

Out of Competition anti-dope testing.

1. The WMRA Anti-Doping Commission (see appendix 1, rule 2) will establish general guidelines for the selection of athletes to be included in the IAAF 'Out of Competition testing pool', select those to be included in the pool, and to arrange for those selected to be informed.
WMRA will submit the names of 10 athletes (A mixture of male and female) reviewed periodically, who will be included in the IAAF Registered pool of athletes liable for out-of-competition testing, and subject to the relevant IAAF rules set out below. These athletes will be required to complete the WMRA whereabouts notification form (Appendix 4) in addition to the IAAF whereabouts forms (see rule 5 below). They will also be required to submit to IAAF a TUE application form if they have to take a prohibited substance or are involved in a prohibited method
2. The IAAF shall focus its out-of-competition testing primarily on leading International-Level athletes and athletes preparing to compete in International Competitions. However, it may, at its discretion, conduct out-of-competition testing on any athlete at any time. In most cases, testing shall be carried out without notice to the athlete or his athlete support personnel or National Federation.
3. It is the duty of every Member, officer of a Member and other person under the jurisdiction of a Member to assist the IAAF (and, if appropriate, another Member, WADA or other body with competent testing authority) in the conduct of out-of-competition testing under this Rule. Any Member, officer of a Member or other person under the jurisdiction of a Member preventing, hindering, obstructing or otherwise tampering with the conduct of such testing may be liable to sanction under these Anti-Doping Rules.
4. Out-of-competition testing shall be conducted under these Anti-Doping Rules in respect of the substances and methods prohibited out-of-competition in the Prohibited List.
5. At the request of the IAAF, athletes in the IAAF's registered testing pool shall be required to provide the IAAF with whereabouts information adequate for the purposes of out-of-competition testing on those athletes. Athletes shall be required to keep their whereabouts information on file on a quarterly basis and shall be required to notify the IAAF immediately that there is any change to such information to ensure that it is kept current at all times. The ultimate responsibility for providing whereabouts information rests with each athlete. An athlete's National Federation shall, however, use its best efforts to assist the IAAF in obtaining whereabouts information for the athlete, if so requested by the IAAF. Whereabouts information provided by an athlete pursuant to this Rule shall, where appropriate, be shared with WADA and any other body having competent authority to test the athlete, on the strict condition that such information be used solely for doping control purposes.
6. If an athlete fails on request to provide the IAAF with his whereabouts information, or to provide adequate whereabouts information, or is unable to be located for testing by a doping control officer at the whereabouts retained on file for that athlete, he shall be subject to an evaluation by the IAAF Anti-Doping Administrator for a missed test. If, as a result of such evaluation, the IAAF Anti-Doping Administrator concludes that the athlete has failed in his obligation to provide whereabouts information or adequate whereabouts information, the IAAF Anti-Doping Administrator shall evaluate the failure as a missed test and the athlete shall be so notified in writing. If an athlete is evaluated as having 3 missed tests in any period of 18 consecutive months, he shall have committed an anti-doping rule violation in accordance with IAAF Rule 32.2(d).
7. If an athlete, who has been requested to keep his whereabouts on file, no longer wishes to be subject to out-of-competition testing because he has retired, or has chosen not to compete for any other reason, he shall be required to give notice to the IAAF in the prescribed form. The same athlete may not then resume competition unless he has given the IAAF 12 months notice in the

prescribed form of his intention to return to competition and has made himself available for out-of-competition testing by the IAAF in that period