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1. Scope

- 1.1 Introduction – Weightlifting Ireland in conjunction with the aforementioned bodies has put in place rules and procedures as set out below to ensure fair play and good practice in the Olympic sport of weightlifting. These fall within the remit of the Irish Sports Council and the World Anti-Doping code herein called the “Code”
- 1.2 In the Event that the rules, procedures or code of Weightlifting Ireland are in conflict or are inconsistent with the rules, procedures or code of the relevant superseding authority, the code of the relevant authority [ISC, WADA, IWF, CAS etc.] shall take precedent.
- 1.3 These rules shall be in force as of the 12-Mar 2011 AGM. They shall not apply retrospectively to matters arising prior to their commencement. All persons under jurisdiction of these rules shall continue to be so without further procedure, subsequent to the updating of these rules.
- 1.4 These rules incorporate the prohibited substances list of the WADA, and the international prevention standards thereof. It is the responsibility of all individuals within the association or relevant partnership to familiarise themselves with such practises.

2. Prevention

- 2.1 Weightlifting Ireland is dedicated primarily to the prevention and education of athletes and officials as to the nature of doping and doping control testing in order to prevent it prima facie.
- 2.2 Weightlifting Ireland recognise the Irish Sports Councils authority and responsibility to administer the Irish Sport Anti-Doping program as set out in Article 1.1.3 of the “Rules”, Weightlifting Ireland will seek to have the council administer in and out of competition testing in accordance with the “Rules”
- 2.3 Weightlifting Ireland will vigorously pursue potential violations of the “Rules” as set out in Article 1.1.5, to the satisfactory conclusion of the relevant authority.
- 2.4 The I.A.W.L.A. hereby recognise the authority of the Sport Anti-Doping Disciplinary Panel and CAS, and affirm that any and all alleged Anti-Doping offences, related issues and appeals are the sole jurisdiction of the aforementioned panels.

3. Membership

- 3.1 Rules apply but are not limited to all members of the Weightlifting Ireland participants' in events, members or otherwise, competitions and squad sessions as per Article 1.2.1.1 of the "Rules". This extends to any and all events recognised or authorised by the Weightlifting Ireland
- 3.2 Membership to the Weightlifting Ireland and participation in any events, recognised or authorised is contingent upon the prior acceptance of these rules. Participation will show both intent and acknowledgement of an agreement to said rules.
- 3.3 All members of the I.A.W.L.A. must agree to be bound by these rules, and strictly comply with these rules and authorities without prejudice to any N.G.B., anti doping rules to which they are subject, the Irish sports council, The Irish Sport Disciplinary Panel or CAS.
- 3.4 All I.A.W.L.A. members must provide all information and assistance when requested of them to the relevant body, in the application, policing and enforcement of the "Rules", including but not limited to cooperation with proceedings or investigations being conducted pursuant to the "Rules" in association with any suspected violation of the "Rules".
- 3.5 These rules shall continue to be in effect until Weightlifting Ireland has deemed a party to have retired from the sport of weightlifting or to have ceased affiliation or partnership with Weightlifting Ireland.

4. **Sanctions and Offences**

- 4.1 Any and all parties found to have committed doping offences, will be subject to sanctions as outlined in the “Rules”. These sanctions shall be subjected for the relevant duration irrespective of membership status.
- 4.2 Any and all sanctions will be in accordance with, and adhere to the “Rules”
- 4.3 It is and offence to take any prohibited or restricted substances as found in the WADA list of banned substances without proper medical authority.
- 4.4 Any athlete found to have any metabolites, prohibited substances or makers in their relevant sample, regardless of intent, negligence or ignorance; will be deemed to have committed a doping offence, unless there is a legitimate therapeutic use exemption in place for the alleged offence.
- 4.5 Only in exceptional circumstances, will an offence be considered quashed, if criteria are met that specifically state that the prohibited substance is both
- 4.5.1 Produced endogenously, and;
- 4.5.2 Beyond the quantitative reporting threshold.
- 4.6 It is and offence to utilise any method that contravenes the principles of fair play to gain an unfair advantage in performance, such as blood doping.
- 4.7 It is and offence to refuse to comply with any and all testing requirements both in and out of competition. Any such failure shall constitute a failed test.
- 4.8 Weightlifting Ireland reserve the right to at any time instigate a program whereby the whereabouts of selected athletes must be reported and maintained at all times. In such a system, it will be the responsibility of the athlete to provide such whereabouts at all times, and be present where and when stated for in our out of competition testing.
- 4.9 It is and offence to tamper or attempt to tamper with any part of the doping control process, any offence will have a sanction reflecting the circumstances of the offence in question, and will be endorsed by Weightlifting Ireland or superseding relevant regulatory authority.
- 4.10 It is and offence to in any way aid, abet, cover up or be complicit in the use, trafficking, or encouragement of practices that breach doping rules or regulations.
- 4.11 It is the sole remit of the WADA to determine what is and what is not a prohibited substance or method. This determination is final, and as such is not subject to challenge by any party on any grounds.

4.12 Weightlifting Ireland may provisionally suspend any athlete who has an adverse analytical finding in any dope test with immediate effect.

4.13 Any doping offences found from an individual competition test will carry the penalty of automatic forfeiture of all points, medals, titles, records or prizes gained as a result of the competition.

4.14 All doping offences relating to team competitions will be sanctioned in accordance with the rules and regulations of the International governing Federation

4.15 The result of positive or adverse test results will carry the following sanctions;

4.15.1 First Offence - Two (2) years prohibition from competitive lifting

4.15.2 Second Offence - Lifetime Prohibition from competition lifting

4.16 The result of positive or adverse test results will carry the following sanctions if the nature of the offence is from a substance, that due to its abundant nature or medical properties, mean that the potential for unintentional doping violations are unusually high, and that their effects are unlikely to provide successful and effective doping effects as performance enhancers;

4.16.1 First offence - Minimum sanction shall be a reprimand without prohibition
Maximum sanction of one (1) year prohibition

4.16.2 Second offence - Two (2) years prohibition from competitive lifting

4.16.3 Third Offence - Lifetime Prohibition from competition lifting

In exceptional circumstances, the sanctions in 4.15 and 4.16 may be reduced at the request of the athlete but at the discretion of the panel.

4.17 The exceptional circumstances for reducing any sanctions shall include but not be limited to the following;

4.17.1 The athlete establishes an individual case that he or she bears no fault or negligence for the doping offence, in which case the outcome shall be that there is no offence committed by the athlete

4.17.2 The athlete establishes an individual case that he or she bears no *significant* fault or negligence for the doping offence, in which case the sanction shall be reduced to no more than one half the recommended period of prohibition.

4.17.3 The defendant at first notice admits liability to the doping offence, but provides written medical evidence within a reasonable time period that conclusively shows that the defendant would have otherwise been able to avail of a TUE prior to the offence being committed. In which case, the outcome shall be that there is no offence committed by the athlete.

4.18 Any and all periods of prohibition will commence upon the date of written notice from the panel for doping offences

5. Roles and responsibilities of the Athlete

- 5.1 The responsibilities of the athlete are laid down in articles 1.3.1-1.3.8 of the “Rules”. The I.A.W.L.A. wholly accepts and enforces these articles as amended from time to time, and in the interests of fair play, will ratify updates or superseding articles of the “Rules”.
- 5.2 It is the responsibility of the athlete to ensure that all advice received is consistent with all anti-doping rules and regulations, including that received from recognised medical personnel.
- 5.3 It is the responsibility of the athlete to make his/herself available for testing when required, and to cooperate with the relevant testing authority for sample submission both in and out of competition.
- 5.4 It is the responsibility of the athlete to ensure that all supplements, food and liquid and any other items ingested or otherwise as part of a regular or ad hoc dietary routine comply to the anti doping rules and regulations as set out by all relevant authorities
- 5.5 It is the responsibility of the athlete to ensure that any and all medical procedures comply to the anti doping rules and regulations as set out by the relevant authority
- 5.6 It is the responsibility of the athlete to ensure that no rules are infringed on their part

6. **Roles of the Official**

- 6.1 The responsibilities of all officials are laid down in articles 1.4.1-1.3.6 of the “Rules”. The I.A.W.L.A. wholly accepts and enforces these articles as amended from time to time, and in the interests of fair play, will ratify updates or superseding articles of the “Rules”.
- 6.2 It is the duty of the officer in charge of Anti-doping to hold up to date knowledge of all relevant practices on anti doping and coherence with the rules outlined by the Sports council and other recognised bodies, and to maintain practices and knowledge necessary for the enforcement of the aforementioned articles of the rules.
- 6.3 It is the duty of the officer in charge of Anti-doping to maintain up to date contact details known to the Sports Council and Weightlifting Ireland committee and members.
- 6.4 It is the responsibility of any officer or support personnel to co-operate with the testing of athletes and;
- 6.5 To use his or her influence on all athletes and officers to ensure an atmosphere of anti-doping practices and values are upheld and promoted.

7. Therapeutic Use Exemption

- 7.1 There rules hereby make provisions for athletes with legitimate medical concerns to seek permission to use substances deemed restricted by the WADA. If such permission is granted by the relevant regulatory authority, a TUE must be provided as proof thereof.
- 7.2 The therapeutic use exemption or TUE will require whatever standard of proof is deemed necessary by the WADA before it shall be in effect.
- 7.3 The TUE will only cover the specific requirements for which it is authorised and will only authorise the athlete to whom it is granted for the use of the specific prohibited substances as detailed in the application request and granted by the WADA or relevant regulatory authority.
- 7.4 Applications for TUE's can be made to the Irish Sports Council or directly to the IWF, however only one TUE may be granted to any athlete for the same substance.
- 7.5 Any false or misleading information will nullify any TUE that has been granted effective from the time the information is proven to be fraudulent.
- 7.6 A TUE will only be in effect for the time period for which it is issued, this may be reviewed at any time by the relevant regulatory authority.
- 7.7 A TUE may be cancelled by the relevant regulatory authority by putting the reasons for doing so in writing to both the athlete and governing body in question. In such cases the TUE will be deemed to be ineffective upon receipt of the TUE by either party.

Athletes and/or the IALWA have the right to appeal any decision made pursuant to article 7.7. Any appeal made will prevent the TUE from expiring until the appeal is finalised, and the appeal must be made in writing to the relevant regulatory authority within 14 days of receipt of the notice to rescind the TUE.

8. **Testing**

- 8.1 These rules hereby incorporate the international standard for testing as derived from the WADA and relevant regulatory authorities.
- 8.2 All roles and responsibilities of the parties involved are outlined in the relevant section of this document.
- 8.3 The Irish Sports council will provide independent observers, Testers and other relevant doping officials to ensure the international standard of testing is upheld.
- 8.4 Weightlifting Ireland will provide in competition testing facilities for any such observers, testers or doping officials.
- 8.5 Testing of a minor can only be carried out where a person who can act in loco parentis is present and has given prior written consent
- 8.6 It is the responsibility of the testing authority to ensure the international testing standard is upheld. Weightlifting Ireland cannot accept responsibility for testing or results management.
- 8.7 Weightlifting Ireland will help with the administrative tasks of contacting, locating and or providing athletes to be tested in accordance with all relevant procedures.
- 8.8 Further to any adverse testing results, Weightlifting Ireland will ensure records of all previous adverse tests are made available to the relevant sporting authority, in order to determine if there is a TUE present, or if there has been a breach of the international testing standard.
- 8.9 The athlete or Weightlifting Ireland may request a review of the B sample for testing and subsequent analysis to verify and adverse result found.

9. **Disciplinary Proceedings**

- 9.1 Any and all disciplinary proceedings and appeals shall be in accordance with the “Rules” of the Irish Sports Council, and will be settled by a panel to be formed should the need arise.
- 9.2 Any and all members of the disciplinary panel shall be impartial representatives to avoid any conflict of interest or prejudice against the defending party.
- 9.3 The defending party will be advised of the members comprising the disciplinary panel prior to the formal formation of the panel and will be asked if there is any objection to it’s officials.
- 9.4 The burden of proof shall be on the prosecuting body to prove the defendant has committed the offence.
- 9.5 The standard of proof shall be to the satisfaction of the panel present, this shall be higher than the civil standard on the balance of probabilities, but lower than the criminal standard of beyond reasonable doubt.
- 9.6 During any such tribunal, if as part of a case or rebuttal, the defending party should need to establish facts to establish specific circumstances, or refute a presumption, the standard of proof shall be on the balance of probabilities.
- 9.7 Any and all cases brought before a disciplinary panel shall adhere to the “Rules” as set out by the Irish Sports council and WADA
- 9.8 Any and all decisions of the disciplinary panel may be appealed, but are binding upon the athlete until such times as the appeal is heard.

10. Acknowledgement

10.1 Weightlifting Ireland hereby incorporate and adhere to the rules as set out in the “Rules” of the Irish Sports Council, IWF, WADA and CAS