



SPORT INTEGRITY  
AUSTRALIA

# 2021 RULE CHANGES

A new World Anti-Doping Code comes into effect from 1 January 2021, which includes a number of changes to the anti-doping rules. The main changes for athletes are summarised below, but you can find more information on the Sport Integrity Australia website.

## KEY HIGHLIGHTS



### DEFINITION OF 'IN-COMPETITION'

Previously, the 'In-Competition' period began 24 hours before an athlete was scheduled to compete, which could be confusing. As of January 1 2021, **'in-competition' begins at 11:59 pm the night before an athlete is scheduled to compete** and finishes at the end of the sample collection period for that competition.



### SUBSTANCES OF ABUSE

WADA has created a new category in the Prohibited List called Substances of Abuse. This includes some recreational drugs like marijuana and cocaine.

**If an athlete commits an anti-doping rule violation involving a substance of abuse (such as marijuana or cocaine), their sanction will be 3 months** if they can prove the substance was used out-of-competition and was unrelated to sporting performance.

The sanction can be reduced to one month if the athlete completes a Substance of Abuse treatment plan that is approved by Sport Integrity Australia.



### AGGRAVATING CIRCUMSTANCES

If there are Aggravating Circumstances in an athlete's case, they may receive a longer ban from sport than a standard sanction.

Aggravating circumstances can include, but aren't limited to:

- **Using or possessing multiple prohibited substances or methods**
- **Committing multiple anti-doping rule violations**
- **Repeat offending**



### NEW VIOLATION

**It is now a violation to threaten or intimidate someone in order to stop them reporting or speaking up about doping. It is also a violation to seek or take revenge on someone who has already spoken up.**

For example, if you report doping, but your coach kicks you off the team as a result, your coach can be sanctioned for retaliation.



### REDUCING A SANCTION FOR EARLY ADMISSION TO A VIOLATION

**An athlete or other person facing a four-year ban can have their sanction reduced by one year** if they admit to the violation and accept the sanction within 20 days of the violation notice.



# OTHER CHANGES TO NOTE



## PROHIBITED ASSOCIATION

**The Prohibited Association violation prevents athletes from associating with people in a sport-related capacity who have been disqualified from sport.**

Sport Integrity Australia is no longer required to provide athletes with a warning. It is now the responsibility of the athlete to prove that they were not associating with the person in a sporting capacity, or that the contact could not have been avoided.



## CHANGES TO EXISTING VIOLATIONS

### Tampering

Has been clarified to expressly include tampering during the results management process, such as giving a false statement, evidence, or documents in an anti-doping investigation.

### Complicity and Attempted Complicity

The sanction period now ranges from a two year ban to a lifetime ban for assisting, encouraging, aiding, abetting, conspiring, or covering up an anti-doping rule violation or attempted anti-doping rule violation by another person.

### Refusal to Submit to Sample Collection

The sanction can now be reduced from a four year to two year ban if the athlete can prove that the violation was not intentional, and if the level of fault by the athlete warrants a reduction.

### Non-Participants

Under the new Code, 7 of the anti-doping rules now apply to Non-Participants, which includes people like sport administrators, board members of sporting organisations and even Sport Integrity Australia staff. These people will not undergo testing, but can now be sanctioned if they commit any of the non-testing related violations - such as trafficking, possession, complicity, retaliation, administration and tampering.



## FLEXIBLE SANCTION FOR NON-ELITE ATHLETES

As you know, the anti-doping rules apply to athletes and support personnel at ALL levels of sport.

As of 2021, international and national-level athletes will still be bound by the full World Anti-Doping Code as they have been in the past. These rules are still very tight and strict liability still applies.

**However for athletes and members at lower levels, WADA is now permitting greater flexibility in how the rules are applied. For an athlete competing in a club competition, for example, Sport Integrity Australia can now be flexible with how severe a sanction should be, depending on how serious the violation is.**

**This change recognises that athletes at lower levels might not always have had the same level of education as higher level athletes.**



## TESTING POOL

**Sport Integrity Australia has created a new testing pool - called the National Testing Pool (NTP) – to enable testing on a wider range of athletes using reliable Whereabouts information.**

Athletes in the NTP will need to submit Whereabouts information through ADAMS, including an overnight address and regular training activities, but will not need to provide a daily 60-minute testing window.

You cannot get a Whereabouts violation on the NTP, but non-compliant NTP athletes may receive written warnings and/or be placed on the RTP.

Athletes on the NTP will have the same retirement and reinstatement requirements as RTP athletes.

You will be notified before being added to a testing pool.



## RETIRED ATHLETES SEEKING RETURN TO COMPETITION

Former Registered Testing Pool (RTP) athletes coming out of retirement are still subject to a reinstatement period, in which they are required to give six months written notice to Sport Integrity Australia or their International Federation, and make themselves available for testing before competing in any International or National event.

The new Code clarifies that if an athlete competes in one of these events during the reinstatement period, their results may be disqualified, unless they can prove they could not have reasonably known the event was an International or National event.

Former RTP athletes that return to sport but do not wish to compete at a National or International event need WADA to grant an exemption to the six-month rule.

**In summary, a former RTP athlete coming out of retirement wishing to compete in sport at any level must either:**

- **Reinstate (with six months written notice) OR**
- **Seek an exemption from WADA (also in writing)**

