable therapeutic use exemption issued pursuant to the International Standard for Therapeutic Use Exemptions shall not be considered an anti-doping rule violation.

4.3.2. The Athletes included in the list of Athletes, subject to Testing both during the In-Competition and during the Out-of-Competition period (hereinafter referred to as Registered Testing Pool) of the International Sports Federation or taking part in the international competitions, shall submit request on TUE according to the Rules of the relevant International Sports Federation.

4.3.3. The Athletes with documented medical conditions requiring the use of Prohibited Substance and (or) Method included in RUSADA Registered Testing Pool, and also other Athletes not included in the Registered Testing Pool of the International Sports Federation or RUSADA who need to use Prohibited Substances and (or) Prohibited Methods, shall request RUSADA a therapeutic use exemption. The request for TUE shall be made prior the use of Prohibited Substance or Prohibited method except cases when emergency treatment or treatment of an acute medical condition was necessary or due to exceptional circumstances, there was insufficient time or opportunity for an applicant to submit, or RUSADA to consider, an application prior to Doping Control.

4.3.4. The Athlete's Sports Federation of the Russian Federation should be notified about TU exemptions granted by RUSADA. Relevant International Sports Federation and WADA shall be informed about TU exemptions granted by RUSADA to the Athletes included in the RUSADA Registered Testing Pool and (or) an International Federation Registered Testing Pool when the rules of this International Sports Federation provide possibility of granting TU to RUSADA.

4.3.5. RUSADA assists the Athletes who are under its jurisdiction in applying for a TUE to relevant International Sports Federations.

4.3.6. The RUSADA Committee on Therapeutic Use (further – TUE Committee), according to the International standard for Therapeutic Use Exemptions considers requests for TUE.

4.3.7. WADA, on its own initiative or upon request of the Athlete, can review the RUSADA decision on granting a TUE or denial. If WADA defines that a TUE or denial did not comply with the International Standard for Therapeutic Use Exemptions, WADA may reverse the decision. Decisions on granting a TUE or denial can be appealed according to paragraph 11 of the Rules.

V. Testing

5.1. Conducting Testing and the analysis of Samples

5.1.1. RUSADA has an exclusive right of conducting Testing during any sport or physical culture events taking place on the territory of the Russian Federation, except those events which according to their regulations are referred to the international sport or physical culture events.

5.1.2. Every Athlete to whom the Rules are applicable can be tested by RUSADA, relevant International Sports Federation and others authorized anti-doping organizations according to the Code.

5.1.3. All Athletes, including those who have been suspended or provisionally suspended are subjects of Testing in any place and at any time without prior notification.

5.1.4. The priority is given to target testing. Any Athlete is obliged to undergo Testing if it is conducted by an anti-doping organization that is entitled to it.

5.1.5. Differentiation of powers on Testing conducted during In-Competition and Out-of-Competition is realized on basis of paragraph 15 of the Code.

5.1.6. Samples that have been collected from the Athlete at RUSADA initiative shall be analyzed according to the principles specified in paragraph 6 of the Code.

5.1.7. Sample can be subject of repeated analysis at any time exclusively under instructions of RUSADA or WADA. Circumstances and conditions for repeated analysis of Samples shall correspond to requirements of the International Standard for Laboratories. The consent and prior notification of an Athlete on repeated analysis of Sample are not required.

5.1.8. In order to avoid unnecessary repeated Testing RUSADA shall inform WADA and a relevant International Sports Federation about all conducted tests.

5.2. Requirements to submitting the Whereabouts.

5.2.1. RUSADA defines criteria of inclusion of Athletes in a Registered Testing Pool and forms it in coordination with the relevant Sports Federations of the Russian Federation. RUSADA also reconsiders and changes criteria of inclusion of Athletes in the Registered Testing Pool and, if necessary, reconsiders its structure according to criteria.

5.2.2. All Athletes included in the Registered Testing Pool, shall submit their Whereabouts according to the International Standard for Testing.

5.2.3. The Sports Federation of the Russian Federation is obliged to provide RUSADA with information for formation of the Registered Testing Pool, and also to notify Athletes on their inclusion in the Registered Testing Pool. When Athletes are also included in a Testing Pool of the International Sports Federation, the Athlete is obliged to submit Whereabouts to a relevant International Sports Federation sending relevant copies to RUSADA.

5.2.4. Whereabouts information shall be submitted by Athletes and it is used by authorized anti-doping organizations in conformity with requirements of the International Standard for Testing and the International Standard for Protection of Privacy and Personal Information.

5.3. Retirement from sport and returning to participation in sports competitions.

5.3.1. The Athlete included in the Registered Testing Pool by RUSADA, is obliged to comply with the Rules, including submitting Whereabouts information until the Athlete informs RUSADA in written form about retirement from sport or the Athlete is excluded from the Registered Testing Pool and does not receive the RUSADA notification on his exclusion from the Registered Testing Pool.

5.3.2. The Athlete who has informed RUSADA on retirement from sport cannot participate in sports competitions until he notifies RUSADA not later than three months prior to expected returning to competitions. Such Athlete shall be included in the Registered Testing Pool.

VI. Results Management

6.1. Results management of the Adverse Analytical Findings and possible anti-doping rules violations which have not been based on Adverse Analytical Findings.

In cases when Testing has been initiated by RUSADA results management of the Adverse Analytical Findings and possible anti-doping rule violations which have not been based on Adverse Analytical Findings is conducted as follows:

6.1.1. The results of the analyses shall be sent to RUSADA in compliance of confidentiality of the information. The report of the laboratory accredited by WADA shall be signed by the authorized employee of the laboratory.

6.1.2. Upon receipt from the laboratory accredited by WADA the notification of the Adverse Analytical Finding RUSADA:

a) Determines, whether there is any apparent departure from the International Standard for Testing or International Standard for Laboratories that caused the Adverse Analytical Finding;

b) Determines, whether an applicable TUE of the prohibited substance and (or) the prohibited method has been granted or the inquiry about granting TUE has been received by RUSADA as provided in the International Standard for Therapeutic Use Exemptions.

6.1.3. In case if RUSADA established the fact of departures from the International Standards which have led to Adverse Analytical Findings, or the fact of presence of the TUE or inquiry about its granting, RUSADA makes the decision to stop the investigation, and notifies the Athlete about it.

6.1.4. If the initial review of the Adverse Analytical Findings does not reveal the circumstances listed in paragraph 6.1.2 of the Rules, RUSADA immediately notifies the Athlete and the relevant Sports Federation of the Russian Federation:

a) about a possible violation of the Rules with the indication of the concrete paragraph of the Code;

b) about 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;

c) about the opportunity for the Athlete and/or the Athlete's representative to attend the B Sample opening and analysis if such analysis is requested;

d) about the Athlete's right to request copies of an A and B Sample laboratory documentation package which includes information as required by the International Standard for Laboratories;

e) about the right of the Athlete to be present at a hearing of the Disciplinary Anti-Doping Committee or to waive this right.

6.1.5. RUSADA also notifies relevant International Sports Federation, Ministry of Sports, Tourism and Youth Policy of Russia and WADA about a possible violation of the Rules. The notification shall include the following information: the name and surname of the Athlete, country, sport and discipline within the sport, the Athlete's competitive level, whether the test was In-Competition or Out-of-Competition, the date and place of Sample collection, the analytical result reported by the laboratory, and also about the circumstances important for adjudication, including application of sanctions.

6.1.6. If RUSADA has decided not to consider Adverse Analytical Findings as a violation of the Rules, the Athlete, a relevant Sports Federation of the Russian Federation, a relevant International Sports Federation, Ministry of Sports, Tourism and Youth Policy of Russia and WADA shall be notified on it properly (by phone, fax, e-mail or the registered letter).

6.1.7. Opening and analysis of a B Sample shall be held at the expense of an Athlete or the person authorized by the Athlete.

6.1.8. When the Athlete or RUSADA has decided about analysis of B Sample, such analysis shall be conducted on terms established by a WADA accredited laboratory. The Athlete can recognize the results of an A Sample analyses, having refused opening and analysis of an A Sample. In this case RUSADA can independently make the decision on opening and analysis of a B Sample at the expense of RUSADA.

6.1.9. The Athlete and (or) his representative has the right to be present at the analysis of a B Sample. Athlete's representatives and representative of a relevant Sports Federation of the Russian Federation as well as RUSADA representative also have the right to be present at analyses.

6.1.10. If a B Sample analysis is negative, and RUSADA does not decide to consider a case as a possible violation of the Rules according to chapter II of the Rules, the results of analyses of A and B Samples shall be considered negative and

the Athlete, an Athlete's relevant Sports Federation, a relevant International Sports Federation, Ministry of Sport, Tourism and Youth Policy of Russia and WADA shall be informed.

If the result of analysis of B Sample confirms result of an A Sample analysis, RUSADA shall notify the Athlete, a relevant Sports Federation of the Russian Federation, a relevant International Sports Federation, Ministry of Sport, Tourism and Youth Policy of Russia and WADA.

6.1.11. If RUSADA reveals a possible violation of the Rules which has not been based on Adverse Analytical Findings, it shall investigate this case. The Athlete or other Person accused of a possible violation, the Athlete's relevant Sports Federation, a relevant International Sports Federation, Ministry of Sport, Tourism and Youth Policy of Russia and WADA shall be notified about a possible violation of the Rules.

6.1.12. If an Athlete or other related Person is not under RUSADA jurisdiction RUSADA shall refer materials to an anti-doping organization authorized to review this case, taking into account conformity of the anti-doping rules of such organization to the Code.

6.2. Review of Atypical Findings.

6.2.1. Upon receipt of an A Sample Atypical Finding from the WADA accredited laboratory, reporting detection of prohibited substances, which may also be produced endogenously, in an organism of the Athlete RUSADA shall establish whether:

- a) there is any apparent departure from the International Standard for Testing or International Standard for Laboratories that caused the Atypical Finding;
- b) an applicable TUE of the prohibited substance and (or) the prohibited method has been granted or a request to grant TUE has been received as provided in the International Standard for Therapeutic Use Exemptions.

6.2.2. If the initial review of an Atypical Finding reveals an applicable TUE of the prohibited substance and (or) the prohibited method or request to grant TUE or departure from the International Standards that caused the Atypical Finding, the entire test shall be considered negative and the Athlete, the Athlete's relevant

Sports Federation, the Athlete's International Federation, Ministry of Sport, Tourism and Youth Policy of Russia and WADA shall be so informed.

6.2.3. If the initial review of an Atypical Finding under paragraph 6.2.2. of the Rules, does not reveal the abovementioned conditions, the required investigation shall be conducted. After the investigation is completed, the Athlete, the Athlete's relevant Sports Federation, the Athlete's International Federation, Ministry of Sport, Tourism and Youth Policy of Russia and WADA shall be notified whether or not the Atypical Finding will be brought forward as an Adverse Analytical Finding according to paragraph 6.1.4. and 6.1.5.

6.2.4. The parties specified in paragraph 6.2.3. of the Rules shall not be notified, until RUSADA 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:

a) if RUSADA determines that the Sample B should be analyzed prior to the conclusion of its follow-up investigation, according to paragraph 6.2.1 of the Rules RUSADA can request the test analysis after the notice of the Athlete, and such notice should include the description of the Atypical Finding and the information described in paragraph 6.1.4 of the Rules.

b) If RUSADA receives a request either from a Major Event Organization shortly before one of its International Events or a request from a sport organization responsible for meeting an imminent deadline for selecting team members for an International Event, to disclose whether any Athlete identified listed by the Major Event Organization or sport organization has a pending Atypical Finding. RUSADA shall so identify any such Athlete after first providing notice of the Atypical Finding to the Athlete.

6.3. Result management for Whereabouts Violations

6.3.1. Results management in respect of an apparent Filing Failure by an Athlete in RUSADA Registered Testing Pool shall be conducted by RUSADA in accordance with the International Standard for Testing, unless it has been agreed that the International Federation shall take such responsibility.

6.3.2. Results management in respect of an apparent missed test by an Athlete in RUSADA Registered Testing Pool as a result of an attempt to test the Athlete by or

on behalf of RUSADA shall be conducted by RUSADA in accordance with the International Standard for Testing. Results management in respect of an apparent missed test by such Athlete as a result of an attempt to test the Athlete by or on behalf of another Anti-Doping Organization shall be conducted by that other Anti-Doping Organization in accordance with the International Standard for Testing.

6.4. Provisional suspension

6.4.1. If analysis of an A Sample has resulted in an Adverse Analytical Finding for a Prohibited Substance that is not a Specified Substance, and a review in accordance with paragraph 6.1.2 does not reveal an applicable TUE or departure from the International Standard for Testing or the International Standard for Laboratories that caused the Adverse Analytical Finding, a Provisional Suspension shall be imposed promptly after the review and notification described in paragraph 6.1 of the Rules.

6.4.2. In any case not covered by paragraph 6.4.1 where RUSADA decides to take the matter forward as an apparent anti-doping rule violation in accordance with the foregoing provisions of this paragraph 6, a provisional suspension may be imposed after the review and notification described in paragraph 6.1, but prior to the analysis of the Athlete's B Sample or the final hearing.

6.4.3. However, a provisional suspension may not be imposed, whether pursuant to paragraph 6.4.1 or paragraph 6.4.2, unless the Athlete or other Persons is given either (a) an opportunity for a provisional hearing either before imposition of the provisional suspension or on a timely basis after imposition of the provisional suspension; or (b) an opportunity for an expedited hearing in accordance with paragraph 6.1 of the Rules on a timely basis after imposition of a provisional suspension.

6.4.3. If a provisional suspension is imposed based on an A Sample Adverse Analytical Finding and a subsequent B Sample analysis (if requested by the Athlete or RUSADA) 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 paragraph 2.1 of the Rules. In circumstances where the Athlete (or the Athlete's team) has been removed from a Competition based on a violation of paragraph 2.1 of the Rules and the subsequent B Sample analysis does not confirm the A Sample finding, if, without otherwise affecting the Competition, it is still possible for the

Athlete or team to be reinserted, the Athlete or team may continue to take part in the Competition.

6.4.4. If a provisional suspension is imposed and respected by the Athlete or other related Person, then the Athlete or other related Person shall receive a credit for such period of provisional suspension against any period of ineligibility which may ultimately be imposed. If the Athlete or other related Person violates prohibition to participate in training sessions or competitions the term of served provisional suspension is not taken into consideration.

6.4.5. The Athlete or other related Person to whom provisional suspension is appointed and the Athlete's Sports Federation are notified on appointment of provisional suspension.

6.5. Investigation of possible anti-doping rules violation

6.5.1. After conducting initial review according to paragraph 6.1, 6.2. and 6.3 of the Rules RUSADA conducts investigation of a possible anti-doping rules violation.

6.5.2. During the investigation RUSADA can resort to various methods of an establishment of the fact of violation, including processing of the analytical information, inquiry of the information from the Athlete's Sports Federation, other interested organizations, the persons possessing the information which has values for an establishment of facts, and also inquiry of testimony, searching open sources of information etc.

6.6. Retirement from Sport

If an Athlete or other Person retires while a results management process is underway, RUSADA retains jurisdiction to complete its results management process. If an Athlete or other Person retires before any results management process has begun and RUSADA would have had results management jurisdiction over the Athlete or other Person at the time the Athlete or other Person committed an anti-doping rule violation, RUSADA has jurisdiction to conduct results management.

VII. Hearing Process

7.1. Referring a case for adjudication by the Disciplinary Anti-Doping Committee.

7.1.1. When it appears, following the Results Management process performed in accordance with paragraph IV of these Rules, that anti-doping rules have been

violated then the case shall be assigned to the Disciplinary Anti-Doping Committee for adjudication and determination of consequences.

7.1.2. Hearings in the Disciplinary Anti-Doping Committee are carried out according to its Statute that regulates its activity and is approved by RUSADA.

7.1.3. The Disciplinary Anti-Doping Committee has the power to hear and determine all issues arising from any matter which is referred to it pursuant to these Rules. The question of the jurisdiction of the Disciplinary Anti-Doping Committee on concrete case is considered by the Commission formed for adjudication of this case.

7.2. Hearings terms.

Hearings pursuant to this paragraph shall be completed expeditiously but in all cases not later than after 3 (three) months from the moment of the notification of the Athlete or other Person who is asserted to have committed the Rules violation unless there are special circumstances. At occurrence of special circumstances terms of hearings can be prolonged under the decision of the Disciplinary Anti-Doping Committee.

7.3. Hearings held in connection with the Event.

Hearings held in connection with the Event may be conducted on an expedited basis.

7.4. Hearings held in connection with imposed Provisional Suspension.

7.4.1. If the Athlete has been imposed a Provisional Suspension, the Athlete has the right to request that the hearing be conducted on an expedited basis.

7.4.2. If the Commission of the Disciplinary Anti-Doping Committee can be formed and it is possible to conduct hearings within 3 (three) working days of the statement of the Athlete or other Person who is asserted to have committed the Rules violation to conduct hearings on an expedited basis, hearings shall be conducted within this period to establish the fact of Rules violation and determine the consequences of such violation.

7.4.3. The Disciplinary Anti-Doping Committee is not constrained by this term at decision-making.

7.4.4. If the Commission of the Disciplinary Anti-Doping Committee cannot be formed within this period hearings in regard with imposed Provisional Suspension

shall be conducted by the commission that is responsible for initial review in RUSADA.

7.4.5. Hearings in regard with imposed Provisional Suspension shall be conducted not later than 3 (three) working days of the statement of the Athlete or other Person who is asserted to have committed the Rules violation to conduct hearings on an expedited basis.

7.5. Waiver of right to a hearing

An Athlete or other Person who is asserted to have committed the Rules violation may forego a hearing by acknowledging the Rules violation before hearings and accepting Consequences consistent with paragraph VIII and IX. The right to a hearing may be waived either expressly or by the Athlete's or other Person's failure to challenge assertion that an anti-doping rule violation has occurred within 2 (two) weeks time of receiving notification about possible violation of the Rules.

7.6. Procedural rights and duties of the Athlete or other Person who is asserted to have committed the Rules violation.

7.6.1. An Athlete or other Person, against whom the case is brought to the Disciplinary Anti-Doping Committee, has the right to respond to the asserted anti-doping rule violation and resulting consequences.

7.6.2. Case can be adjudicated in absence of the Athlete or other Person who is asserted to have committed the Rules violation or their representatives, in case they have been informed properly about hearing (by phone, fax, e-mail or registered letter).

7.6.3. The right to hearing can be reinstated, if the Athlete or other Person who is asserted to have committed the Rules violation will prove that absence at hearings has been caused by reasonable grounds.

7.6.4. The Athlete or other Person who is asserted to have committed the Rules violation shall have the right to be represented at a hearing, at that party's own expense.

7.6.5. The Athlete or other Person who is asserted to have committed the Rules violation shall have the right to an interpreter at the hearing, at that party's own expense. The Commission shall approve the identity of an interpreter.

7.6.6. The Athlete or other Person who is asserted to have committed the Rules violation has the right to present evidence, including the right to call and question

witnesses (subject to the Commission's discretion to accept testimony by telephone, written statement or submission, whether by fax, email or other means).

7.6.7. Facts related to Rules violations may be established by any reliable means, including admissions. The Disciplinary Anti-doping Commission may receive evidence, including hearsay, as it thinks fit and shall be entitled to attach such weight to that evidence as it deems appropriate.

7.6.8. The Disciplinary Anti-Doping Committee can postpone or carry over hearings, taking into account requirements of paragraph 7.2. of the Rules.

7.6.9. The Disciplinary Anti-Doping Committee, at the request of one of the parties to the proceedings or on its own initiative, may require one or more parties to the proceedings, prior to the hearing, to supply it and/or the other parties to the proceedings with further particulars of the case to be presented by that party at the hearing, including what witnesses they intend to call and that party shall comply with that direction.

7.6.10. Any refusal of a person participating in hearing to obey requirements of the Disciplinary Anti-Doping Committee doesn't lead to a suspension or changes in activity of the Disciplinary Anti-Doping Committee and is taken into consideration at decision-making.

7.7. If during the investigation of anti-doping rules violation RUSADA reveals possible violation of anti-doping rules by an Athlete Support Personnel, RUSADA shall inform federal authority of executive power whose competence includes consideration of administrative offenses in this sphere about this fact.

7.8. Referring a decision to a relevant Sports Federation of the Russian Federation.

The decision of the Disciplinary Anti-Doping Committee is referred to the RUSADA governing body which on basis of the decision of the Disciplinary Anti-Doping Committee without its alteration refers RUSADA decision to a relevant Sports Federation of the Russian Federation for application of sanction on basis and in pursuance of such decision.

7.9. A decision of an International Sports Federation.

A decision of an International Sports Federation about establishment of the fact of anti-doping rules violation and consequences of such violation is recognized on the territory of the Russian Federation and is applied without alterations.

7.10. Notification about an approved decision.

A relevant Sports Federation of the Russian Federation informs a relevant International Sports Federation, RUSADA, Ministry of Sport, Tourism and Youth Policy of Russia and executive authorities of relevant Russian region about its decision that was approved on basis and in pursuance of RUSADA decision in reasonable terms.

RUSADA informs WADA about final decision and appeals lodged on the final decision.

VIII. Automatic Disqualification of Individual Results

An anti-doping rule violation in individual sports, 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 medals, points and prizes.

IX. Sanctions on Individuals

9.1. Disqualification of results in the event during which an anti-doping rule violation occurs.

9.1.1. 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 medals, points and prizes, except as provided in paragraph 9.1.2.

Whereas paragraph VIII disqualifies the result in a single competition in which the Athlete tested positive, this paragraph may lead to disqualification of all results in all races during the event. Factors to be included in considering whether to disqualify other results in an event might include, for example, the severity of the athlete's antidoping rule violation and whether the athlete tested negative in the other competitions.

9.1.2. If the athlete establishes that he or she bears No Fault or Negligence for the rule 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 antidoping rule violation occurred were likely to have been affected by the Athlete's antidoping rule violation.

9.2. Ineligibility for Use of Prohibited Substances and Prohibited Methods

The period of ineligibility imposed for a violation of paragraph 2.1, paragraph 2.2 and paragraph 2.6 shall be as follows, unless the conditions for eliminating or reducing the period of ineligibility, as provided in paragraph 9.4 and 9.5, or the conditions for increasing the period of ineligibility, as provided in paragraph 9.6, are met:

First violation: Two (2) years Ineligibility.

9.3. Ineligibility for Other Anti-Doping Rule Violations

The period of ineligibility for anti-doping rule violations other than as provided in paragraph 9.2 shall be as follows:

9.3.1. For violations of paragraph 2.3 or paragraph 2.5, the Ineligibility period shall be two (2) years unless the conditions provided in paragraph 9.5 or the conditions provided in paragraph 9.6 are met.

9.3.2. For violations of paragraph 2.7 or 2.8, the period of ineligibility imposed shall be a minimum of four (4) years up to lifetime ineligibility unless the conditions provided in paragraph 9.5 are met. An anti-doping rule violation involving a minor shall be considered a particularly serious violation and, if committed by Athlete Support Personnel for violations other than referenced in paragraph 4.2.2, shall result in lifetime Ineligibility for Athlete Support Personnel. In addition, significant violations of paragraph 2.7 or 2.8 which may also violate non-sporting laws and regulations shall be reported to the competent authorities.

9.3.3. For violations of paragraph 2.4, the period of Ineligibility shall be at a minimum one (1) year and at a maximum two (2) years based on the Athlete's degree of fault.

9.4. Elimination or Reduction of the Period of Ineligibility for Specified Substances under Specific Circumstances

Where an Athlete or other Person can establish how a specified substance entered his or her body or came into his or her possession and that such specified substance was not intended to enhance the Athlete's sport performance or mask the use of a performance-enhancing substance, the period of ineligibility found in Paragraph 9.2 shall be replaced with the following:

First violation: At a minimum, a reprimand and no period of ineligibility from future events, and at a maximum, two (2) years of ineligibility.

To justify any elimination or reduction, the athlete or other person must produce corroborating evidence in addition to his or her word which establishes to the comfortable satisfaction of the hearing panel the absence of an intent to enhance sport performance or mask the use of a performance-enhancing substance. The Athlete's or other Person's degree of fault shall be the criterion considered in assessing any reduction of the period of ineligibility.

9.5. Elimination or Reduction of Period of Ineligibility Based on Exceptional Circumstances

9.5.1 No Fault or Negligence

If an Athlete establishes in an individual case that he or she bears No Fault or Negligence, the otherwise applicable period of ineligibility shall be eliminated. When a prohibited substance or its markers or metabolites is detected in an Athlete's sample in violation of paragraph 2.1., the Athlete must also establish how the prohibited substance entered his or her system in order to have the period of ineligibility eliminated. In the event this Paragraph is applied and the period of ineligibility otherwise applicable is eliminated, the anti-doping rule violation shall not be considered a violation for the limited purpose of determining the period of ineligibility for multiple violations under paragraph 9.7.

9.5.2 No Significant Fault or Negligence

If an Athlete or other Person establishes in an individual case that he or she bears No Significant Fault or Negligence, then the otherwise applicable period of ineligibility may be reduced, 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 Paragraph may be no less than eight (8) years. When a prohibited substance or its markers or metabolites is detected in an Athlete's sample in violation of Paragraph 2.1, the Athlete must also establish how the prohibited substance entered his or her system in order to have the period of ineligibility reduced.

The rules provide for the possible reduction or elimination of the period of ineligibility in the unique circumstance where the Athlete can establish that he or she had No Fault or Negligence, or No Significant Fault or Negligence, in connection with the violation.

9.5.3 Substantial Assistance in Discovering or Establishing Anti-Doping Rule Violations

Anti-doping Disciplinary Committee or Court of Arbitration with results management responsibility for an anti-doping rule violation may, prior to a final appellate decision under paragraph 11 or the expiration of the time to appeal, suspend a part of the period of ineligibility imposed in an individual case where the Athlete or other Person has provided substantial assistance to RUSADA, competent authorities or professional disciplinary body which results in the RUSADA discovering or establishing an anti-doping rule violation by another Person or which results in a criminal or disciplinary body discovering or establishing a criminal offense or the breach of professional rules by another Person. After a final appellate decision under paragraph 11 or the expiration of time to appeal, Anti-doping Disciplinary Committee or Court of Arbitration may only suspend a part of the otherwise applicable period of Ineligibility with the approval of WADA and the applicable International Federation. The extent to which the otherwise applicable period of ineligibility may be suspended shall be based on the seriousness of the anti-doping rule violation committed by the Athlete or other Person and the significance of the substantial assistance provided by the Athlete or other Person to the effort to eliminate doping in sport. No more than three-quarters of the otherwise applicable period of ineligibility may be suspended. If the otherwise applicable period of ineligibility is a lifetime, the non-suspended period under this section must be no less than eight (8) years. If Anti-doping Disciplinary Committee or Court of Arbitration suspends any part of the otherwise applicable period of ineligibility under this Paragraph, it shall promptly provide a written justification for its decision to each Anti-Doping Organization having a right to appeal the decision. If Anti-doping Disciplinary Committee or Court of Arbitration subsequently reinstates any part of the suspended period of ineligibility because the Athlete or other Person has failed to provide the Substantial Assistance which was anticipated, the Athlete or other Person may appeal the reinstatement pursuant to paragraph XI.

9.5.4 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 paragraph 2.1, before receiving first notice of the admitted violation pursuant to paragraph VII) 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 Paragraph 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. This Paragraph 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.

9.5.5 Where an Athlete or other Person establishes entitlement to reduction in sanction under more than one provision of this Paragraph

Before applying any reduction or suspension under paragraph 9.5.2, 9.5.3 or 9.5.4, the otherwise applicable period of ineligibility shall be determined in accordance with paragraph 9.2, 9.3, 9.4 and 9.6. If the Athlete or other Person establishes entitlement to a reduction or suspension of the period of Ineligibility under two or more of paragraph 9.5.2, 9.5.3 or 9.5.4, then the period of ineligibility may be reduced or suspended, but not below one-fourth of the otherwise applicable period of ineligibility.

9.6 Aggravating Circumstances Which May Increase the Period of Ineligibility

If Disciplinary Committee or Court of Arbitration establishes in an individual case involving an anti-doping rule violation other than violations under paragraph 2.7 and 2.8 that aggravating circumstances are present which justify the imposition of a period of ineligibility greater than the standard sanction, then the period of ineligibility otherwise applicable shall be increased up to a maximum of four (4) years unless the Athlete or other Person can prove to the comfortable satisfaction of the hearing panel that he or she did not knowingly commit the anti-doping rule violation.

An Athlete or other Person can avoid the application of this Paragraph by admitting the anti-doping rule violation as asserted promptly after being confronted with the anti-doping rule violation by Disciplinary Committee or Court of Arbitration.

Examples of aggravating circumstances which may justify the imposition of a period of ineligibility greater than the standard sanction are:

- the Athlete or other Person committed the anti-doping rule violation as part of a doping plan or scheme, either individually or involving a conspiracy or common enterprise to commit anti-doping rule violations;

- the Athlete or other Person Used or Possessed multiple Prohibited Substances or Prohibited Methods or Used or Possessed a Prohibited Substance or Prohibited Method on multiple occasions;
- the Athlete who enjoys the performance-enhancing effects of the anti-doping rule violation(s) beyond the otherwise applicable period of Ineligibility;
- the Athlete or Person engaged in deceptive or obstructing conduct to avoid the detection or adjudication of an anti-doping rule violation.

The examples of aggravating circumstances are not exclusive.

9.7 Multiple Violations

9.7.1 Second Anti-Doping Rule Violation

For an Athlete's or other Person's first anti-doping rule violation, the period of ineligibility is set forth in paragraph 9.2 and 9.3 (subject to elimination, reduction or suspension under paragraph 9.4 or 9.5, or to an increase under paragraph 9.6). For a second anti-doping rule violation the period of ineligibility shall be within the range set forth in the table below.

First Violation	Second Violation					
	RS	FFMT	NSF	St	AS	TRA
RS	1–4	2–4	2–4	4–6	8–10	10 – life
FFMT	1–4	4–8	4–8	6–8	10 – life	life
NSF	1–4	4–8	4–8	6–8	10 – life	life
St	2–4	6–8	6–8	8 – life	life	life
AS	4–5	10 – life	10 – life	life	life	life
TRA	8 – life	life	life	life	life	life

The table is applied by locating the Athlete's or other Person's first anti-doping rule violation in the left-hand column and the second violation on the first line of subsequent columns.

The Athlete's or other Person's degree of fault shall be the criterion considered in assessing a period of Ineligibility within the applicable range.

Definitions for purposes of the second anti-doping rule violation table:

RS (Reduced sanction for Specified Substance under paragraph 9.4): The anti-doping rule violation was or should be sanctioned by a reduced sanction under paragraph 9.4 because it involved a Specified Substance and the other conditions under paragraph 9.4 were met.

FFMT (Filing Failures and/or Missed Tests): The anti-doping rule violation was or should be sanctioned under paragraph 9.3.3 (Filing Failures and/or Missed Tests).

NSF (Reduced sanction for No Significant Fault or Negligence): The anti-doping rule violation was or should be sanctioned by a reduced sanction under Paragraph 9.5.2 because No Significant Fault or Negligence was proved by the Athlete.

St (Standard sanction): The anti-doping rule violation was or should be sanctioned by the standard sanction of two (2) years under paragraph 9.2 or 9.3.1.

AS (Aggravated sanction under paragraph 9.2 or 9.3.1): The anti-doping rule violation was or should be sanctioned by an aggravated sanction under paragraph 9.6 because the Anti-Doping Organization established the conditions set forth under paragraph 9.6.

TRA (Trafficking or Attempted Trafficking and administration or Attempted administration):

The anti-doping rule violation was or should be sanctioned by a sanction under paragraph 9.3.2.

9.7.2 Application of paragraph 9.5.3 and 9.5.4 to Second Anti-Doping Rule Violation

Where an Athlete or other Person who commits a second anti-doping rule violation establishes entitlement to suspension or reduction of a portion of the period of Ineligibility under paragraph 9.5.3 or paragraph 9.5.4, Disciplinary Anti-doping Committee or The Court of Arbitration shall first determine the otherwise applicable period of Ineligibility within the range established in the table in paragraph 9.7.1, and then apply the appropriate suspension or reduction of the period of ineligibility. The remaining period of ineligibility, after applying any suspension or reduction under paragraph 9.5.3 and 9.5.4, must be at least one-fourth of the otherwise applicable period of ineligibility.

9.7.3 Third Anti-Doping Rule Violation

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 paragraph 9.4 or involves a violation of paragraph 2.4. In these particular cases, the period of ineligibility shall be from eight (8) years to life ban.

9.7.4 Additional Rules for Certain Potential Multiple Violations

For purposes of imposing sanctions under paragraph 9.7, an anti-doping rule violation will only be considered a second violation if RUSADA 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 paragraph VII or after RUSADA made reasonable efforts to give notice of the first anti-doping rule violation. If RUSADA cannot establish this, the violations shall be considered together as one single first violation, and the sanction imposed shall be based on the violation that carries the more severe sanction. However, the occurrence of multiple violations may be considered as a factor in determining aggravating circumstances (paragraph 9.6).

If, after the resolution of a first anti-doping rule violation, RUSADA discovers facts involving an anti-doping rule violation by the Athlete or other Person which occurred prior to notification regarding the first violation, then RUSADA shall impose an additional sanction based on the sanction that could have been imposed if the two violations would have been adjudicated at the same time. Results in all Competitions dating back to the earlier violation of the Rules will be disqualified as provided in paragraph 9.8.

To avoid the possibility of a finding of aggravating circumstances (paragraph 9.6) on account of the earlier-in-time but later-discovered violation, the Athlete or other Person must voluntarily admit the earlier violation of the Rules on a timely basis after notice of the violation for which he or she is first charged. The same rule shall also apply when RUSADA discovers facts involving another prior violation after the resolution of a second anti-doping rule violation.

9.7.5 Multiple Anti-Doping Rule Violations during an Eight-Year Period

For purposes of paragraph 9.7, each violation of the Rules must take place within the same eight-year period in order to be considered multiple violations.

9.8. 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 paragraph VIII, all other competitive results 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.

9.8.1. As a condition of regaining eligibility after being found to have committed an anti-doping rule violation, the Athlete must first repay all prize money forfeited under this Article.

9.8.2. Allocation of Forfeited Prize Money

Unless the rules of the International Federation provide that forfeited prize money shall be reallocated to other Athletes, it shall be allocated first to reimburse the collection expenses of the Anti-Doping Organization that performed the necessary steps to collect the prize money back, then to reimburse the expenses of the Anti-Doping Organization that conducted results management in the case, with the balance, if any, allocated in accordance with the International Federation's rules.

Nothing in the 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.

9.9. The legislation of the Russian Federation can establish the additional liability for violation of anti-doping rules*.

9.10. Commencement of Ineligibility Period

9.10.1. Except as provided below, the period of Ineligibility shall start on the date of the hearing decision providing for ineligibility or, if the hearing is waived, on the date Ineligibility is accepted or otherwise imposed.

9.10.2. If a provisional suspension is imposed and respected by the Athlete, then the Athlete shall receive a credit for such period of provisional suspension against any period of ineligibility which may ultimately be imposed.

9.10.3. Delays Not Attributable to the Athlete or other Person

* Art.4 of International Convention against Doping in Sport

Where there have been substantial delays in the hearing process or other aspects of Doping Control not attributable to the Athlete or other Person, the Disciplinary Anti-Doping Committee 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.

9.10.4. 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 RUSADA, the period of Ineligibility may start as early as the date of Sample collection or the date on which another antidoping 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 already has been reduced under Article 9.5.4 of the Rules.

9.10.5. If an Athlete voluntarily accepts a provisional suspension in writing from RUSADA with results management authority and thereafter refrains from competing, the Athlete 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's voluntary acceptance of a provisional suspension shall be provided promptly to each party entitled to receive notice of a potential anti-doping rule violation. 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.

9.10.6. 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.

9.11. Status During Ineligibility

9.11.1. 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 (other than authorized anti-doping education or rehabilitation programs) authorized or organized by Sports Federation of the Russian Federation or an organization

associated with it (e.g. Regional Sports Federations), or a member of such organization (e.g. sports club) or an organization otherwise related to it Sports Federation of the Russian Federation (e.g. sponsorship contract), or in international, all-Russian, interregional competitions authorized or organized by any professional league or any international- or national-level Event organization, registered in territory of the Russian Federation.

9.11.2. According to paragraph 13 of the present Rules, all Russian Sports Federations recognize and respect decisions of each other.

9.11.3. An Athlete or other Person subject to a period of Ineligibility longer than four (4) years may, after completing four (4) years of the period of Ineligibility, participate in local sport events in a sport other than the sport in which the Athlete or other Person committed the anti-doping rule violation, but only so long as the local sport event is not at a level that could otherwise qualify such Athlete or other Person directly or indirectly to compete in (or accumulate points toward) regional, national or International events.

An Athlete or other Person subject to a period of Ineligibility shall remain subject to Testing according to paragraph 9.12 of the Rules.

For example, an ineligible Athlete cannot participate in a training camp, exhibition or practice organized by Sports Federation of the Russian Federation or a club which is a member of that Sports Federation. Further, an ineligible Athlete may not compete in a non-Signatory professional league (e.g., the National Hockey League, the National Basketball Association, etc.), Events organized by a non-Signatory International Event organization or a non-Signatory Event organization registered in the territory of the Russian Federation without triggering the consequences set forth in paragraph 9.10.2 of the Rules. Sanctions applied in one sport will also be recognized by other sports.

9.11.4. 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, the results of such participation shall be disqualified and the period of ineligibility which was originally imposed shall start over again as of the date of the violation. The new period of ineligibility may be reduced under paragraph 9.5.2 of the Rules if the Athlete or other Person establishes he or she bears No Significant Fault or Negligence for violating the prohibition against participation. The determination of whether an Athlete or other Person has violated the prohibition against

participation, and whether a reduction under paragraph 9.5.2 of the Rules is appropriate, shall be made by anti-doping organization whose results management led to the imposition of the initial period of ineligibility.

If an Athlete or other Person is alleged to have violated the prohibition against participation during a period of ineligibility, RUSADA shall determine whether the Athlete or other Person violated the prohibition and, if so, whether the Athlete or other Person has established grounds for a reduction in the restarted period of ineligibility under paragraph 9.5.2 of the Rules.

Where an Athlete Support Personnel or other Person substantially assists an Athlete in violating the prohibition against participation during ineligibility, RUSADA with jurisdiction over such Athlete Support Personnel or other Person may appropriately impose sanctions under its own rules for such assistance.

9.11.5. Withholding of Financial Support during Ineligibility

In addition, for any anti-doping rule violation not involving a reduced sanction for specified substances as described in paragraph 9.4 of the Rules, some or all sport-related financial support or other sport-related benefits received by such Person will be withheld by Sports Federation of the Russian Federation, its member organizations, the Ministry of Sport, Tourism and Youth Policy of the Russian Federation, regional and municipal executive sports authorities and governmental bodies or other organizations associated with these organizations.

9.12. Reinstatement Testing

9.12.1. As a condition to regaining eligibility at the end of a specified period of ineligibility, an Athlete must, during any period of provisional suspension or ineligibility, make him or herself available for Out-of-Competition Testing by RUSADA or anti-doping organizations authorized to conduct testing, and must, if requested, provide current and accurate whereabouts information.

9.12.2. If an Athlete subject to a period of ineligibility retires from sport and is removed from Out-of-Competition Testing Pools and later seeks reinstatement, the Athlete shall not be eligible for reinstatement until the Athlete has notified RUSADA and has been subject to Out-of-Competition Testing for a period of time equal to the period of ineligibility remaining as of the date the Athlete had retired, but not less than 3 (three) months. During the specified term the athlete should undergo no less than 2 (two) tests with an interval between tests no less than 1 (one) month.

9.12.3. Testing for a period of ineligibility is carried out at the expense of the Athlete or other authorized Person.

9.12.4. Once the period of an Athlete's ineligibility has expired, and the athlete has fulfilled the conditions of reinstatement, the Athlete will become automatically re-eligible and no application by the Athlete to the Sports Federation of the Russian Federation will then be necessary.

X. Consequences to Teams

10.1. Testing of Team Sports

Where more than one member of a team in a Team Sport has been notified of an violation of the Rules under Article VI in connection with an Event, the ruling body for the Event shall conduct appropriate target Testing of the team during the event period.

10.2. Consequences for team sports.

If more than two members of a team in a Team Sport are found to have committed an violation of the Rules during an event period, the ruling body of the Event shall impose an appropriate sanction on the team (e.g., loss of points, disqualification from a competition or event, or other sanction) in addition to any consequences imposed upon the individual Athletes committing violation of the Rules.

10.3. Event Ruling Body May Establish Stricter Consequences for Team Sports

The ruling body for an Event may elect to establish rules for the Event which impose Consequences for Team Sports stricter than those in paragraph 10.2 of the Rules for purposes of the Event.

XI. Appeals

11.1. Decisions Subject to Appeal

Decisions made under the Rules may be appealed as set forth below in paragraphs 11.2 through 11.4 or as otherwise provided in the Rules. Such decisions shall remain in effect while under appeal unless the appellate body orders otherwise.

11.2. Appeals from Decisions Regarding Anti-Doping Rule Violations, Consequences, and Provisional Suspensions

11.2.1. The following decisions may be appealed exclusively as provided in this paragraph 11.2:

- a decision that an anti-doping rule violation was committed;
- a decision imposing consequences for an anti-doping rule violation;
- a decision that no anti-doping rule violation was committed;
- a decision that an anti-doping rule violation proceeding cannot go forward for procedural reasons (including, for example, prescription);
- a decision under paragraph 9.11.2;
- a decision that an anti-doping organization lacks jurisdiction to rule on an alleged anti-doping rule violation or its consequences;
- a decision by an anti-doping organization not to bring forward an adverse analytical finding or an atypical finding as an anti-doping rule violation;
- a decision not to go forward with an anti-doping rule violation after an investigation under paragraph 6.2;
- a decision to impose a provisional suspension as a result of a provisional hearing in violation of paragraph 6.4.

11.2.2. Appeals Involving International-Level Athletes

In cases arising from participation in an international event or in cases involving international-level Athletes, the decision may be appealed exclusively to CAS in accordance with the provisions applicable before such court.

11.2.3. Appeals Involving National-Level Athletes

11.2.3.1. Decisions shall be appealed to the arbitration courts with which the decision-making organization holds an appropriate agreement. When an Athlete or other Person wish to file an appeal to an arbitration court not holding an agreement with the decision-making organization, and provided the latter accepts to proceed with the arbitration court suggested by the Athlete or other Person suspected of the anti-doping rule violation, the decision-making organization shall conclude an agreement holding an arbitration clause with any such Athlete or other Person.

11.2.3.2. Persons Entitled to Appeal

- a) the national-level Athlete or other Person who is the subject of the decision being appealed;
- b) the other party to the case in which the decision was rendered;

- c) the relevant International Federation;
- d) RUSADA;
- e) WADA.

11.2.3.3. WADA and the International Federation shall also have the right to appeal to CAS with respect to the decision of the national-level reviewing body in the Russian Federation.

The filing deadline for an appeal or intervention filed by WADA shall be the later of:

- (a) Twenty-one (21) days after the last day on which any other party in the case could have appealed, or
- (b) Twenty-one (21) days after WADA's receipt of the complete file relating to the decision.

11.2.3.4. Notwithstanding any other provision herein, the only Person who may appeal from a provisional suspension is the Athlete.

11.2.3.5. Review of the appeal takes place in conformity with the regulations adopted by the organization and in accordance with paragraph 11.2.3.1 of the Rules.

11.2.3.6. The Sports Federations of the Russian Federation shall enter into agreement with the arbitration courts at their own discretion in order to ensure the right of the Athlete or other Person to appeal the decision rendered against them.

11.3. Failure to Render a Timely Decision by a Sports Federation of the Russian Federation or RUSADA

11.3.1. Where, in a particular case, a Sports Federation of the Russian Federation or RUSADA fails to render a decision with respect to whether violation of the Rules was committed within a reasonable deadline set by WADA, WADA may elect to appeal directly to CAS as if a Sports Federation of the Russian Federation or RUSADA had rendered a decision finding no violation of the Rules.

11.3.2. If the CAS hearing panel determines that a violation of the Rules was committed and that WADA acted reasonably in electing to appeal directly to CAS, then WADA's costs and attorneys fees in prosecuting the appeal shall be reimbursed to WADA by the Sports Federation of the Russian Federation or RUSADA.

11.4. Appeals from Decisions Granting or Denying a Therapeutic Use Exemption

11.4.1. Decisions by WADA reversing the grant or denial of a TUE may be appealed exclusively to CAS by the Athlete or RUSADA whose decision was reversed.

11.4.2. Decisions by anti-doping organizations other than WADA denying TUE, which are not reversed by WADA, may be appealed by international-level Athletes to CAS and by other Athletes to the reviewing body with who RUSADA has entered into relevant agreement with. If the reviewing body with which RUSADA holds an agreement reverses the decision to deny a TUE, that decision may be appealed to CAS by WADA.

11.4.3. When RUSADA fails to take action on a properly submitted therapeutic use exemption application within a reasonable time, RUSADA's failure to decide may be considered a denial for purposes of the appeal rights provided in the present paragraph of the Rules.

11.5. Appeals from Decisions under Part Three and Part Four of the Code

With respect to a WADA report of noncompliance under paragraph 23.4.5 or any consequences imposed under Part Three (Roles and Responsibilities) of the Code, RUSADA when the WADA report pertains to it or when consequences are imposed upon it under Part Three of the Code shall have the right to appeal exclusively to CAS in accordance with the provisions applicable before such court.

11.6. Appeals from Decisions Suspending or Revoking Laboratory Accreditation

Decisions by WADA to suspend or revoke a laboratory's WADA accreditation may be appealed only by that laboratory with the appeal being exclusively to CAS.

XII. Confidentiality and Reporting

12.1. Confidentiality

The organizations mentioned in the Rules shall not disclose received information beyond those Persons with a need to know until public disclosure has been made as in paragraph 12.2 of the Rules.

12.2. Public Disclosure

12.2.1. The identity of any Athlete or other Person who is asserted to have committed a violation of the Rules, may be publicly disclosed by RUSADA only after notice has been provided to the Athlete or other Person and other anti-doping

organizations mentioned in paragraphs 6.1.4, 6.1.5, 6.2.4 and 6.4 of the Rules. Any Athlete or other Person who is asserted to have committed a violation of the Rules or found guilty of have committed is considered notified after 5 (five) working days following the departure of the registered letter to the Athlete's or other relevant Person's mailing address indicated by him in doping control form or additional protocol.

12.2.2. No later than twenty (20) days after the decision of the Sports Federation of the Russian federation has been made RUSADA must publicly report the disposition of the anti-doping matter including the sport, the Rule violated, the name of the Athlete or other Person committing the violation, the prohibited substance or prohibited method involved and the consequences imposed. RUSADA must also publicly report within twenty (20) days appeal decisions concerning violations of the Rules. RUSADA shall also, within the time period for publication, send all hearing and appeal decisions to WADA.

12.2.3. In any case where it is determined, after a hearing or appeal, that the Athlete or other Person did not commit a violation of the Rules, the decision may be disclosed publicly only with the consent of the Athlete or other Person who is the subject of the decision. RUSADA shall use reasonable efforts to obtain such consent, and if consent is obtained, shall publicly disclose the decision.

12.2.4. For purposes of paragraph 12.2. of the Rules, publication shall be accomplished at a minimum by placing the required information on the official Web site of RUSADA: www.rusada.ru.

12.2.5. No RUSADA or anti-doping organizations specified in articles 6.1.4, 6.1.5, 6.2.4 and 6.4 of the Rules, or WADA accredited laboratory, or official of either, shall publicly comment on the specific facts of a pending case (as opposed to general description of process and science) except in response to public comments attributed to the Athlete, other Person or their representatives.

XIII. Mutual Recognition

13.1. Subject to the right to appeal provided in paragraph 11 of the Rules, testing, therapeutic use exemptions and hearing results or other final adjudications of Sports Federations of the Russian Federation or a Signatory which are consistent with the Code and are within that Signatory's or Sports Federation's of the Russian Federation authority, shall be recognized and respected by RUSADA and all Sports Federation of the Russian Federation.

13.2. RUSADA and Sports Federations of the Russian Federation shall recognize the same actions of other bodies which have not accepted the Code if the rules of those bodies are otherwise consistent with the Code.

XIV. Period of Limitations

According to the Rules, no action may be commenced against an Athlete or other Person for a violation of the Rules contained in the Rules unless such action is commenced within eight (8) years from the date the violation is asserted to have occurred.

XV. Responsibilities

15.1. Responsibilities of Athletes.

Athletes are responsible for:

15.1.1. Knowledge and observance of all anti-doping policies and the rules realized according to the Code and the Rules.

15.1.2. Availability for sample collection in any place and at any moment.

15.1.3. Ingested food and everything that they use during training and participation in sports competitions in the context of anti-doping.

15.1.4. Informing of experts in sports medicine of their obligation not to use the prohibited substances and (or) the prohibited methods.

15.1.5. Take responsibility to make sure that any medical treatment received does not violate the Rules and other international anti-doping rules.

15.2. Responsibility of the Athlete Support Personnel.

The Athlete Support Personnel are responsible for:

15.2.1. Knowledge and observance of the Rules, others international anti-doping rules which are applicable to them and to Athletes in whose training they participate.

15.2.2. Cooperation with the Athlete Testing program.

15.2.3. Use of their influence on Athlete values and behavior to foster anti-doping attitudes.

15.3. Responsibilities of the Olympic, Paralympic and Deaflympic Committees of the Russian Federation.

The Olympic, Paralympic and Deaflympic Committees of the Russian Federation are responsible for:

- 15.3.1. Conformity of their anti-doping policies and rules with the Code.
- 15.3.2. Requirement as a condition of membership in Olympic and Paralympic Committees or recognition of only those Sports Federations of the Russian Federation that recognize the Rules.
- 15.3.3. Cooperation with RUSADA in the field of struggle against doping in sport.
- 15.3.4. Requirement from each Sports Federation of the Russian Federation to establish rules that obliged Athlete Support Personnel to obey the Rules.
- 15.3.5. Withholding some or all funding, during any period of his or her ineligibility, to any Athlete or Athlete Support Personnel who has violated anti-doping rules.
- 15.3.6. Withholding some or all funding to its member or Sports Federations of the Russian Federation that are not in compliance with the Code and the Rules.
- 15.3.7. Vigorous pursuit all potential violations of the Rules within its jurisdiction including investigation into whether Athlete Support Personnel or other persons in sphere of physical culture may have been involved in each case of violation of the Rules.
- 15.3.8. Promotion of advancement of methodical and instructive materials concerning prevention doping in sport and struggle against it.

15.4. Responsibilities of RUSADA.

RUSADA is responsible for:

- 15.4.1. Elaboration of the Rules and their enforcement.
- 15.4.2. In accordance with the Rules and in consultation with relevant Sports Federation of the Russian Federation formation of a list of Athletes for In-Competition and Out-of-Competition testing.
- 15.4.3. Conducting of Testing according to the Rules.
- 15.4.4. Conducting of hearings with application of sanctions to Athletes, coaches and other physical culture and sports specialists accused of violation of the Rules, unless otherwise is provided by anti-doping rules adopted by a relevant International Sports Federation.

15.4.5. Organization of improvement of skills of the specialists responsible for conducting doping control.

15.4.1. Elaboration of methodical and instructive materials concerning prevention of doping in sport and struggle against it.

15.4.6. Collection of information on the whereabouts of the Athletes included in the registered Testing Pool according to the Rules.

15.4.7. Transfer of information about a possible violation of anti-doping rules and the circumstances that are important for adjudication, including application of sanctions, to relevant Sports Federation of the Russian Federation, relevant International Sports Federations, World Anti-Doping Agency and the Ministry of Sports, Tourism and Youth Policy of Russia.

15.5. Responsibilities of organizers of sports events.

Organizers of sports events are responsible for:

15.5.1. Carrying out anti-doping activities.

15.5.2. Inclusion in regulations of sports competitions provision about Testing during these competitions.

15.5.3. Authorization and facilitation of the Independent Observer Program.

15.5.4. Requirement from all Athletes and other specialists in sphere of physical culture and sport who participates in the Event to agree to be bound by the Rules as a condition of such participation.

15.5.5. Vigorous pursuit of all potential Rules violations within its jurisdiction including investigation into whether Athlete Support Personnel or specialists in sphere of physical culture and sport may have been involved in each case of Rules violation.

15.5.6. Promotion of advancement of methodical and instructive materials concerning prevention of doping in sport and struggle against it.

15.5.7. Cooperation with RUSADA and international anti-doping organizations in the field of struggle against doping in sport.

15.6. Responsibilities of the Sports Federations of the Russian Federation.

The Sports Federations of the Russian Federation are responsible for:

15.6.1. Timely and full publication of the Rules and anti-doping rules adopted by relevant International Sports Federations translated into Russian in periodicals of the Russian Federation and (or) post on their official websites on the Internet.

15.6.2. In accordance with the Rules provision of information for formation of the registered Testing Pool.

15.6.3. In accordance with the Rules notification of the Athletes about their inclusion in the registered Testing Pool.

15.6.4. Assistance in conducting Testing in accordance with the rules of doping control.

15.6.5. Application of sanctions on basis and in pursuance of decision of relevant anti-doping organization on violation of anti-doping rules by Athletes and coaches and other physical culture and sport specialists in respect to Athletes.

15.6.6. Providing information about applied sanctions to the Ministry of Sports, Tourism and Youth Policy of Russia, the executive authorities of the relevant subjects of the Russian Federation, RUSADA and relevant International Sports Federation.

15.6.7. Collection of written acknowledgements from Athletes and other experts in the field of physical culture and sports about acquaintance with the anti-doping rules adopted by the relevant International Sports Federations, the Rules, and also the Code and the International Standards. Internal regulations of the Sports Federations of the Russian Federation shall include obligatory acceptance of conditions of the Rules by a responsible person of an Sports Federations of the Russian Federation.

15.7. Responsibilities of the Ministry of Sports, Tourism and Youth Policy of Russia.

The Ministry of Sports, Tourism and Youth Policy of Russia is responsible for:

15.7.1. Approval of the Anti-Doping Rules of the Russian Federation;

15.7.2. Approval of lists of substances and (or) the methods prohibited in sport;

15.7.3. Approval of Doping-Control Order;

15.7.4. In accordance with established procedure making decision about exclusion of the Sports Federation of the Russian Federation from the Register of the All-Russian and Accredited Regional Sports Federations in case of non-fulfillment of

the obligations set up in paragraphs 15.6.1. – 15.6.6 of the Rules by the Sports Federation of the Russian Federation.

XVI. The Current Legislation, Amendment and Interpretation of the Rules

16.1. The Rules and any amendments shall come into force after 10 days from the moment of their official publication.

16.2. Any departures from the Rules or procedures connected with them, do not invalidate any evidences, facts, decisions or results unless there is information that doubts the correctness of the received evidences, facts, decisions or results.

XVII. Definitions

ADAMS. ADAMS (The Anti-Doping Administration and Management System) is a Web-based database management tool for data entry, storage, sharing, and reporting designed to assist stakeholders and WADA in their anti-doping operations in conjunction with data protection legislation.

Adverse Analytical Finding. A report from a laboratory or other WADA-approved entity that, consistent with the International Standard for Laboratories and related Technical Documents, 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. A Signatory that is responsible for adopting rules for initiating, implementing or enforcing any part of the Doping Control process. This includes, for example, the International Olympic Committee, the International Paralympic Committee, other Major Event Organizations that conduct Testing at their Events, WADA, International Federations, and National Anti-Doping Organizations.

Athlete. Any Person who participates in sport at the international level (as defined by each International Federation), the national level (as defined by each National Anti-Doping Organization, including but not limited to those Persons in its Registered Testing Pool), and any other competitor in sport who is otherwise subject to the jurisdiction of any Signatory or other sports organization accepting the Code. All provisions of the Code, including, for example, Testing and therapeutic use exemptions, must be applied to international- and national-level competitors. Some National Anti-Doping Organizations may elect to test and apply anti-doping rules to recreational-level or masters competitors who are not current or potential national caliber competitors. National Anti-Doping Organizations are

not required, however, to apply all aspects of the Code to such Persons. Specific national rules may be established for Doping Control for non-international-level or nonnational-level competitors without being in conflict with the Code. Thus, a country could elect to test recreational-level competitors but not require therapeutic use exemptions or whereabouts information. In the same manner, a Major Event Organization holding an Event only for masters-level competitors could elect to test the competitors but not require advance therapeutic use exemptions or whereabouts information. For purposes of Article 2.8 (Administration or Attempted Administration) and for purposes of anti-doping information and education, any Person who participates in sport under the authority of any Signatory, government, or other sports organization accepting the Code is an Athlete.

This definition makes it clear that all international and national-caliber athletes are subject to the anti-doping rules of the Code, with the precise definitions of international- and national-level sport to be set forth in the anti-doping rules of the International Federations and National Anti-Doping Organizations, respectively. At the national level, anti-doping rules adopted pursuant to the Code shall apply, at a minimum, to all persons on national teams and all persons qualified to compete in any national championship in any sport. That does not mean, however, that all such Athletes must be included in a National Anti-Doping Organization's Registered Testing Pool. The definition also allows each National Anti-Doping Organization, if it chooses to do so, to expand its anti-doping program beyond national-caliber athletes to competitors at lower levels of competition. Competitors at all levels of competition should receive the benefit of anti-doping information and education.

Athlete Support Personnel. Coaches, other experts in the field of physical training and sport, experts in the field of physical training and sport included in the national sports teams of the Russian Federation, and also experts in sports medicine (doctor, instructor-methodologist, instructor, massage nurse).

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 a laboratory or other WADA approved entity 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.

CAS. The Court of Arbitration for Sport

Code. The World Anti-Doping Code.

Competition. A single race, match, game or singular athletic contest. For example, a basketball game or the finals of the Olympic 100-meter race in athletics. For stage races and other athletic contests where prizes are awarded on a daily or other interim basis the distinction between a Competition and an Event will be as provided in the rules of the applicable International Federation.

Consequences of Anti-Doping Rules Violations. An Athlete's or other Person's violation of an anti-doping rule may result in one or more of the following: (a) Disqualification means the Athlete's results in a particular Competition or Event are invalidated, with all resulting Consequences including forfeiture of any medals, points and prizes; (b) Ineligibility means the Athlete or other Person is barred for a specified period of time from participating in any Competition or other activity or funding as provided in Article 10.9; and (c) Provisional Suspension means the Athlete or other Person is barred temporarily from participating in any Competition prior to the final decision at a hearing conducted under Article 8 (Right to a Fair Hearing).

Disqualification. See Consequences of Anti-Doping Rules Violations above.

Doping Control. All steps and processes from test distribution 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, therapeutic use exemptions, results management and hearings.

Event. A series of individual Competitions conducted together under one ruling body (e.g., the Olympic Games, FINA World Championships, or Pan American Games).

In-Competition. Unless provided otherwise in the rules of an International Federation or other relevant Anti-Doping Organization, "In-Competition" means the period commencing twelve hours before a Competition in which the Athlete is scheduled to participate through the end of such Competition and the Sample collection process related to such Competition.

Independent Observer Program. A team of observers, under the supervision of WADA, who observe and may provide guidance on the Doping Control process at certain Events and report on their observations.

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

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

International Event. An Event where the International Olympic Committee, the International Paralympic Committee, an International Federation, a Major Event Organization, or another international sport organization is the ruling body for the Event or appoints the technical officials for the Event.

International-Level Athlete. Athletes designated by one or more International Federations as being within the Registered Testing Pool for an International Federation.

International Standard. A standard adopted by WADA in support of the Code. Compliance with an International Standard (as opposed to another alternative standard, practice or procedure) shall be sufficient to conclude that the procedures addressed by the International Standard were performed properly. International Standards shall include any Technical Documents issued pursuant to the International Standard.

Major Event Organizations. The continental associations of National Olympic Committees and other international multi-sport organizations that function as the ruling body for any continental, regional or other International Event.

Marker. A compound, group of compounds or biological parameter(s) that indicates the Use of a Prohibited Substance or Prohibited Method.

Metabolite. Any substance produced by a biotransformation process.

Minor. A natural Person who has not reached the age of majority as established by the applicable laws of his or her country of residence.

National Anti-Doping Organization. The entity designated by each country as possessing the primary authority and responsibility to adopt and implement anti-doping rules, direct the collection of Samples, the management of test results, and the conduct of hearings, all at the national level. This includes an entity which may be designated by multiple countries to serve as regional Anti-Doping Organization for such countries. If this designation has not been made by the competent public

authority, the entity shall be the country's National Olympic Committee or its designee.

National-Level Athlete. Athletes included in national registered Testing Pool by RUSADA and not belonged to the International-Level Athletes and also other athletes that are not included in Testing Pools by RUSADA or International Federation and participate in competitions carried out under the aegis of the Sports Federation of the Russian Federation.

National Olympic Committee. The organization recognized by the International Olympic Committee. The term National Olympic Committee shall also include the National Sport Confederation in those countries where the National Sport Confederation assumes typical National Olympic Committee responsibilities in the anti-doping area.

No Advance Notice. A Doping Control which takes place with no advance warning to the Athlete and where the Athlete is continuously chaperoned from the moment of notification through Sample provision.

No Fault or Negligence. The Athlete's establishing that he or she did not know or suspect, and could not reasonably have known or suspected even with the exercise of utmost caution, that he or she had Used or been administered the Prohibited Substance or Prohibited Method.

No Significant Fault or Negligence. The Athlete's establishing that his or her fault or negligence, when viewed in the totality of the circumstances and taking into account the criteria for No Fault or Negligence, was not significant in relationship to the anti-doping rule violation.

Out-of-Competition Testing. Any Doping Control which is not In-Competition.

Participant. Any Athlete or Athlete Support Personnel.

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

Physical culture and sports organizations. The legal body irrespective of its organizational and legal form that carries out activity in the field of physical culture and sport as a core activity.

Possession. The actual, physical Possession, or the constructive Possession (which shall be found only if the Person has exclusive 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 an Anti-Doping Organization. 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. Under this definition, steroids found in an Athlete's car would constitute a violation (unless the Athlete establishes that someone else used the car; in that event, the Anti-Doping Organization must establish that, even though the Athlete did not have exclusive control over the car, the Athlete knew about the steroids and intended to have control over the steroids. Similarly, in the example of steroids found in a home medicine cabinet under the joint control of an Athlete and spouse, the Anti-Doping Organization must establish that the Athlete knew the steroids were in the cabinet and that the Athlete intended to exercise control over the steroids).

Prohibited List. The List identifying the Prohibited Substances and Prohibited Methods.

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

Prohibited Substance. Any substance so described on the Prohibited List.

Provisional Hearing. For purposes of paragraph 7.5, an expedited abbreviated hearing occurring prior to a hearing under paragraph 8 (Right to a Fair Hearing) 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 Rules Violations above.

Publicly Disclose or Publicly Report. To disseminate or distribute information to the general public or Persons beyond those Persons entitled to earlier notification in accordance with Article 14 of the Code.

Registered Testing Pool. The pool of top-level Athletes established separately by each International Federation and National Anti-Doping Organization who are

subject to both In-Competition and Out-of-Competition Testing as part of that International Federation's or National Anti-Doping Organization's test distribution plan. Each International Federation shall publish a list which identifies those Athletes included in its Registered Testing Pool either by name or by clearly defined, specific criteria.

Sample or Specimen. Any biological material collected for the purpose of carrying out of doping control (sometimes statements are made that gathering of blood tests contradicts doctrines of some religious or cultural groups. It is established that there is no basis for such statements).

Signatories. Those entities signing the Code and agreeing to comply with the Code, including the International Olympic Committee, International Federations, International Paralympic Committee, National Olympic Committees, National Paralympic Committees, Major Event Organizations, National Anti-Doping Organizations, and WADA.

Substantial Assistance. For purposes of Article 10.5.3, 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
- 2) 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 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; or providing fraudulent information to an Anti-Doping Organization.

Target Testing. Selection of Athletes for Testing where specific Athletes or groups of Athletes are selected on a non-random basis for Testing at a specified time.

Team Sport. A sport in which the substitution of players is permitted during a Competition.

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

Trafficking. Selling, filling, transporting, sending, delivering or distributing a Prohibited Substance or Prohibited Method (either physically or by any electronic or other means) by an Athlete, Athlete Support Personnel 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.

UNESCO Convention. The International Convention against Doping in Sport adopted by the 33rd session of the UNESCO General Conference on October 19, 2005 including any and all amendments adopted by the States Parties to the Convention and the Conference of Parties to the International Convention against Doping in Sport.

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 to the Rules

The Standard for Doping-Control Testing

on the territory of the Russian Federation

Testing of Athletes is carried out in accordance with the World Anti-Doping Code and the International Standard for Testing. Anti-Doping Organizations (ADOs) can conduct in-competition and out-of-competition tests of Athletes.

In-competition testing is carried out at national and international Events. Athletes are selected for testing based on criteria such as: results of competitions, random selection or a target test.

Out-of-competition testing is carried out at any time and at any place, with no advance notice. ADO decides when and where the Athlete will be tested.

Samples are analyzed in a laboratory that is accredited by the World Anti-Doping Agency (WADA) for the presence of substances and/or methods identified in the Lists of substances and/or methods that are prohibited in sport.

This Standard for Testing applies to:

- Responsible Doping Control Officer;
- Responsible Chaperone;
- Athlete to be tested;
- Athlete's representative;
- Interpreter;
- Representatives of relevant National Sports Federation, International Sports Federation, Event Organiser;

I. Roles and Responsibilities of the doping-Control Officer (hereinafter referred as – DCO)

1.1. The DCO is responsible for:

- sample collection and transportation;
- filling in sample collection and transportation documentation;
- availability of sample collection equipment and documentation in sufficient quantity for a sample collection process according to the received task.

1.2. Testing equipment:

- doping control kit for urine samples;
- doping control set for urine samples;
- doping control set for partial urine samples;
- pH sticks or [portable gravity refractometer](#);
- transport bags for doping control samples

1.3. Testing documentation:

- Doping Control Form;
- Chain of Custody Form;
- Supplementary Report Form;
- Doping Control Officer Report Form;
- Unsuccessful Attempt Report Form (a detailed report of an unsuccessful testing attempt that is filled in case of failure by the Athlete to be available for testing at the location specified in his/her Whereabouts).

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Doping Control Officers should carry an Identity card with photo and identification of validity period.

1.4. DCO shall not:

- speak to the mass media;
- ask Athletes for their autograph, request photographs of Athletes or other souvenir from them;

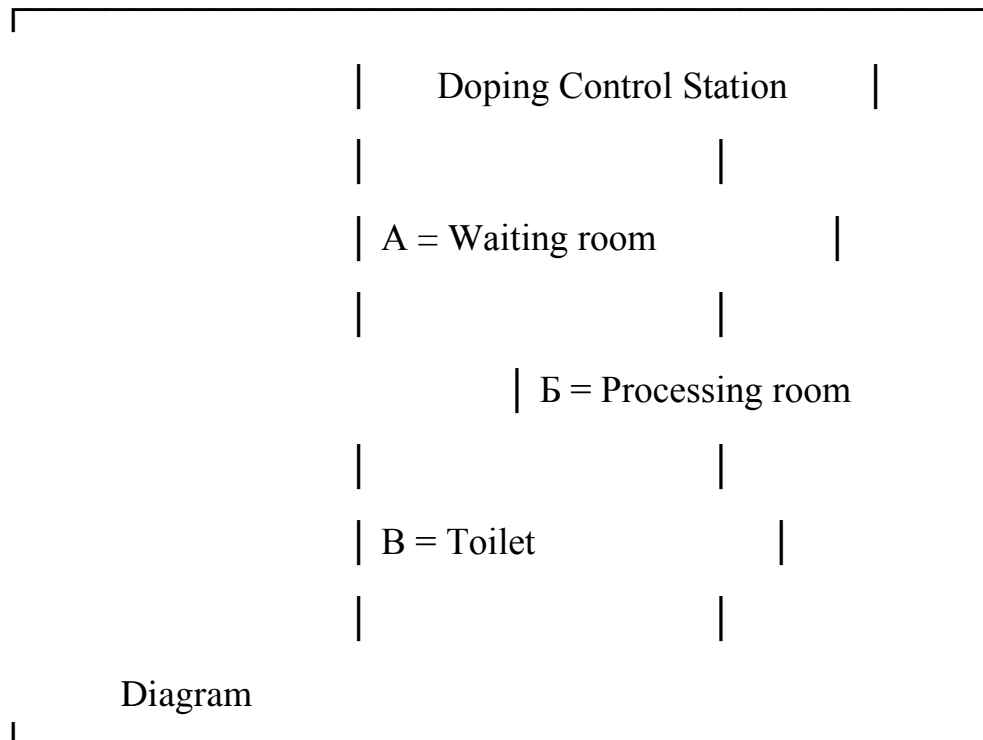
- request food or beverages at the event;
- enter areas of the venue not designated to the sample collection personnel;
- gamble on the outcome of a sporting event;
- accept gifts from Athletes or sport officials;
- keep files of test data;
- disclose confidential data;
- drink alcohol beverages at events;
- wear clothing that makes an association with a National Federation or International Federation;
- give equipment or documentation to a third party without RUSADA permission;

II. Doping Control Station

Sample Collection Session is conducted in well-equipped room (hereinafter referred as Doping Control Station).

Event Organiser on the territory of the Russian Federation and Training Centers within jurisdiction of The Ministry of Sport, Tourism and Youth Policy of Russia shall provide Doping Control Stations to conduct Doping Control Session that shall meet the following criteria:

- Solely reserved for doping control purposes;
- Accessible only to authorized personnel;
- Secure enough to store sample collection equipment;
- Waiting room, processing room, and an appropriate number of toilets (see diagram 1);
- Proximity to competition venue or appropriate transportation plan;
- Wash basin for Athletes and DCOs;



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1.1. Equipment requirements:

- one table for every DCO processing documentation;
- chairs per Athlete and sample collection personnel;
- appropriate lighting to carry out procedure;
- receptacles for each processing station to store garbage generated;
- one or two refrigerators under lock with freezer for samples and drinks storage;

1.2 Special criteria:

- if necessary, wheelchair accessibility;
- presence of security person outside doping control station;
- educational materials or entertainment equipment for Athletes in the waiting area;
- additional equipment may be requested to accommodate special testing needs, i.e. blood collection;

- in the case of blood sample collection, the processing room shall be clean, well-lighted and vented. The Doping Control Station shall be equipped with appropriate couch or comfortable chair for blood sample collection;
- representatives of mass media shall not enter the Doping Control Station.

III. Arrival at Doping Control Station

3.1. In-Competition Testing

In-competition testing may or may not be conducted with or without prior notification of the Event organizer.

Having arrived at the Doping Control Station the DCO shall make contact with the Event organizer and examine the competition site and Doping Control Station. If the DCO assess the Doping Control Station inappropriate for the sample collection session, the DCO shall inform the Event organizer.

3.2. Urine Sample Collection Procedure

The DCO or Chaperone shall notify the Athlete in accordance with Instructions for Chaperones.

At the Doping Control Station the Athlete shall present an identification document including competition accreditation card.

The DCO shall record Athlete's arrival time at the Doping Control Station in the Doping Control Form, inform the Athlete about his/her rights and responsibilities and the testing procedure. During urine sample collection the DCO shall not touch the equipment chosen by the Athlete until the Sample is closed and sealed.

When the Athlete is ready to provide a Sample, he/she shall select a collection vessel and check that all seals are intact, and the vessel is clean and empty. The Athlete is offered a choice of three vessels at minimum.

The Athlete and a Person who will witness the passing of the Sample shall proceed to a toilet for testing.

The DCO or Chaperone who witnesses the passing of the Sample shall be of the same gender as the Athlete. If an Athlete is a person with disabilities or a minor under the age of 18, his/her representative may be present during Sample Collection Session if requested by the Athlete.

The Athlete shall wash his/her hands without soap or any other detergents prior to the provision of the Sample.

The Athlete shall take the collection vessel from the package not pulling out the lid till the moment when the Sample is collected.

The DCO or Chaperone shall observe passing of the Sample in order to prevent sample tampering or other manipulations. The Athlete shall undress the middle part of the body, roll up sleeves till elbows, and pull down trousers till knees.

The Athlete is required to provide a Sample of a minimum of 90 mL (or 110 mL for an EPO analysis).

The Athlete shall close the collection vessel with a lid.

If present at the Doping Control Station with the Athlete, representative shall stay there until the end of testing.

The DCO or the Chaperone who has witnessed the provision of the Sample shall put his/her signature in an Urine Sample Witness section of the Doping Control Form.

Note: if there are any doubts as to the authenticity of the Sample, the Athlete shall be asked to provide an additional Sample. All Samples which were collected and not met the requirements, shall not be discarded nor mixed up with other Samples, and shall be packed and sent to the laboratory.

Note: where the volume of urine is insufficient, the DCO shall document a partial Sample providing in accordance with the procedure.

Post-Sample collection procedure

1. After minimal requested urine volume is provided (90mL or 110 mL), post-sample collection procedure starts.
2. The DCO shall record on the Doping Control Form the total volume of the urine provided prior to the Sample dividing into A and B bottles, and the Sample providing time.

3. When an accidental object is found in the Sample, the DCO shall estimate, whether it can influence the Sample analysis result.

Note: if decided that an accidental object can influence the Sample analysis result (e.g. soap), the Sample is processed, but an additional Sample must be provided. If decided that an accidental object cannot influence the Sample analysis result (e.g. blood, hair), the Sample is processed.

4. The DCO shall instruct the Athlete to select and examine a sample collection kit. At least three sample collection kits must be offered.

Note: If the Athlete is not satisfied with a selected kit and no others are available, and the DCO does not agree with the Athlete that all of the available kits are unsatisfactory, the DCO shall instruct the Athlete to proceed with the Sample, and this shall be recorded on the Doping-Control Form. The DCO shall inform about this fact the Head of the Department.

5. The Athlete shall open the selected kit and unpack A and B bottles. The Athlete should check that bottles are intact.

6. The Athlete shall check that all code numbers match. If the Athlete finds that the numbers are not the same, the Athlete shall choose another kit.

Note: the code number of the unsuitable kit must be recorded on the Doping-Control Form or on the Supplementary Report Form. If there are no other kits, DCO shall cancel testing, discard the Sample in presence of the Athlete, and document all the circumstances on the Supplementary Report Form. In this situation, the Head of the Department shall be informed.

7. The DCO shall instruct the Athlete to leave a small amount of urine in the collection vessel for gravity analysis prior to the Samples dividing.

8. The Athlete shall pour the minimum Suitable Volume of Urine for Analysis into the B bottle (30 mL).

Note: the DCO shall ensure that the Athlete fills the B bottle to the maximum filling capacity mark as in the laboratory the B sample will be frozen, and the bottle may crack if filled above capacity mark.

9. The Athlete shall pour the urine into the A bottle to a minimum of 60mL.

Note: If more than the minimum Suitable Volume of Urine for Analysis has been provided, the urine must be poured into A and B bottles, into A bottle for preference, without exceeding the bottleneck level. Urine should only be discarded

in presence of the Athlete, when both the A and B bottles have been filled to recommended capacity.

10. The Athlete shall seal the bottles as directed by the DCO and check that the bottles have been properly sealed. The Athlete should turn over the bottle to check if there is a leak. If the DCO or the Athlete's representative provides him/her some assistance and touches the kit, which has not been sealed yet, this fact shall be reported on the Supplementary protocol.

11. The DCO shall check, with permission of the Athlete, that the bottles have been properly sealed. The DCO shall determine if the Sample has a Suitable Specific Gravity for Analysis.

12. The DCO shall fill the code number of the Sample and its Specific Gravity on the Doping Control Form.

13. The DCO shall ask the Athlete to provide information about medications and other substances including vitamins, mineral and homeopathic substances or nutrition supplements which he/she has used last 7 days, about blood transfusions last 6 months, and fill this information on the Doping Control Form. If there are no substances to record the DCO shall write "No".

Note: If there is no enough place on the Doping-Control Form, the DCO shall fill information in the Supplementary Report and record its number on the Doping Control Form. The Supplementary Report should not contain Athlete's name and signature.

14. The DCO shall ask the Athlete to read and mark the section "Consent for research" of the Doping Control Form. The Athlete shall sign this section if he/she agrees or does not agree.

15. The DCO is responsible for correctness of the Doping Control Form. Fields that have not been used shall be crossed out and section N/A, if any, shall be marked.

16. Having filled the Doping Control Form the DCO shall check it with the Athlete and his/her representative, if any. If there are any mistakes in the Form, the new Form should be filled in and the Form with mistakes should be crossed out in Athlete's presence. The annulled Form shall be returned to RUSADA with other documentation.

17. If the DCO, Athlete or Athlete's representative has any remarks or comments regarding sample collection procedure, they shall put them into the doping Control Form or Supplementary Protocol.

18. The DCO and Athlete's representative shall print their names and sign the Doping Control Form. The Athlete also shall sign the Doping Control Form.

Note: usually the Athlete puts his signature after others. The DCO shall document the procedure completion time.

19. If a mistake is found after the Athlete has left the Doping Control Station, the document shall not be changed. The DCO shall fill the Supplementary Protocol with explanation of the mistake and put its number on the report.

Specific Gravity Detection

The Athlete shall left a small amount (less than 2 mL) of urine in the collection vessel while pouring urine into bottles "A" and "B". The specific gravity of a partial sample isn't determined.

1. Specific gravity shall be determined after the bottles "A" and "B" have been filled and sealed.
2. The DCO shall ensure that his/her hands are clean and dry before beginning the procedure.
3. To detect the Specific Gravity of the sample a small amount of urine shall be applied on a test strip.
4. Excessive urine shall be removed from the strip.

Note: pads on the test strip shall not be cleaned with a tissue. Excessive urine volume can lead to corrupted results. Tempering the front side of the strip or its cleaning can lead to shift of pad reagents.

5. To determine the Specific Gravity it is necessary to wait for 45 sec.

Note: To determine the Specific Gravity refractometer can be used in accordance with its operating manual.

6. Carrying the vessel with strip and the indication strip in horizontal position a colour of the stick should be compared with colours in the colour table.
7. Suitable Specific Gravity for Analysis shall be 1.010 or higher with a test strip or 1.005 or higher with a refractometer.

8. If Specific Gravity is lower than required the Athlete shall provide an additional Sample. Both samples shall be sent to the laboratory for analysis.

Note: If Specific Gravity of the first sample is low the Athlete should not drink before providing new sample.

Partial sample collection session

1. Where the volume of urine is less than 90 (110 mL), the Athlete is required to continue Sample Collection Session.
2. The DCO shall record the volume of the provided sample in the Doping Control Form.
3. The Athlete selects, opens and examines the sample collection kit in accordance with the previous paragraphs regarding sample collection procedure.
4. The Athlete shall select partial sample collection kit (three kits at minimum shall be offered). The Athlete shall check that partial sample collection kit is intact, sealed and clean.
5. The Athlete shall open the partial sample collection kit.
6. The Athlete shall pour the whole urine volume into the bottle "A" and seal the partial sample collection kit.
7. The DCO shall record partial sample collection kit number and the partial sample collection kit seal time.
8. The DCO and the Athletes shall sign the Doping Control Form.
9. The DCO shall leave the sealed partial sample at the Doping Control Station.
10. While waiting to provide a new sample, the Athlete shall remain under continuous observation of the Chaperone or DCO.
11. When the Athlete is able to provide a new sample, he/she shall select new vessel and the urine sample collection procedure shall be continued.
12. When the next sample is provided, the Athlete and DCO shall check the integrity of the seal, identity of the partial sample kit and number on the Doping Control Form.

Note: The DCO shall collect an additional sample in case of any irregularity with the integrity of the seal or numbers nonidentity.

13. The Athlete shall open the sealed partial sample kit, open collection vessel lid and pour urine from the bottle “A” into it.

14. If the whole volume of urine is again less than 90 (110) mL, the Athlete shall repeat a partial sample collection session until it reaches the minimum required level.

Note: If more than three partial samples are collected the DCO shall use a new Doping Control Form. The DCO shall copy the full Athlete’s information from the first Doping Control Form to the Supplementary Report.

15. If the minimum suitable volume of Urine for Analysis has been provided the DCO shall continue with the post-test administration procedure as described above.

16. After every partial sample collection procedure, the DCO/Chaperone witnessing the urine sample collection procedure shall register his/her name and sign the Doping Control Form in the “Witness of the Urine Sample Collection” section.

Note: It is preferable that the same DCO/Chaperone witness all the partial and additional sample collections.

Collection of additional Urine Samples

1. The Athlete shall be notified of the necessity to provide additional sample if one or several conditions listed below are present or of any other reason is determined by the DCO or Athlete:

- urine sample do not meet the requirement for suitable Specific Gravity for Analysis;
- the Athlete wasn’t able to ensure the safety of the unsealed sample or the sample was out of the DCO’s sight;
- the sample integrity is in danger (the sample contains alien substances, for instance, soap);
- the person witnessing sample collection procedure didn’t have a clear view during the procedure;
- the DCO/chaperone noticed that the Athlete behaved unnaturally or strangely during the passing of the sample;

- the DCO/chaperone has doubts about the sample origin and authenticity;
- after the review of the sealed partial sample the DCO or the Athlete notice the traces of unsealing.

2. Samples not compliant to all requirements shall not be thrown out or mixed. All the samples shall be transported to the WADA accredited laboratory and the report shall be provided to RUSADA.

Note: If a sample not compliant to the requirements makes up more than 90 (110) mL it can be processed but additional sample is required. If a sample not compliant to the requirements makes up less than 90 (110) mL it shall be managed in accordance with all the standard procedures except for its distribution to A and B bottles. If the urine volume is insufficient the whole volume shall be put to the A bottle and sealed with indication of this fact in the Supplementary report Form. The operation shall be registered in a supplementary report form. The additional sample shall be collected in accordance with the procedure described above in this chapter.

3. The first sample shall always stay in full view of the DCO.
4. The reasons for the sample noncompliance are registered in the Supplementary Report form except for the insufficient urine volume.
5. The Athlete shall stay in full view of the DCO/Chaperone while waiting for the additional sample passing procedure.

Note: If the urine volume of the first sample is insufficient the DCO shall ask the Athlete to abstain from drinking any liquid until the next sample passing.

6. When the Athlete is ready to provide additional sample he/she shall choose one (not less than three) offered collection vessels, check that the vessel is empty, clean and undamaged, then follow to the toilet for sample passing. All the stages of the urine sample collection procedure shall be carried out.

7. If the urine volume is less than 90 (110) mL the Athlete shall provide the additional sample.

8. If the Athlete provides 90 (110) mL the sample shall be processed in accordance with the urine sample administration procedure.

9. The information about all samples shall be recorded in the Doping Control Form.

10. The person witnessing the sample collection procedure shall put his/her signature in the “Witness of the Urine Sample Collection” section of the Doping Control Form.

When several witnesses are in place each of them shall sign the Doping Control Form.

11. The DCO shall determine the urine sample specific gravity. The indices of the specific gravity shall be recorded in the Doping Control Form.

12. The DCO shall collect the samples until the sample that meet the specific gravity requirement is provided or until the DCO on agreement with the Head of the Department decides that exceptional circumstances exist that make it impossible the following sample collection procedure. The DCO shall record the reasons for the interruption of the sample collection procedure in the Supplementary Report.

13. All the samples shall be delivered to the laboratory

The completion of the sample collection session

1. No remarks are allowed in the Doping Control Form after the Athlete has left the Doping Control Station. That is why the Doping Control Form shall be reviewed in advance.

2. The code numbers of the sample bottles (including additional samples) shall be recorded in the Chain of Custody Form.

3. When the refrigerator is absent samples shall be put to the special transportation bag as soon as possible.

4. After packing samples in the transportation bag, the bag shall be sealed.

5. The DCO shall ensure the security of the samples until they are delivered to the laboratory. All the samples locations shall be registered.

6. The DCO shall register in the Chain of Custody Form the code number of the seal used for sealing the bag (if the seal is used).

7. Every time when the transportation bag is sealed or opened the DCO shall register the time of sealing, opening and the number of the new seal in the Chain of Custody Form. The DCO shall point out the reason of opening the bag in the Supplementary Report.

8. When the DCO is leaving the Doping Control Station he/she shall ensure that the room is clean and neat. The DCO shall take away all equipment, documentation, posters and printed materials.

IV. Collection of blood samples

Preparations to collection of blood samples

The DCO shall ensure that the necessary amount of equipment is provided for the sample collection

1. Blood Sample Collection Kit. There are three types of Blood Sample Collection Kits: accessories package for whole blood analysis, accessories package for blood serum analysis and kit for blood passport.
2. A bag for storage and transportation of blood samples.
3. A monitor for temperature measurement.
4. Consumables for blood samples collection (needles, gloves, tissues, diapers, bandages, cotton wool, tourniquet).
5. Paper forms: Doping Control Form (for blood samples collection), Chain of Custody Form, Supplementary Report Form, Draw Form.

The DCO/BCO responsible for the blood sample collection shall notify the Doping Control Personnel about their duties before the start of the procedure. The DCO shall inform the personnel about the notification, athlete chaperoning, blood sample collection and, if necessary, urine sample collection procedure.

Athletes' selection and notification

The DCO shall select Athletes for testing in accordance with the criteria set by the Russian Anti-Doping Organization or international sport federation.

The DCO/Chaperone shall notify the Athlete of the requirement to undergo the blood sample collection in accordance with the Instruction for Chaperones. The Chaperone/DCO shall find out whether there are any reasons to prevent the Athlete from undergoing the blood sample collection immediately. The DCO/Chaperone shall always have a full view of the Athlete from the moment of notification till the blood sample collection procedure. The DCO/Chaperone shall propose the Athlete to take the Athlete's representative and interpreter to the Doping Control Station.

DCO actions on the Doping Control Station during Blood Samples Collection

1. The Athlete shall present the DCO document proving his identity, including the accreditation documents issued during the sports event.
2. The DCO shall explain the Athlete the Collection of Blood Samples Procedure.
3. The DCO shall inform the Athlete about his rights and responsibilities.
4. The Athlete must be in a relaxed position for at least 10 minutes prior to providing the blood Sample. If the Athlete does not comply with this condition, this fact should be recorded in the Supplementary Form.
5. The DCO shall fill in the information about the Athlete into the Doping Control Form (the name of the Athlete, sport discipline, home address, phone number, date of birth, the number of identity document).
6. The Athlete shall provide information on the following:
 - Medicines and nutritional supplements that he took the last 7 days;
 - Medications that can affect blood coagulability;
 - A disease that can affect blood coagulability.

If the Athlete provides information that may affect the test result, it should be recorded in the Doping Control Form, and the DCO shall record the reason why the blood collection procedure cannot be continued.

The selection of a Sample Collection Equipment

1. The Athlete shall select the Sample collection kit.
2. The Athlete shall check that the selected equipment has not been tampered. If the Athlete is not satisfied with the selected kit, he/she may select another.
3. If the Athlete is not satisfied with all the available kits and the DCO does not agree with the Athlete's opinion, the DCO shall record the Athlete's comments in the Supplementary Form and instruct the Athlete to proceed with the Sample Collection Session.
4. The Athlete shall remove the bottle for the test tubes from the package and place them in an upright position. The Blood Passport Sampling kit contains only one bottle.
5. The Athlete shall lift the lids on both bottles and put them upside down, then remove the locking red rings.

6. The Athlete shall compare the code numbers on the bottles, lids, foam plastic boxes with the numbers on the barcode. If any of the numbers do not match, the Athlete shall choose a new Blood Sampling Kit.
7. The Athlete shall make sure that the code number of the Sample in the Doping Control Form is specified correctly.
8. The Athlete shall open the set, which contains test tubes and a needle. At analyzing the whole blood the Athlete shall put the foam enclosures on the bottom of the bottles A and B.
9. The Athlete shall paste stickers with bar codes on each test tube and on each bottle. The Athlete can ask the DCO or his/her representative to paste stickers on the tubes.
10. The Athlete shall forward the test tubes and the needle to the BCO.

Blood Sample Collection by a Blood Collection Officer

1. The Athlete shall sit down or lay down, if collection of Blood is possible only in lying position.
2. The Athletes shall give one of the hands for collection of Blood.
3. If the BCO at viewing of veins of the Athlete decides that the needle-butterfly is required for blood collection, the Athlete shall choose one of needles.
4. The BCO shall put a tourniquet on the top part of the Athlete's hand. At request of the Athlete the tourniquet can be imposed over a fine fabric or a paper towel to avoid the skin damage.
5. During the sample collection the BCO shall use gloves.
6. The BCO shall wipe a skin on a place of injection with a sterile disinfectant napkin.
7. At simultaneous carrying out of two kinds of Blood Sample Collection the following order is recommended: at first blood for analyzing of blood serum and then blood for analyzing of whole blood.
8. The BCO shall enter a needle into a vein of the Athlete and attach the needle to the first test tube for collecting the necessary volume of blood. After the first portion of blood has been collected, the test tube shall be disconnected, the second test tube shall be connected to the needle and the second portion of blood is collected. The second test tube shall be disconnected, thus the needle shall still stay

in a vein. Then the tourniquet shall be released and the needle shall be taken from a vein.

9. If the amount of blood that can be removed from the Athlete at the first attempt is insufficient, the BCO shall notify the Athlete that the second attempt of blood sampling should be made making vein puncture in other place and using the new blood sampling equipment. The process shall be repeated all over again beginning from the Athlete's selection of complete set of the equipment. Only three maximum attempts are allowed during the one blood sampling procedure. If all attempts are unsuccessful, then the Blood Collection Officer shall complete the procedure and record this and the reasons for terminating the collection on the Doping Control Form.

10. After extraction of the needle from the vein the BCO presses a wadded tampon to a vein puncture place. Further the Athlete should press a tampon him-/herself.

11. The BCO shall do five stirrings of a test tube for blood serum analyses and ten stirrings of a test tube for analysis of whole blood and on the blood passport analyses. To avoid the blood coagulating it is necessary to overturn a test tube so that blood could mix up with anticoagulant.

12. The Athlete shall put the test tube into the bottle in the upright position.

13. It is necessary to inform the Athlete that he should not strain a hand within 30 minutes to avoid suffusions.

Samples sealing procedure

1. The Athlete shall close a bottle twirling a lid until bumping in a clockwise direction.

2. The DCO with Athlete's permission shall check that the sealing is satisfactory.

3. The DCO shall fix the time of sealing of the Blood Sample on the Doping Control Form.

4. The Athlete shall place a bottle into a plastic package and check the presence of moisture absorbing layer in each package. After that the Athlete shall let out superfluous air from a package and seal it by removal of a protective tape, pressing edges to each other.

5. The Athlete shall place a bottle (in a package) in the container for storage of samples and close a lid.

6. The Athlete shall tear unused labels with a bar code number and throw them out in a garbage can.
7. The unused test tube and other equipment shall be returned to the warehouse.
8. When the Athlete has been made blood transfusions within last 6 months, in the corresponding column of the form the date and the transfusion reason shall be underlined.

When the Athlete within the last three months was a blood donor or he had a blood loss, the DCO shall make the following record in the column regarding the medicines of the part three of the Doping Control Form: "There was a donor delivery of blood and/or the blood loss has occurred" with specification of date of manipulations and approximate volume of blood loss. In case of negative answer the DCO shall write: "There was no donor delivery of blood and/or the blood loss has not occurred". If there is no enough space in the Doping Control Form for entering of such information, the DCO shall fill in the Supplementary Report.

10. If the blood collection is conducted for blood passport the DCO shall ask the Athlete whether he/she was at an altitude greater than 1000 meters within the previous 2 weeks or used any form of altitude simulation equipment. If the Athlete answers positive on one of these questions the DCO shall record complete information regarding these facts indicating duration and altitude level (or names of location). In case of negative answer the DCO shall record "the Athlete has not been at an altitude greater than 1000 meters and has not used any form of altitude simulation equipment". In case there is no enough space for such information, the DCO shall use Supplementary Report.

11. The BCO shall put his/her signature in the Doping Control Form confirming that blood sample collection was conducted according to the International Standard for Testing.

12. The DCO shall indicate time of termination of blood sample collection and put his/her signature in the Doping Control Form.

13. The DCO shall ask the Athlete to indicate remarks or/and comments regarding sample collection procedure in the Doping Control Form. In case there is no enough space for remarks/comments, supplementary report shall be used. If there are no remarks or comments the DCO shall indicate "No comments".

14. The Athlete shall check the number on a box for blood sample storage and number indicated in the Doping-Control Form. After this the Athlete shall put

his/her signature confirming that blood sample collection was conducted according to the established procedure.

15. After termination of the procedure the DCO shall give the Athlete a pink copy of the Doping-Control Form.

16. If the Athlete shall also undergo urine sample collection the DCO shall notify the Athlete that the blood sample collection is completed but he/she shall undergo urine sample collection.

Storage and Transportation of Blood Samples

1. After the Athlete has left the room, the DCO shall put bottles in a box for transportation. The blood samples shall be transported to the laboratory in a refrigerator. The storage temperature of samples shall be +4C (between +2 and +8C). The samples shall not be frozen!

2. Samples shall be transported in a vertical position.

3. Blood samples and urine samples shall be transported separately.

4. Transportation of sample from sample collection site to the laboratory shall take no more than 24 hours.

5. The DCO shall fill out the Chain of Custody Form. Information about collected blood samples with different types of testing shall be recorded in different Chain of Custody Forms. Information about types of testing of blood samples shall be recorded on top of the Chain of Custody Form.

6. In the Chain of Custody Form time of samples delivery and final temperature in a box for transportation of sample according to information on equipment for temperature measurement shall be recorded.

V. Instructions for Chaperones

5.1. Chaperons shall:

1. Follow directions and instructions of the Doping Control Officer (hereinafter DCO) who is responsible for sample collection.

2. Know and comply with requirements of the International Standard for Testing.

3. Deal with confidential information.

4. Do not have conflicts of interests. Inform the DCO about conflict of interests.

5. Have watches with them.
6. Arrive at Doping-Control Station in time and get all necessary instructions from the DCO and notifications forms to hand over to Athletes.
7. Inform the DCO about all violations while escorting the Athlete or “strange” behavior of the Athlete.
8. Inform the DCO about offered presents or other suggestions in connection with sample collection.
9. Know location of main areas at competition site.

In case chaperones do not know what to do they shall contact the DCO.

Chaperones shall not:

1. Contact mass media.
2. Ask autographs, photos of the Athletes or to take photos with them.
3. Ask food or drinks during competitions.
4. Enter areas that are not designated for Sample Collection Personnel.
5. Accept presents from Athletes or officials.
6. Store information about conducted testing.
7. Disclose confidential information.
8. Drink alcohol during competitions.
9. Wear clothes with emblems of international or national sports federations.
10. Give away RUSADA equipment or documentation.
11. Exchange notifications with other Chaperons.

5.2. Notification of Athletes

The Athlete shall be notified that s/he is required to undergo a Sample collection; of his/her rights and responsibilities. The fact of the notification shall be recorded on the Notification Form. The Chaperone/DCO shall sign the Doping Control Form in confirmation of the Athlete having received the notification.

The notification can be carried out by the Chaperone/DCO.

The Athlete shall be notified that she/he has been selected for testing and is informed of their rights and responsibilities.

The main responsibility of the Chaperone is to observe the Athlete during the whole period from the moment of the notification until arrival at the Doping Control Station or completion of the Sample collection procedure.

The Chaperone shall show the Athlete his/her official identification provided by RUSADA and authorizing them to conduct doping control.

The Athlete shall be the first one notified that he/she has been selected for Sample collection except where the Athlete is a Minor or an Athlete with Disabilities. In the latter case the Chaperone shall inform the Athlete's Representative as provided for by the International Standard for Testing.

The Chaperone shall notify the Athlete and the Athlete shall sign the Notification Form or the Doping Control Form in the specifically designated space.

The information regarding the Athlete selected for doping control is of confidential character and shall not be disclosed to any third party except for the cases where assistance of the responsible persons is required to define the Athlete's placement in the competition.

5.2. The Chaperone shall ensure that the Athlete is informed:

- of the requirement to immediately report to the Doping Control Station for a test;
- of the authority under which the Sample collection is to be conducted;
- that she/he will remain within direct observation of the DCO/Chaperone at all times from the point of notification by the DCO/Chaperone until the completion of the Sample collection procedure;
- of the type of Sample collection and any conditions that need to be adhered to prior to the Sample collection;
- of the location of the Doping Control Station;
- that she/he should avoid excessive rehydration;
- of the Sample collection process;
- of the Athlete's rights, including the right to: have a representative and an interpreter; ask for additional information about the Sample collection process; request a delay in reporting to the Doping Control Station for valid reasons.

5.3. The Athlete can be granted permission to delay reporting to the Doping Control Station if the request relates to the following activities:

- Participation in a victory ceremony;
- Fulfilment of media commitments;
- Competing in further Competitions;
- Performing a warm down;
- Obtaining necessary medical treatment;
- Locating a representative and/or interpreter;
- Obtaining photo identification
- Completing a training session;
- requesting doping control modifications;
- any other exceptional circumstances, which shall be documented.

The Chaperone may consider any request by the Athlete or Athlete's Representative for permission to delay reporting to the Doping Control Station following acceptance of notification, and/or to leave the Doping Control Station temporarily after arrival. The request can be satisfied only if the Athlete can be continuously chaperoned.

The reasons for a delay in reporting to the Doping Control Station and/or reasons for leaving the Doping Control Station shall be recorded in the Doping Control Form. Any failure by the Athlete to remain under constant observation should be recorded.

5.4. Athlete's responsibilities:

- report immediately to the Doping Control Station for Testing; produce identification;
- remain within sight of the Chaperone at all times from the first moment of notification until arrival at the Doping Control Station or completion of the Sample collection procedure;

5.5. The Chaperone:

1. shall receive the Notification Forms and the Doping Control Forms from the DCO;
2. shall write in capital letters the given name and family name of the Athlete in the Notification Form;
3. shall introduce himself/herself to the Athlete showing their official identification provided by RUSADA;
4. shall identify the Athlete. When the Chaperone cannot identify the Athlete, s/he shall inform the DCO accordingly ensuring continuous observation of the Athlete. Any failure to confirm the Athlete's identity shall be documented;
5. shall request the Athlete to read and sign the Notification Form and/or Doping Control Form in acknowledgement of his/her rights and responsibilities;
6. shall follow the Athlete until arrival at the Doping Control Station or until another DCO or Chaperone takes up the responsibility to keep the Athlete under their observation;
7. shall the Chaperone can accept the Athlete's request for delay in reporting to the Doping Control Station. When the Athlete cannot be continuously chaperoned during the delay, the request for such a delay must be rejected;
8. may offer sealed drinks to the Athlete to ensure s/he has an opportunity to hydrate when at the Doping Control Station, but the Chaperone shall not touch any drinks that had been chosen by the Athlete.
9. shall inform the DCO about any irregularities in the Athlete's or Athlete's Personnel behavior, as well as of any possible failure to comply while being chaperoned.