

CHAPTER-IV

TWFI/TWIF ANTI-DOPING RULES

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INTRODUCTION

PREFACE

At the TWFI AGM held on 26th March, 2011 in New Delhi, TWFI accepted the World Anti-Doping Code (the "Code"). These Anti-Doping Rules are adopted and implemented in conformance with NADA & TWFI's responsibilities under the Code, and are in furtherance of TWFI's continuing efforts to eradicate doping in the sport of tug of war in India.

Anti-Doping Rules, like Competition rules, are sport rules governing the conditions under which sport is played. Athletes accept these rules as a condition of participation. Anti-Doping Rules are not intended to be subject to or limited by the requirements and legal standards applicable to criminal proceedings or employment matters. The policies and minimum standards set forth in the Code and implemented in these Anti-Doping Rules represent the consensus of a broad spectrum of stake-holders with an interest in fair sport and should be respected by all courts and adjudicating bodies.

The Code defines NADA as;

The entity designated by India as possessing the primary authority 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.

FUNDAMENTAL RATIONALE FOR THE CODE AND TWIF'S ANTI-DOPING RULES

Anti-doping programs seek to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as "the spirit of sport"; it is the essence of Olympic; it is how we play true. The spirit of sport is the

celebration of the human spirit, body and mind, and is characterized by the following values:

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

Doping is fundamentally contrary to the spirit of sport.

The National Anti-Doping Programme

The National Anti Doping Agency [NADA] was established by the Government of India, with the objective of acting as the independent Anti-Doping Organization for India. The NADA has the necessary authority and responsibility for:

- n Planning, coordinating, implementing, monitoring and advocating Improvements in the Doping Control ;
- n Operating with other relevant national organizations and other Anti-Doping Organizations;
- n Encouraging reciprocal Testing between National Anti-Doping Organizations;
- n Promoting anti-doping research;
- n Planning, implementing and monitoring information and education programs.

The NADA thereby is a distinct body, independent from the disciplinary authorities

(The Anti-Doping Disciplinary Panel and Anti-Doping Appeal Panel).

The NADA Anti-Doping Rules

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

SCOPE

These Anti-Doping Rules shall apply to TWFI, each State Tug of War Association of TWFI, and each participant in the activities of TWFI or any of its State or District Tug of War Associations by virtue of the participant's membership, accreditation, or participation in TWFI, its State Tug of War Associations, or their activities or Events.

To be eligible for participation in TWFI events, a competitor must have a TWFI license issued by his or her State Tug of War Association. The TWFI license will only be issued to competitors who have personally signed the Appendix 2, in the actual form approved by the TWFI Executive. All forms from under-age applicants must be counter-signed by their legal guardians. The State Tug of War Association must guarantee that all athletes registered for a TWFI License accept the Rules of the TWFI, including these TWFI Anti-Doping Rules compiled in accordance with the National Anti-Doping Agency (NADA) Rules. It is the responsibility of each State Tug of War Association to ensure that all national-level Testing on the State Tug of War Association's Athletes complies with these Anti-Doping Rules. In some cases, the State Tug of War Association itself will be conducting the

Doping Control described in these Anti-Doping Rules. In other States, many of the Doping Control responsibilities of the State Tug of War Association have been delegated or assigned by statute to a National Anti-Doping Organization. In those countries, references in these Anti-Doping Rules to the National Tug of War Association shall apply, as applicable, to the National Tug of War Association's National Anti-Doping Organization.

These Anti-Doping Rules shall apply to all Doping Controls over which TWFI and its State Tug of War Associations have jurisdiction.

- n The NADA Rules notified by the Government of India in the official Gazette notification.
- n All National Sports Federations, National or Regional Sports Organizations/State Associations and the SAI shall be bound by the above mentioned NADA Rules.
- n The Government of India shall amend, modify or revise NADA Rules from time to time to keep it in alignment with revisions in the WADA Code.

NATIONAL DOPE TESTING LABORATORY

The Government of India has established NDTL as the national dope testing laboratory, which is accredited by the World Anti-Doping Agency.

The Government of India shall provide financial and other support to make NDTL a leading dope-testing laboratory in the World.

1 ARTICLE -1, APPLICATION OF RULES

1.1 Application to National Sports Federations

1.1.1 Tug of War Federation of India shall accept these Anti-Doping Rules and Incorporate these Anti-Doping Rules either directly or by reference into their governing documents, constitution and/or rules and thus as part of the rules of sport and the rights and obligations governing their members and Participants.

1.1.2 The application of these Anti-Doping Rules to Participants is based on the membership obligations that exist between Tug of

War Federation of India and their members or Participants through those individuals' agreement to participate in sport according to its rules.

- 1.1.3 As a condition of receiving financial and/or other assistance from the Government of India and/or the NADA, TWFI shall accept and abide by the spirit and terms of the National Anti-Doping Programme and these Anti-Doping Rules, including the application of its sanctions to individuals, and shall respect the authority of, and co-operate with, the NADA and the hearing bodies in all anti-doping matters which are not governed by the rules of the relevant International Federation in accordance with the Code.
- 1.1.4 By the adoption of these Anti-Doping Rules and their incorporation into their governing documents and rules of sport, Tug of War Federation of India TWFI recognize the authority and responsibility of the NADA for implementing the National Anti-Doping Programmes and authorize the NADA to carry out Doping Control and their members and Participants accordingly recognize and accept this authority and responsibility. The International Federation and the NADA respect each other's authority and responsibility as foreseen in the Code.
- 1.1.5 By the adoption of these Anti-Doping Rules and their incorporation into their governing documents and rules of sport, TWFI also formally submit the TWFI and all Athletes under its jurisdiction or control or subject to its governing documents or rules of sport to these Anti-Doping Rules. They agree to abide by the decisions made pursuant to these Anti-Doping Rules, in particular the decisions of the Anti-Doping Disciplinary Panel, the Anti-Doping Appeal Panel. Their International Federations, members and participants accordingly recognize and accept this submission and agreement subject to the rights of appeal foreseen in these rules.

1.2 Application to Persons

1.2.1 The NADA Anti-Doping Rules apply to all persons who:

1.2.1.1 Are members of a Tug-of-War Federation of India TWFI, regardless of where they reside or are situated;

1.2.1.2 Are members of a Tug-of-War Federation of India TWFI affiliated or recognized members, clubs, teams associations or leagues;

1.2.1.3 Participate in any capacity in any activity organized, held, convened or authorized by a Tug-of-War Federation of India TWFI or its affiliated members, clubs, teams, associations or leagues; and

1.2.1.4 Participate in any capacity in any activity organized, held, convened or authorized by a National Event organization, or a national league not affiliated with a Tug-of-War Federation of India TWFI

1.2.2 Participants including minors are deemed to accept, submit to and abide by these Anti-Doping Rules by virtue of their participation in sport.

1.2.3 The Roles and Responsibilities of Athletes are to:

1.2.3.1 Be knowledgeable of and comply with all applicable anti-doping policies and rules adopted pursuant to the Code;

1.2.3.2 Be situated and available for Sample collection;

1.2.3.3 Take responsibility, in the context of anti-doping, for what they ingest and use; and

1.2.3.4 Inform medical personnel of their obligation not to Use Prohibited Substances and Prohibited Methods and to take responsibility to make sure that any medical Treatment received does not violate anti-doping policies and rules adopted pursuant to the Code.

1.2.4 The Roles and Responsibilities of Athlete Support Personnel are to:

- 1.2.4.1 Be knowledgeable of and comply with all anti doping policies and rules adopted pursuant to the Code and which are applicable to them or the Athletes to whom they support;
- 1.2.4.2 Cooperate with the Athlete Testing program; and
- 1.2.4.3 Use their influence on athlete values and behavior to foster anti-doping attitudes.
- 1.2.5 If any person is found to have committed an anti doping rules violation, the consequences of these Anti-Doping Rules shall apply. A person sanctioned under these Anti-Doping Rules remains subject to it throughout the duration of the ineligibility regardless of that person's membership status in Tug-of-War Federation of India. TWFI or any National Sports Federation or sports organization. Unless the Person sanctioned retires during the period of ineligibility, this shall include remaining subject to Doping Control.

ARTICLE -2, DEFINITION OF DOPING

Doping is defined as the occurrence of one or more of the anti-doping rule violations set forth in Article 2.1 through Article 2.8 of these Anti-Doping Rules.

ANTI-DOPING RULE VIOLATIONS

The following constitute anti-doping rule violations:

- 2.1 The presence of a Prohibited Substance or its Metabolites or Markers in an Athlete's bodily Specimen
 - 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 bodily Specimens. 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 under Article 2.1.

- 2.1.2 Excepting those substances for which a quantitative reporting threshold is specifically identified in the Prohibited List, the detected presence of any quantity of a Prohibited Substance or its Metabolites or Markers in an Athlete's Sample shall constitute an anti-doping rule violation.
- 2.1.3 As an exception to the general rule of Article 2.1, the Prohibited List may establish special criteria for the evaluation of Prohibited Substances that can also be produced endogenously.
- 2.2 Use or Attempted Use of a Prohibited Substance or a Prohibited Method
- 2.2.1 The success or failure of the Use of a Prohibited Substance or Prohibited Method is not material. It is sufficient that the Prohibited Substance or Prohibited Method was used or attempted to be used for an anti-doping rule violation to be committed.
- 2.3 Refusing, or failing without compelling justification, to submit to sample collection after notification as authorized in these Anti-Doping Rules or otherwise evading Sample collection.
- 2.4 Violation of the requirements regarding athlete availability for Out-of-Competition Testing including failure to provide required whereabouts information set forth in Article 5.4 (Athlete whereabouts requirements) and missed tests which are declared based on reasonable rules.
- 2.5 Tampering, or attempting to tamper, with any part of Doping Control.
- 2.6 Possession of Prohibited Substances and Methods
- 2.6.1 Possession by an Athlete at any time or place of a substance that is prohibited in Out-of-Competition Testing or a Prohibited Method unless the athlete establishes that the possession is pursuant to a therapeutic use exemption granted in accordance

with Article 4.4 (Therapeutic Use) or other acceptable justification.

- 2.6.2 Possession of a Prohibited Substance that is prohibited in Out-of-Competition Testing or a Prohibited Method by Athlete Support Personnel in connection with an Athlete, Event 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 Article 4.4 (Therapeutic Use) or other acceptable justification.
- 2.7 Trafficking in any Prohibited Substance or Prohibited Method.
- 2.8 Administration or Attempted administration of a Prohibited Substance or Prohibited Method to any Athlete, or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an anti-doping rule violation or any attempted violation.

ARTICLE -3, PROOF OF DOPING

3.1 Burdens and Standards of Proof

TWFI / NADA and its State Tug of War Associations shall have the burden of establishing that an anti-doping rule violation has occurred. The standard of proof shall be whether TWFI or NADA or its State Tug of War Association has established an anti-doping rule violation to the comfortable satisfaction of the hearing body 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.

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

- 3.2 Methods of Establishing Facts and Presumptions
- 3.3 Facts related to anti-doping rule violations may be established by any reliable means, including admissions. The following rules of proof shall be applicable in doping cases:
- 3.3.1 NADA-accredited laboratories are presumed to have conducted sample analysis and custodial procedures in accordance with the International Standard for laboratory analysis. The athlete may rebutt this presumption by establishing that a departure from the International Standard occurred.
- 3.3.2 If the athlete rebutts the preceding presumption by showing that a departure from the International Standard occurred, then TWFI or its State Tug of War Association shall have the burden to establish that such departure did not cause the Adverse Analytical Finding.
- 3.3.3 Departures from the International Standard for testing which did not cause an Adverse Analytical Finding or other anti-doping rule violation shall not invalidate such results. If the athlete establishes that departures from the International Standard occurred during testing then TWFI or its State Tug of War Association shall have the burden to establish that such departures did not cause the Adverse Analytical Finding or the factual basis for the anti-doping rule violation.

ARTICLE 4 THE PROHIBITED LIST

4.1 Incorporation of the Prohibited List

These Anti-Doping Rules incorporate the Prohibited List which is published and revised by WADA as described in Article 4.1 of the rule. TWFI will make the current Prohibited List available to each State Tug of War Association, and each State Tug of War Association shall ensure that the current Prohibited List is available to its members and constituents.^{1*}

4.1.1 The Prohibited List shall be revised by WADA from time to time. Unless provided for otherwise in the Prohibited List and/or a revision, the Prohibited List and revisions shall go into effect under these Anti-Doping Rules three (3) months after publication of the Prohibited List by WADA without requiring any further action by the NADA.

4.1.2 The NADA make the most recently revised Prohibited List publicly available. It is the responsibility of each National Sports Federation to ensure that the current Prohibited List is available to its members and Participants.

4.2 Prohibited Substances and Prohibited Methods Identified on the Prohibited List

Unless provided otherwise in the Prohibited List and/or a revision, the Prohibited List and revisions shall go into effect under these Anti-Doping Rules three months after publication of the Prohibited List by WADA/NADA without requiring any further action by TWFI. As described in Article 4.2 of the Code, TWIF may request that WADA expand the Prohibited List for the sport of tug of war. TWFI may also request that NADA include additional substances or methods, which have the potential for abuse in the sport of tug of war, in the monitoring program described in Article 4.5 of the rule. As provided in the rule, NADA shall make the final decision on such requests by TWFI.

4.3 Criteria for Including Substances and Methods on the Prohibited List

As provided in Article 4.4.3 of the rule, WADA's/NADA determination of the Prohibited Substances and Prohibited Methods that will be included on the Prohibited List shall be final and shall not be subject to challenge by an Athlete or other Person.

* (1) The Prohibited List in force is available on WADA's website at www.wada-ama.org.

4.4 TUE s

- 4.4.1 These Anti-Doping Rules adopt and incorporate the WADA International Standard for TUEs as amended from time to time and all Participants and National Sports Federations shall be deemed to accept the amendments as binding upon them.
- 4.4.2 Athletes subject to these Anti-Doping Rules with a medical condition requiring the Use of a Prohibited Substance or a Prohibited Method, shall obtain a TUE from the NADA or an International Federation as provided for in this Article. The application for a TUE from such an Athlete shall occur immediately when the Athlete becomes aware that the Use of a Prohibited Substance or a Prohibited Method is required and, subject to an emergency, the TUE shall have been obtained prior to that Athlete's participation in any Competition.
- 4.4.3 An athlete subject to testing under these Anti-Doping Rules, who is, or has been prior to the adoption of these Anti-Doping Rules, granted a TUE by an International Federation, shall immediately report the granting of the TUE to the NADA and to the National Sports Federation concerned and shall provide to the NADA all relevant information and documentation. TUEs granted prior to the adoption of these Anti-Doping Rules shall be recognized by the NADA where the TUE was granted in accordance with the TUE Standard and the TUE has not expired or otherwise been effected by any changes in the Prohibited List occurring since the date the TUE was granted.
- 4.5 TUEs for International-Level Athletes and Athletes Participating in International Events
- 4.5.1 International-Level Athletes or Athletes participating in International Events shall apply to the International Federation concerned for the TUE, except in emergency situations, no later than twenty one (21) days before the athlete's

participation in an International Event, or as otherwise provided for in the anti-doping rules of that International Federation, and simultaneously provide a copy of that application for information to the NADA.

4.5.2 Where the International Federation has not implemented a process to grant TUEs, the athlete shall apply to the NADA for a TUE.

4.6 TUEs for National-Level Athletes and Athletes Participating in National Events

National-Level athletes and athletes participating in National Events shall obtain a TUE from the NADA, unless the athlete has previously received a TUE from an International Federation and such TUE is still valid and its granting has been reported to the NADA.

4.7 NADA TUEC

4.7.1 The NADA shall appoint a TUEC to consider applications for TUEs. To avoid potential conflicts of interest, all members of the TUEC shall be independent from the NADA. Where members of the TUEC have an interest in individual National Sports Federations or International Federations, they are excluded from considering applications for TUEs from athletes who are members of the same individual National Sports Federations or International Federations.

4.7.2 The TUEC member(s) so designated shall promptly evaluate such a request in accordance with the International Standard for TUEs and render a decision on such request, which shall be the decision of the NADA.

4.7.3 The NADA and the TUEC shall conduct the administration and determination of applications for TUEs in strict confidence.

4.8 Applications for TUEs

4.8.1 An application for a TUE shall be made in accordance with the International Standard for TUEs.

4.8.2 The Athlete shall provide written consent for the transmission of all information pertaining to the application to members of the TUEC and, as required other independent medical or scientific experts and to all necessary staff involved in the management, review or appeals of TUEs. The athlete shall also provide written consent for the decisions of the TUEC to be distributed to other relevant Anti-Doping Organizations under the provisions of the Code and for data to be stored in and transferred to the WADAClearing house.

4.9 Review of TUEs

4.9.1 WADA, at the request of an Athlete or on its own initiative, may review the granting or denial of any TUE by the NADA.

4.9.2 Until the review process has been completed, the original decision remains in effect.

4.9.3 If WADA determines that the grant or denial of a TUE did not comply with the International Standard for TUEs in force at the time, then WADA may reverse that decision and the TUE shall stand cancelled. In the event of a cancellation, WADA will advise the athlete, the NADA and to the National Sports Federation concerned.

4.9.4 Decisions on TUEs are subject to further appeal as provided in Article 13.8 (Appeals from Decisions Granting or Denying a TUE) and pursuant to the rules of CAS.

5 ARTICLE TESTING

5.1 Incorporation of the International Standard for Testing

These Anti-Doping Rules adopt and incorporate the WADA International Standard for Testing as amended from time to time and all Participants and National Sports Federations shall be deemed to accept the amendments as binding upon them. Testing conducted by, or on behalf of, the NADA and National

Sports Federations shall be in substantial conformity with the International Standard for Testing in force at the time of Testing.

5.2 Testing

All athletes subject to these Anti-Doping Rules are subject to In-Competition Testing by their National Sports Federation, its International Federation, the NADA and any Anti-Doping Organization responsible for Testing at a Competition or Event in which they participate. All athletes subject to these Anti-Doping Rules shall also be subject to Out-of-Competition Testing at any time or place, by their National Sports Federation, its International Federation, the NADA, WADA, the National Anti-Doping Organization of any country where the athlete is present, the International Olympic Committee in connection with the Olympic Games and the International Paralympic Committee in connection with the Paralympic Games. This Testing may include Target Testing.

5.3 Testing at Events

At International Events, the collection of Doping Control Samples shall be initiated and directed by the international organization that is the ruling body for the Event. If the international organization decides not to conduct any Testing at such an Event, the NADA may, in coordination with and with the approval of the international organization or WADA, initiate and conduct such Testing. At National Events, the collection of Doping Control Samples shall be initiated and directed by the NADA.

5.4 Whereabouts Requirements

- 5.4.1 The NADA shall identify a Registered Testing Pool, and shall revise its Registered Testing Pool from time to time as appropriate. Each National Sports Federation shall assist the NADA in identifying and maintaining the NADA Registered

Testing Pool. National Sports Federations shall ensure that athletes who are not their regular members are included in the NADA Registered Testing Pool at least for the year prior to the Olympic Games, as a member of a NOC Team.

- 5.4.2 The NADA shall notify each athlete of their inclusion in the Registered Testing Pool and advise that athlete of their obligations under these Anti-Doping Rules. Each athlete in the Registered Testing Pool shall file half yearly whereabouts information with the NADA on forms provided by the NADA which specify on a daily basis the locations and times where the athlete will be residing, training and/or competing. Athletes shall update this information as necessary so that it is current and complete at all times. Where athletes are also required to provide whereabouts information to their International Federation, Athletes shall simultaneously provide a copy of that information to the NADA unless it is available through the WADA Clearing house. The NADA shall recommend that the responsible sports organization withhold some or all sport-related financial support from an athlete where the Athlete's regular report is not received by the NADA by the due date or is not fully and accurately completed.
- 5.4.3 Any athlete in the NADA Registered Testing Pool who fails to submit a mandatory whereabouts report after three formal written warnings from the NADA to do so in the preceding eighteen (18) months shall be considered to have committed an anti-doping rule violation pursuant to Article 2.4 (Whereabouts Violations).
- 5.4.4 Any athlete in the NADA Registered Testing Pool who is unavailable for Testing on three attempts during any period of eighteen (18) consecutive months shall be considered to have committed an anti-doping rule violation pursuant to Article 2.4 (Whereabouts Violations). Notification shall be sent to the athlete in respect of each attempt.

5.5 Retirement and Return to Competition

5.5.1 An athlete who has been identified by the NADA for inclusion in the Registered Testing Pool shall continue to be subject to these Anti-Doping Rules, including the obligation to be available for No Advance Notice Out of Competition Testing, unless and until the Athlete gives written notice to NADA and to their National Sports Federation that they have retired for the purposes of these Anti-Doping Rules or until they no longer satisfy the criteria for inclusion in the Registered Testing Pool and have been so informed by NADA.

5.5.2 An athlete who is not serving a Period of Ineligibility who has given notice of retirement may not resume competing unless they notify NADA at least twelve (12) months before they expect to return to Competition. This notification must include the submission to these Anti-Doping Rules, including the provision of whereabouts information and availability for No Advance Notice, Out-of-Competition testing during this period.

5.6 Selection of Athletes to be tested

NADA shall select athletes for testing through a process that substantially complies with the International Standard for Testing in force at the time of selection. In this regard, No Advance Notice shall be the preferred method for Out-of-Competition Testing.

5.7 Testing of Minors

Testing under these Anti-Doping Rules may only be conducted on a minor where a person with legal responsibility for that minor has given prior consent. The giving of such prior consent shall be a condition precedent to the participation of that minor in sport, unless the rules of the relevant National Sports Federation provide otherwise.

5.8 Independent Observer Program

NADA, Tug-of-War Federation of India or State Tug of War Association and the organization committees for Events and their employees, contractors, officials and agents shall provide access to persons participating in the Independent Observers Program at Events as directed by TWFI.

ARTICLE- 6, ANALYSES OF SAMPLES

6. Incorporation of the International Standard for Laboratories

These Anti-Doping Rules adopt and incorporate the WADA International Standard for Laboratories as amended from time to time and all Participants and National Sports Federations shall be deemed to accept the amendments as binding upon them. Doping Control Samples collected under these Anti-Doping Rules shall be analyzed in accordance with the following principles:

6.1 Use of Approved Laboratories

NADA/TWFI shall send Doping Control Samples for analysis only to WADA-accredited laboratories or as otherwise approved by WADA. The choice of the WADA-accredited laboratory (or other method approved by WADA) used for the sample analysis shall be determined exclusively by NADA/TWFI. Laboratories shall analyze Doping Control Samples and report results in substantial conformity with the International Standard for Laboratories.

6.2 Substances Subject to Detection

Doping Control Samples shall be analyzed to detect Prohibited Substances and Prohibited Methods identified on the Prohibited List and other substances as may be directed by WADA pursuant to the Monitoring Program described in Article 4.5 of the Code.

6.3 Research on Samples

No Sample may be used for any purpose other than the

detection of substances (or classes of substances) or methods on the Prohibited List, or as otherwise identified by WADA pursuant to its Monitoring Program, without the athlete's written consent.

6.4 Standards for Sample Analysis and Reporting

Laboratories shall analyze Doping Control Samples and report results in conformity with the International Standard for Laboratory Analysis.

ARTICLE- 7, RESULTS MANAGEMENT

7.1 Results Management for Tests Initiated by TWIF/TWFI

Results management for Tests initiated by TWIF (including Tests performed by WADA pursuant to agreement with TWIF) shall proceed as set forth below:

7.1.1 The results from all analyses must be sent to TWIF in encoded form, in a report signed by an authorized representative of the laboratory. All communication must be conducted in such a way that the results of the analyses are confidential.

7.1.2 Upon receipt of an 'A' Sample Adverse Analytical Finding, the TWIF Anti-Doping Administrator shall conduct a review to determine whether: (a) an applicable therapeutic use exemption has been granted, or (b) there is any apparent departure from the International Standards for Testing or Laboratory Analysis that undermines the validity of the Adverse Analytical Finding.

7.1.3 If the initial review under Article 7.1.2 does not reveal an applicable therapeutic use exemption or departure from the International Standard for Testing or the International Standard for laboratory analysis in force at the time of Testing or analysis that undermines the validity of the Adverse Analytical Finding, TWIF shall promptly notify the athlete of: (a) the Adverse Analytical Finding; (b) the anti-doping rule violated, or, in a case under Articles 7.1.8 or 7.1.9, a description of the additional

investigation that will be conducted as to whether there is an anti-doping rule violation; (c) 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; (d) the right of the athlete and/or the athlete's representative to attend the 'B' Sample opening and analysis, if such analysis is requested; and (e) the athlete's right to request copies of the 'A' and 'B' Sample laboratory documentation package which includes information as required by the International Standard for Laboratory Analysis.

- 7.1.4 Arrangements shall be made for Testing the 'B' Sample within three weeks of the notification described in Article 7.1.3. An Athlete may accept the 'A' Sample analytical results by waiving the requirement for 'B' Sample analysis. TWIF may nonetheless elect to proceed with the 'B' Sample analysis.
- 7.1.5 The athlete and/or his representative shall be allowed to be present at the analysis of the 'B' Sample. Also a representative of the athlete's National Tug of War Association as well as a representative of TWIF shall be allowed to be pre-sent.
- 7.1.6 If the 'B' Sample proves negative, the entire test shall be considered negative and the athlete, his National Tug of War Association, and TWIF shall be so informed.
- 7.1.7 If a Prohibited Substance or the Use of a Prohibited Method is identified, the findings shall be reported to the athlete, his National Tug of War Association, TWIF, and to WADA.
- 7.1.8 The TWIF Anti-Doping Administrator shall conduct any follow-up investigation as may be required by the Prohibited List. Upon completion of such follow-up investigation, TWIF shall promptly notify the athlete regarding the results of the follow-up investigation and whether or not TWIF asserts that an anti-doping rule was violated.

7.1.9 For apparent anti-doping rule violations that do not involve Adverse Analytical Findings, TWIF shall conduct any necessary follow-up investigation and shall then promptly notify the athlete of the anti-doping rule which appears to have been violated, and the basis of the violation.

7.2 Results Management for Tests Initiated During Other International Events

Results management and the conduct of hearings from a test by the International Olympic Committee, the International Paralympic Committee, the World Games or a Major Event Organization, shall be managed, as far as sanctions beyond disqualification from the Event or the results of the Event, by TWIF.

7.3 Results Management for Tests initiated by Tug of War Federation of India

Results management conducted by the Tug of War Federation of India shall be consistent with the general principles for effective and fair results management which underlie the detailed provisions set forth in Article 7.1. Results of all Doping Controls shall be reported to TWIF within 14 days of the conclusion of the National Tug of War federation's results management process. Any apparent anti-doping rule violation by an athlete who is a member of that National Tug of War federation shall be promptly referred to an appropriate hearing panel established pursuant to the rules of the National Tug of War federation or national law. Apparent anti-doping rule violations by athletes who are members of another National Tug of War federation shall be referred to the Athlete's National Tug of War federation for hearing.

ARTICLE- 8, RIGHT TO A FAIR HEARING

8.1 When it appears, following the results management process described in Article 7, that these Anti-Doping Rules have been

violated, the Athlete or other Person involved shall be brought before a disciplinary panel of the Athlete or other Person's National Tug of War Association for a hearing to adjudicate whether a violation of these Anti-Doping Rules occurred and if so what Consequences should be imposed. Such hearing process shall respect the following principles:

- n A timely hearing;
- n Fair and impartial hearing body;
- n The right to be represented by counsel at the person's own expense;
- n The right to be fairly and timely informed of the asserted anti-doping rule violation;
- n The right to respond to the asserted anti-doping rule violation and resulting Consequences;
- n The right of each party to present evidence, including the right to call and question witnesses (subject to the hearing body's discretion to accept testimony by telephone or written submission);
- n The person's right to an interpreter at the hearing, with the Doping Panel to determine the identity, and responsibility for the cost of the interpreter; and
- n a timely, written, reasoned decision.

8.2 Hearings pursuant to this Article shall be completed expeditiously and in all cases within three months of the completion of the Results Management process described in Article 7. Hearings held in connection with Events may be conducted by an expedited process. If the completion of the hearing is delayed beyond three months, TWIF may elect, if the athlete is an International Level Athlete, to bring the case directly to a single arbitrator from the Court of Arbitration for Sport. The case before the Court of Arbitration for Sport or Ombudsmen shall be handled in accordance with the Court of

Arbitration for Sport appeal procedure without reference to any time limit for appeal. If the completion of the hearing is delayed beyond three months, and the athlete is not an International Level athlete, TWFI may elect to bring the case directly to the national level appellate body referenced in Article 13.2.2. In either case, the hearing shall proceed at the responsibility of and the expense of the National Tug of War Association. In either case the appeal from such decision shall be to the Court of Arbitration for Sport.

- 8.3 TWFI shall keep fully apprised as to the status of pending cases and the results of all hearings.
- 8.4 TWIF shall have the right to attend hearings as an observer.
- 8.5 The athlete or other person may forego a hearing by acknowledging the violation of these Anti-Doping Rules and accepting Consequences consistent with Articles 9 and 10 as proposed by the National Tug of War federation.
- 8.6 Decisions by TWFI, whether as the result of a hearing or the athlete or other person's acceptance of consequences, may be appealed as provided in Article 13.
- 8.7 Hearing decisions by the TWFI shall not be subject to further administrative review at the national level except as provided in Article 13 or as required by applicable national law.

ARTICLE 9 AUTOMATIC DISQUALIFICATIONS OF INDIVIDUAL RESULTS

A violation of these Anti-Doping Rules in connection with an In-Competition test automatically leads to Disqualification of the individual result obtained in that Competition with all resulting consequences, including forfeiture of any medals, points and prizes.

ARTICLE 10 SANCTIONS ON INDIVIDUALS

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

An Anti-Doping Rule violation occurring during or in connection with an Event may 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 Article 10.1.1.

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

10.2 Imposition of Ineligibility for Prohibited Substances and Prohibited Methods

Except for the specified substances identified in Article 10.3, the period of ineligibility imposed for a violation of Article 2.1 (presence of Prohibited Substance or its Metabolites or Markers), Article 2.2 (Use or Attempted Use of Prohibited Substance or Prohibited Method) and Article 2.6 (Possession of Prohibited Substances and Methods) shall be:

First violation: Two (2) years' Ineligibility.

Second violation: Lifetime Ineligibility.

However, the athlete or other person shall have the opportunity in each case, before a period of Ineligibility is imposed, to establish the basis for eliminating or reducing this sanction as provided in Article 10.5.

10.3 Specified Substances

The Prohibited List may identify specified substances which are particularly susceptible to unintentional anti-doping rules violations because of their general availability in medicinal products or which are less likely to be successfully abused as doping agents. Where an athlete can establish that the Use of such a specified substance was not intended to enhance sport performance, the period of Ineligibility found in Article 10.2 shall be replaced with the following:

First violation: At a minimum, a warning and reprimand and no period of Ineligibility from future Events, and at a maximum, one (1) year's Ineligibility

Second violation: Two (2) years' Ineligibility.

Third violation: Lifetime Ineligibility.

However, the athlete or other person shall have the opportunity in each case, before a period of Ineligibility is imposed, to establish the basis for eliminating or reducing (in the case of a second or third violation) this sanction as provided in Article 10.5.

10.4 Ineligibility for Other Anti-Doping Rule Violations

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

- 10.4.1 For violations of Article 2.3 (refusing or failing to submit to Sample collection) or Article 2.5 (Tampering with Doping Control), the Ineligibility periods set forth in Article 10.2 shall apply.
- 10.4.2 For violations of Article 2.7 (Trafficking) or Article 2.8 (administration of Prohibited Substance or Prohibited Method), the period of ineligibility imposed shall be a minimum of four (4) years up to lifetime ineligibility. An anti-doping rule violation involving a Minor shall be considered a particularly serious violation, and, if committed by Athlete Support Personnel for violations other than specified substances referenced in Article 10.3, shall result in lifetime ineligibility for such Athlete Support Personnel. In addition, violations of such Articles which also violate non-sporting laws and regulations may be reported to the competent administrative, professional or judicial authorities.
- 10.4.3 For violations of Article 2.4 (Whereabouts Violations or Missed Tests), the period of ineligibility shall be:

First violation: Three (3) months to one (1) year ineligibility.

Second and subsequent violations: Two (2) years' ineligibility.

10.5 Elimination or Reduction of Period of ineligibility Based on Exceptional Circumstances

10.5.1 If the Athlete establishes in an individual case involving an anti-doping rule violation under Article 2.1 (presence of Prohibited Substance or its Metabolites or Markers) or use of a Prohibited Substance or Prohibited Method under Article 2.2 that he or she bears no fault or negligence for the violation, the otherwise applicable period of ineligibility shall be eliminated. When a Prohibited Substance or its Markers or Metabolites is detected in an Athlete's Specimen in violation of Article 2.1 (presence of Prohibited Substance), 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 Article is applied and the period of ineligibility otherwise applicable is eliminated, the anti-doping rule violation shall not be considered a violation for the limited purpose of determining the period of ineligibility for multiple violations under Article 10.2, 10.3 and 10.6.

10.5.2 This Article 10.5.2 applies only to anti-doping rule violations involving Article 2.1 (presence of Prohibited Substance or its Metabolites or Markers), Use of a Prohibited Substance or Prohibited Method under Article 2.2, failing to submit to Sample collection under Article 2.3, or administration of a Prohibited Substance or Prohibited Method under Article 2.8. If an athlete establishes in an individual case involving such violations that he or she bears No significant fault or negligence, then the period of ineligibility may be reduced, but the reduced period of ineligibility may not be less than one-half of the minimum period of ineligibility otherwise applicable. If the otherwise applicable period of ineligibility is a lifetime, the reduced period under this

section may be no less than 8 years. When a Prohibited Substance or its Markers or Metabolites is detected in an Athlete's specimen in violation of Article 2.1 (presence of Prohibited Substance), the Athlete must also establish how the Prohibited Substance entered his or her system in order to have the period of ineligibility reduced.

- 10.5.3 The TWIF Executive may also reduce the period of ineligibility in an individual case where the Athlete has provided substantial assistance to TWIF which results in TWIF discovering or establishing an anti-doping rule violation by another Person involving Possession under Article 2.6.2 (Possession by Athlete Support Personnel), Article 2.7 (Trafficking), or Article 2.8 (administration to an Athlete). The reduced period of ineligibility may not, however, be less than one-half of the minimum periods of ineligibility otherwise applicable. If the other-wise applicable period of ineligibility is a lifetime, the reduced period under this Article may be no less than 8 years.

10.6 Rules for Certain Potential Multiple Violations

- 10.6.1 For purposes of imposing sanctions under Article 10.2, 10.3 and 10.4, a second anti-doping rule violation may be considered for purposes of imposing sanctions only if the TWIF (or its National Tug of War Association) can establish that the Athlete or other Person committed the second anti-doping rule violation after the Athlete or other Person received notice, or after TWIF (or its National Tug of War Association) made a reasonable attempt to give notice, of the first anti-doping rule violation; if the TWIF (or its National Tug of War Association) cannot establish this, the violations shall be considered as one single first violation, and the sanction imposed shall be based on the violation that carries the more severe sanction.

- 10.6.2 Where an athlete, based on the same Doping Control, is found to have committed an anti-doping rule violation involving both a specified substance under Article 10.3 and another Prohibited

Substance or Prohibited Method, the Athlete shall be considered to have committed a single anti-doping rule violation, but the sanction imposed shall be based on the Prohibited substance or Prohibited Method that carries the most severe sanction.

10.6.3 Where an Athlete is found to have committed two separate anti-doping rule violations, one involving a specified substance governed by the sanctions set forth in Article 10.3 (specified substances) and the other involving a Prohibited Substance or Prohibited Method governed by the sanctions set forth in Article 10.2 or a violation governed by the sanctions in Article 10.4.1, the period of ineligibility imposed for the second offence shall be at a minimum two years' ineligibility and at a maximum three years' Ineligibility. Any athlete found to have committed a third anti-doping rule violation involving any combination of specified substances under Article 10.3 and any other anti-doping rule violation under Article 10.2 or 10.4.1 shall receive a sanction of lifetime ineligibility.

10.7 Disqualification of Results in Competitions Subsequent to Sample Collection

In addition to the automatic disqualification of the results in the Competition which produced the positive sample under Article 9 (Automatic Disqualification of Individual Results), all other competitive results obtained from the date a positive sample was collected (whether In-Competition or Out-of-Competition), or other doping 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.

10.8 Commencement of Ineligibility Period

The period of ineligibility shall start on the date of the hearing decision providing for ineligibility or, if the hearing is waived, on

the date ineligibility is accepted or otherwise imposed. Any period of Provisional Suspension (whether imposed or voluntarily accepted) shall be credited against the total period of ineligibility to be served. Where required by fairness, such as delays in the hearing process or other aspects of Doping Control not attributable to the athlete, the TWIF or Anti-Doping Organization imposing the sanction may start the period of ineligibility at an earlier date commencing as early as the date of sample collection.

10.9 Status During Ineligibility

No person who has been declared ineligible may, during the period of ineligibility, participate in any capacity in an event or activity (other than authorized anti doping education or rehabilitation programs) authorized or organized by TWIF or any National Tug of War Association. In addition, for any anti-doping rule violation not involving specified substances described in Article 10.3, some or all sport-related financial support or other sport-related benefits received by such Person will be withheld by TWIF and its National Tug of War Associations. A person subject to a period of ineligibility longer than four years may, after completing four years of the period of Ineligibility, participate in local sport events in a sport other than sports subject to the jurisdictions of TWIF and its National Tug of War Associations, but only so long as the local sport event is not at a level that could otherwise qualify such person directly or indirectly to compete in (or accumulate points towards) a national championship or International Event.

10.10 Reinstatement Testing

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 TWIF, the applicable National Tug of War Association, and any other Anti-

Doping Organization having testing jurisdiction, and must provide current and accurate whereabouts information as provided in Article 5.5. If an athlete subject to a period of Ineligibility retires from sport and is re-moved from Out-of-Competition Testing pools and later seeks reinstatement, the Athlete shall not be eligible for reinstatement until the Athlete has notified TWIF and the applicable National Tug of War Association and has been subject to Out-of-Competition Testing for a period of time equal to the longer of the period set forth in Article 5.6 or the period of Ineligibility remaining as of the date the athlete had retired. During such remaining period of Ineligibility, a minimum of 2 tests must be conducted on the Athlete with at least three months between each test. The National Tug of War Association shall be responsible for conducting the necessary tests, but tests by any Anti-Doping Organization may be used to satisfy the requirement. The results of such tests shall be reported to TWIF. In addition, immediately prior to the end of the suspension period, an athlete must undergo testing by TWIF for the Prohibited Substances and Methods for Out-of-Competition Testing. Once the period of an athlete's suspension has expired, and the athlete has fulfilled the conditions of reinstatement, then the athlete will become automatically re-eligible and no application by the Athlete or by the athlete's National Tug of War Association will then be necessary.

ARTICLE -11, CONSEQUENCES TO TEAMS

- 11.1 Where a team member in a Team Sport has been notified of a possible Anti-Doping Rule violation under Article 7 in connection with an Event, the team shall be subject to target testing for the Event. If more than one team member in a Team Sport is found to have committed an Anti-Doping Rule violation during the Event, the team may be subject to disqualification or other disciplinary action.

ARTICLE-12, SANCTIONS AND COSTS ASSESSED AGAINST NATIONAL TUG OF WAR ASSOCIATION

- 12.1 The TWIF Executive has the authority to withhold some or all funding or other non financial support to National Tug of War associations that are not in compliance with these Anti-Doping Rules.
- 12.2 National Tug of War Associations shall be obligated to reimburse TWIF for all costs (including but not limited to laboratory fees, hearing expenses and travel) re-lated to a violation of these Anti-Doping Rules committed by an Athlete or other person affiliated with that National Tug of War Association.
- 12.3 TWIF may elect to take additional disciplinary action against National Tug of War Associations with respect to recognition, the eligibility of its officials and athletes to participate in International Events and fines.

ARTICLE 13 APPEALS

- 13.1 Decisions Subject to Appeal
Decisions made under these Anti-Doping Rules may be appealed as set forth below in Article 13.2 through 13.4. Such decisions shall remain in effect while under appeal unless the appellate body orders otherwise. Before an appeal is commenced, any post-decision review authorized in Article 8.7 must be exhausted.
- 13.2 Appeals from Decisions Regarding Anti-Doping Rule Violations, Consequences, and Provisional Suspensions
A decision that an anti-doping rule violation was committed, a decision imposing Consequences for an anti-doping rule violation, a decision that no anti-doping rule violation was committed, a decision that the TWIF or its National Tug of War Association lacks jurisdiction to rule on an alleged anti-doping rule violation or its Consequences, may be appealed exclusively as provided in this Article 13.2.

- 13.2.1 In cases arising from competition in an International Event or in cases involving International-Level Athletes, the decision may be appealed exclusively to the Court of Arbitration for Sport ("CAS") in accordance with the provisions applicable before such court.
- 13.2.2 In cases involving athletes that do not have a right to appeal under Article 13.2.1, each National Tug of War Association shall have in place an appeal procedure that respects the following principles: a timely hearing, a fair and impartial hearing body; the right to be represented by a counsel at the person's expense; and a timely, written, reasoned decision. TWIF's rights of appeal with respect to these cases are set forth in Article 13.2.3 below.
- 13.2.3 In cases under Article 13.2.1, the following parties shall have the right to appeal to CAS: (a) the 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) TWIF and any other Anti-Doping Organization under whose rules a sanction could have been imposed; (d) the International Olympic Committee or International Paralympic Committee, as applicable, where the decision may have an effect in relation to the Olympic Games or Paralympic Games, including decisions affecting eligibility for the Olympic Games or Paralympic Games; and (e) WADA. In cases under Article 13.2.2, the parties having the right to appeal to the national-level reviewing body shall be as provided in the National Tug of War Association's rules but, at a minimum, shall include: (a) the 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) TWIF; and (d) WADA. For cases under Article 13.2.2, WADA and TWIF/TWFI shall also have the right to appeal to CAS with respect to the decision of the national-level reviewing body.

13.3 Appeals from Decisions Granting or Denying a Therapeutic Use Exemption

Decisions by WADA reversing the grant or denial of a TUE exemption may be appealed exclusively to CAS by the Athlete, TWIF/TWFI, or NADA or other body designated by a State Tug of War Association which granted or denied the exemption. Decisions to deny therapeutic use exemptions, and which are not reversed by WADA, may be appealed by International-Level Athletes to CAS and by other Athletes to the national level reviewing body described in Article 13.2.2. If the national level reviewing body reverses the decision to deny a therapeutic uses ex-emption, that decision may be appealed to CAS by WADA.

13.4 Appeals from Decisions Pursuant to Article 12

Decisions by TWIF/TWFI pursuant to Article 12 may be appealed exclusively to CAS by the State Tug-of-War Association.

13.5 Time for Filing Appeals

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

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

ARTICLE 14 STATE TUG OF WAR ASSOCIATIONS INCORPORATION OF TWFI RULES, REPORTING AND RECOGNITION

14.1 Incorporation of TWFI/NADA Anti-Doping Rules

All State Tug of War Associations shall comply with these Anti-Doping Rules. These Anti-Doping Rules shall also be incorporated either directly or by reference into each State Tug of War Associations Rules. All State Tug of War Associations shall include in their regulations the procedural rules necessary to effectively implement these Anti-Doping Rules. Each State Tug of War Association shall obtain the written acknowledgement and agreement, in the form attached as Appendix 2, of all Athletes subject to Doping Control and Athlete Support Personnel for such Athletes. Notwithstanding whether or not the required form has been signed, the rules of each State Tug of War Association shall specifically provide that all athletes, athlete support personnel and other persons under the jurisdiction of the Tug of War Federation of India shall be bound by these Anti-Doping Rules.

14.2 Statistical Reporting

State Tug of War Associations shall report to TWFI at the end of every year results of all Doping Controls within their jurisdiction sorted by athlete and identifying each date on which the athlete was tested, the entity conducting the test, and whether the test was In-Competition or Out-of-Competition. TWIF may periodically publish testing data received from State Tug of War Associations as well as comparable data from Testing under TWFI's jurisdiction.

14.3 Doping Control Information Clearing House

When a State Tug of War Association has received an Adverse Analytical Finding on one of its athletes it shall report the following information to TWFI/NADA and WADA within fourteen

(14) days of the process described in Article 7.1.2 and 7.1.3: the Athlete's name, State, sport and discipline within the sport, whether the test was In-Competition or Out-of-Competition, the date of sample collection and the analytical result reported by the laboratory. The State Tug of War Association shall also regularly update TWFI and NADA on the status and findings of any review or proceedings conducted pursuant to Article 7 (Results Management), Article 8 (Right to a Fair Hearing) or Article 13 (Appeals), and comparable information shall be provided to TWFI and NADA within 14 days of the notification described in Article 7.1.9, with respect to other violations of these Anti-Doping Rules. In any case in which the period of ineligibility is eliminated under Article 10.5.1 (No Fault or Negligence) or reduced under Article 10.5.2 (No Significant Fault or Negligence), TWFI and NADA shall be provided with a written reasoned decision explaining the basis for the elimination or reduction. Neither TWFI nor NADA shall disclose this information beyond those persons within their organizations with a need to know until the State Tug of War Association has made public disclosure or has failed to make public disclosure as required in Article 14.4 below.

14.4 Public Disclosure

Neither TWFI nor its State Tug of War Association shall publicly identify Athletes whose samples have resulted in Adverse Analytical Findings, or who were alleged to have violated other Articles of these Anti-Doping Rules until it has been determined in a hearing in accordance with Article 8 that an anti-doping rule violation has occurred, or such hearing has been waived, or the assertion of an anti-doping rule violation has not been timely challenged. Once a violation of these Anti-Doping Rules has been established, it shall be publicly reported within 20 days.

14.5 Recognition of Decisions by TWFI and State Tug of War Associations

Any decision of TWFI or a National State Tug of War Association regarding a violation of these Anti-Doping Rules shall be recognized by all State Tug of War Associations, which shall take all necessary action to render such results effective.

ARTICLE 15 RECOGNITION OF DECISIONS BY OTHER ORGANIZATIONS

Subject to the right to appeal provided in Article 13, the Testing, therapeutic use exemptions and hearing results or other final adjudications of any Signatory to the Code which are consistent with the Code and are within the Signatory's authority, shall be recognized and respected by TWFI and its State Tug of War Associations. TWFI and its State Tug of War Associations may 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.

ARTICLE 16 STATUTE OF LIMITATIONS

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

ARTICLE 17 TWFI COMPLIANCE REPORTS TO NADA/WADA

The TWFI will report to NADA/ WADA on the TWFI's compliance with the Code every second year and shall explain reasons for any non-compliance.

ARTICLE 18 AMENDMENTS AND INTERPRETATION OF ANTI-DOPING RULES

- 18.1 These Anti-Doping Rules may be amended from time to time by the TWFI Executive.
- 18.2 Except as provided in Article 18.5, these Anti-Doping Rules shall be interpreted as an independent and autonomous text and not by reference to existing law or statutes.
- 18.3 The headings used for the various Parts and Articles of these Anti-Doping Rules are for convenience only and shall not be

deemed part of the substance of these Anti-Doping Rules or to affect in any way the language of the provisions to which they refer.

- 18.4 The INTRODUCTION and the APPENDIX 1 DEFINITIONS shall be considered integral parts of these Anti-Doping Rules.
- 18.5 These Anti-Doping Rules have been adopted pursuant to the applicable provisions of the Code and shall be interpreted in a manner that is consistent with applicable provisions of the Code. The comments annotating various provisions of the Code may, where applicable, assist in the understanding and interpretation of these Anti-Doping Rules.
- 18.6 Notice to an Athlete or other person who is a member of a State Tug of War Association may be accomplished by delivery of the notice to the State Tug of War Association.
- 18.7 These Anti-Doping Rules shall not apply retrospectively to matters pending before the date these Anti-Doping Rules came into effect.

APPENDIX 1 – DEFINITIONS

Adverse Analytical Finding. A report from a laboratory or other approved Testing entity that identifies in a Specimen 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, and other Major Event Organizations that conduct testing at their events, WADA, International Federations, and National Anti-Doping Organizations.

Athlete. For purposes of Doping Control, any person who participates in sport at the international level (as defined by each International Federation)

or national level (as defined by each National Anti-Doping Organization) and any additional person who participates in sport at a lower level if designated by the Person's National Anti-Doping Organization. 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.

Athlete Support Personnel. Any coach, trainer, manager, agent, team staff, official, medical or para-medical personnel working with or treating athletes participating in or preparing for sports competition.

Attempt. Purposely engaging in conduct that constitutes a substantial step in a course of conduct planned to culminate in the commission of an anti-doping rule violation. Provided, however, there shall be no anti-doping rule violation based solely on an attempt to commit a violation if the Person enunciates the attempt prior to it being discovered by a third party not involved in the Attempt.

Code. The World Anti-Doping Code.

Competition. A single race, match, game or singular athletic contest. For example, the finals of the Olympic 100-meter dash. 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;

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

Doping Control. The process including test distribution planning, sample collection and handling, laboratory analysis, results management, hearings and appeals.

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. For purposes of differentiating between In-Competition and Out-of-Competition testing, unless provided otherwise in the rules of an International Federation or other relevant Anti-Doping Organization, an In-Competition test is a test where an Athlete is selected for testing in connection with a specific Competition.

Independent Observer Program. A team of observers, under the supervision of WADA, who observe the Doping Control process at certain events and report on observations. If WADA is testing In-Competition at an Event, the observers shall be supervised by an independent organization.

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

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.

Major Event Organizations. This term refers to 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 parameters 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 Agencies. The entity(ies) designated by Government of India 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. If this designation has not been made by the competent public authority (ies), the entity shall be the country's National Olympic Committee or its designee.

National Event. A sport event involving international or national level Athletes that is not an International Event.

National Tug of War Association. A national or regional entity which is a member of or is recognized by TWIF as the entity governing the TWIF's sport in that nation or region.

State Tug of War Association. A State or regional entity which is a member of or is recognized by TWFI as the entity governing the TWFI's sport in that State or region

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.

NOC Team: any National Olympic Team or other team selected by the Indian Olympic Association

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. 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.

Possession. The actual, physical possession, or the constructive possession (which shall be found only if the person has exclusive control over the Prohibited Substance/Method or the premises in which a Prohibited Substance/Method exists); provided, however, that if the person does not have exclusive control over the Prohibited Substance/Method or the premises in which a Prohibited Substance/Method exists, constructive possession shall only be found if the person knew about the presence of the Prohibited Substance/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 no longer intends to have Possession and has renounced the Person's previous Possession.

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.

Publicly Disclosure or Publicly Reporting. To disseminate or distribute

information to the general public or persons beyond those persons entitled to earlier notification in accordance with Article 14.

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 Organization's test distribution plan.

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

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.

Tampering. Altering for an improper purpose or in an improper way; bringing improper influence to bear; interfering improperly to alter results or prevent normal procedures from occurring.

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, Sample collection, Sample handling, and Sample transport to the laboratory.

Trafficking. To sell, give, administer, transport, send, deliver or distribute a Prohibited Substance or Prohibited Method to an athlete either directly or through one or more third parties, but excluding the sale or distribution (by medical personnel or by persons other than an Athlete's Support Personnel) of a Prohibited Substance for genuine and legal therapeutic purposes.

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

WADA. The World Anti-Doping Agency.

NADA. The National Anti-Doping Agency.

APPENDIX 2 - Acknowledgment and Agreement

n as a member/Player of [State Tug of War Association] and/or a participant in a [State Tug of War Association or TWFI] authorized or recognized event, hereby acknowledge and agree as follows:

1. I have received and had an opportunity to review the TWFI Anti-Doping Rules.
2. I consent and agree to comply with and be bound by all of the provisions of the TWFI Anti-Doping Rules, including but not limited to, all amendments to the Anti-Doping Rules and all International Standards incorporated in the Anti-Doping Rules.
3. I acknowledge and agree that State Tug of War Associations and TWFI have jurisdiction to impose sanctions as provided in the TWFI Anti-Doping Rules.
4. I also acknowledge and agree that any dispute arising out of a decision made pursuant to the TWFI Anti-Doping Rules, after exhaustion of the process expressly provided for in the TWFI Anti-Doping Rules, may be appealed exclusively as provided in Article 13 of the TWFI Anti-Doping Rules to an appellate body for final and binding arbitration, which in the case of International-Level Athletes is the Court of Arbitration for Sport.
5. I acknowledge and agree that the decisions of the arbitral appellate body referenced above shall be final and enforceable, and that I will not bring any claim, arbitration, lawsuit or litigation in any other court or tribunal.

