



SPORT INTEGRITY
AUSTRALIA

ANTI-DOPING RULE VIOLATION HANDBOOK

A guide for athletes

ACKNOWLEDGEMENT OF COUNTRY

In the spirit of reconciliation we acknowledge the Traditional Custodians of Country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past, present and future and extend that respect to all Aboriginal and Torres Strait Islander peoples.



Artwork by Chern'ee Sutton

We recognise the outstanding contribution Aboriginal and Torres Strait Islander peoples make to sport in Australia and celebrate the power of sport to promote reconciliation and reduce inequality.

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A dark blue silhouette of an athlete's head and shoulders is positioned on the left side of the page, facing right. The background is a solid, slightly lighter blue gradient.

“

After being informed of an anti-doping rule violation your world turns upside down in an instant. It's difficult to digest any information anyone is trying to tell you.

This booklet outlines all the information you need in black and white where you can read through it at your own pace in your own time.

– Australian sanctioned athlete

Introduction

The possibility of being banned from sport for an Anti-Doping Rule Violation (ADRV) can be confronting and overwhelming.

This handbook is to help you understand what may be ahead. It tries to explain the ADRV process as simply as possible and gives you important information, including support available for your physical and mental health.

Athletes who have been through the same process helped put this handbook together for you. It contains information they felt was important.

They have shared personal advice and tips.

We encourage you to read through this handbook and keep it for reference.

This handbook is not legal advice. It does not replace information contained in the World Anti-Doping Code (Code), International Standards, the Australian National Anti-Doping Policy (ANADP), your sport's anti-doping policy or relevant legislation.

We recommend you seek legal advice, and this handbook lists some options on page 7 that may be available to you.

Support services

Going through an ADRV process can be extremely challenging. You may feel a range of emotions, including overwhelmed, isolated, confused and anxious.

Support is available to you for mental health and wellbeing, as well as legal assistance.

The ADRV process can be complex and can extend over a significant period of time. So, it's important to prioritise your wellbeing, have a support network, and to reach out for help if you need it.

Your family and friends can be a great place to start for support.

There are also people in sport who can help, such as your Welfare and Education Manager, Athlete Wellbeing Manager, National Integrity Manager or Program Manager. They can help you identify relevant support services.

Free counselling support

Everyone notified of a possible ADRV can access counselling with The Anna Centre to support your mental health and wellbeing.

These services are available to you at no cost, are completely independent and strictly confidential. The Anna Centre does not share information about you with anyone unless authorised by you in writing, or where required by Australian law.

How to engage this service

Sessions are available over the phone or in person. To access this service, call The Anna Centre on **03 5442 5066** (within Australia, Monday to Friday 9am–5pm) or **1300 130 130** (after hours) and say you have been referred by Sport Integrity Australia.

Wellbeing support

Sport Integrity Australia will provide you with information on options for wellbeing support, so read this carefully and consider what may be right for you.

If you have any concerns about your mental or physical health, please see your doctor. They can oversee your overall health and refer you to relevant services.

If you are in immediate danger, call 000 or visit your nearest hospital emergency.

Other free support services include:

LIFELINE

13 11 14 | lifeline.org.au

13YARN

13 92 76 | 13yarn.org.au
(for Aboriginal or Torres Strait
Islander people)

BEYOND BLUE

1300 22 4636 | beyondblue.org.au

BLACK DOG INSTITUTE

(02) 9382 4530 |
blackdoginstitute.org.au

WELLMOB ONLINE COUNSELLING

wellmob.org.au

YARNING SAFE N STRONG

vahs.org.au/yarning-safenstrong

HEADSPACE

headspace.org.au

AIS MENTAL HEALTH REFERRAL NETWORK (MHRN)

You may be eligible to receive free and confidential support from the AIS Mental Health Referral Network (MHRN). It provides access to expert psychologists and mental health clinicians who understand the pressures and complexity of life in a high performance sport setting.

For the latest information on this and other support services go to the SIA website.



Keeping active

If you are serving a provisional suspension or a sanction, you cannot participate in organised sporting events or training. You will not be able to coach athletes, receive coaching or participate in a training program from your sport – or any other sport with a WADA anti-doping policy.

But you can keep physically active and remain social.

This can help with your wellbeing. Examples of activities¹ you can do include:

- Joining a publicly accessible gym (not using your team or club gym)
- Attending yoga or Pilates
- Engaging in non-competitive recreational activities such as:
 - Outdoor hiking, running and trail-running
 - Swimming
 - Cycling
 - Rock-climbing.

This handbook later gives more examples of activities you can and can't do during a provisional suspension or sanction (on page 27). Make yourself familiar with these so you meet the terms of any sanction. Breaching a provisional suspension or sanction can carry severe consequences, including an extension of your ban.

“

Not being able to participate in organised sporting events or even train with fellow athletes and coaches can make you feel lost, alone and hopeless. It is important to surround yourself with loved ones, going on a gentle walk with my Mum along the beach was the first thing that got me up and out of this house.

– Australian sanctioned athlete

¹ Please note that you may only participate in activities that aren't organised or authorised by any Signatory to the Code, any Signatory's member organisation, or a club or other member organisation of a Signatory's member organisation.

“ It is important that if you do seek legal advice or support that they have experience within anti-doping violations. It can be difficult to understand the process and keep up with what is going to happen next. Having someone who understands the legal process and can talk with you step by step is invaluable.

– Australian sanctioned athlete

Legal support

The anti-doping rules and processes are complex, and the flow-on effects of a sanction can be significant. We recommend you seek independent legal advice.

You may be eligible to access Legal Assistance through the National Sports Tribunal (NST). The NST has a panel of legal practitioners who provide free or substantially discounted legal assistance to those notified of a possible ADRV. Any financial arrangement is worked out individually.

To access the NST's Legal Assistance Panel:

- Email enquiries@nationalsporttribunal.gov.au
- Phone 1300 768 578

If your matter is heard in the Court of Arbitration for Sport, you may be eligible for legal aid. For information visit: www.tas-cas.org/en/arbitration/legal-aid

You can also seek advice about anti-doping by contacting the Athletes' Anti-Doping Ombuds (Ombuds). The Ombuds is a free, neutral and confidential resource, designed to be a safe space for athletes. The Ombuds was set up by the WADA Athletes Commission but operates independently of WADA.

For information visit: www.wada-ama.org/en/athletes-support-personnel/athletes-anti-doping-ombuds

It's important to understand, once you engage a legal representative Sport Integrity Australia is required to direct all correspondence specific to your case through your lawyer.

The Anti-Doping Framework

In this section we explore which rules, laws and policies apply to you throughout your case, and how they interact.

The World Anti-Doping Code

The World Anti-Doping Code (Code) details the anti-doping rules that apply to all sports internationally that are signatories, and the consequences that apply to members of those sports who are sanctioned.

The World Anti-Doping Agency Prohibited List

[The Prohibited List](#) outlines substances and methods that are banned in sport. The Prohibited List is updated on 1 January each year.

You can also check whether substances are banned using www.GlobalDRO.com – a link to GlobalDRO is also available directly from the Sport Integrity app.

Some substances may not be specifically on the Prohibited List or GlobalDro, as they may be new variants of a banned substance. These substances are still banned.

Email Sport Integrity Australia if you have questions about any substances substance.enquiries@sportintegrity.gov.au

Legislation

Sport Integrity Australia operates under legislation that governs its role, functions and powers (the [Sport Integrity Australia Act 2020](#) and the [Sport Integrity Australia Regulations 2020](#)). More information is available on the Sport Integrity Australia website at www.sportintegrity.gov.au

Anti-Doping Policy

The *Australian National Anti-Doping Policy 2021* (ANADP) implements the requirements of the Code. Most sports in Australia are bound by this policy, or an amended version of this policy², and that includes all athletes competing in these sports.

This policy is where you will find the relevant information on anti-doping rules and processes that apply to your case, including results management, the hearing process, sanctions and confidentiality.

The policy can be found at www.sportintegrity.gov.au.

Education

It's important to know you must continue to comply with all the anti-doping rules while the ADRV process is ongoing. This means you can continue to be tested. This applies for the whole ADRV process – including during any provisional suspensions or sanction periods.

Free education is available to help you. We strongly recommend you complete some of Sport Integrity Australia's online education courses, especially Anti-Doping Fundamentals, the most recent Annual Update and the Illicit Drugs in Sport course if relevant. These courses, and others, are available on [Sport Integrity Australia's eLearning hub](#).

You can also download the Sport Integrity app to access education.

If you have any questions regarding your eLearning account, please contact education@sportintegrity.gov.au or 1800 161 361.

² Examples of sports with amended versions of the ANADP include NRL, AFL and Football.

The Process

This section of the handbook tries to break this process down and simplify it for you, so you can prepare for the steps ahead.

During the ADRV process, you will have the opportunity to explain yourself and have your case heard (should you elect a hearing).

Notification

This is when you are first notified of your Adverse Analytical Finding (AAF) (positive test) or possible ADRV.

It will usually be through a phone call or in person by a Sport Integrity Australia official. You will also receive a notification letter containing relevant information to your case.

You will have an opportunity to provide an initial explanation in response to this letter. Please check your notification letter for the deadline for providing your response.

Generally, you have 10 days from receiving the notification to provide a response.

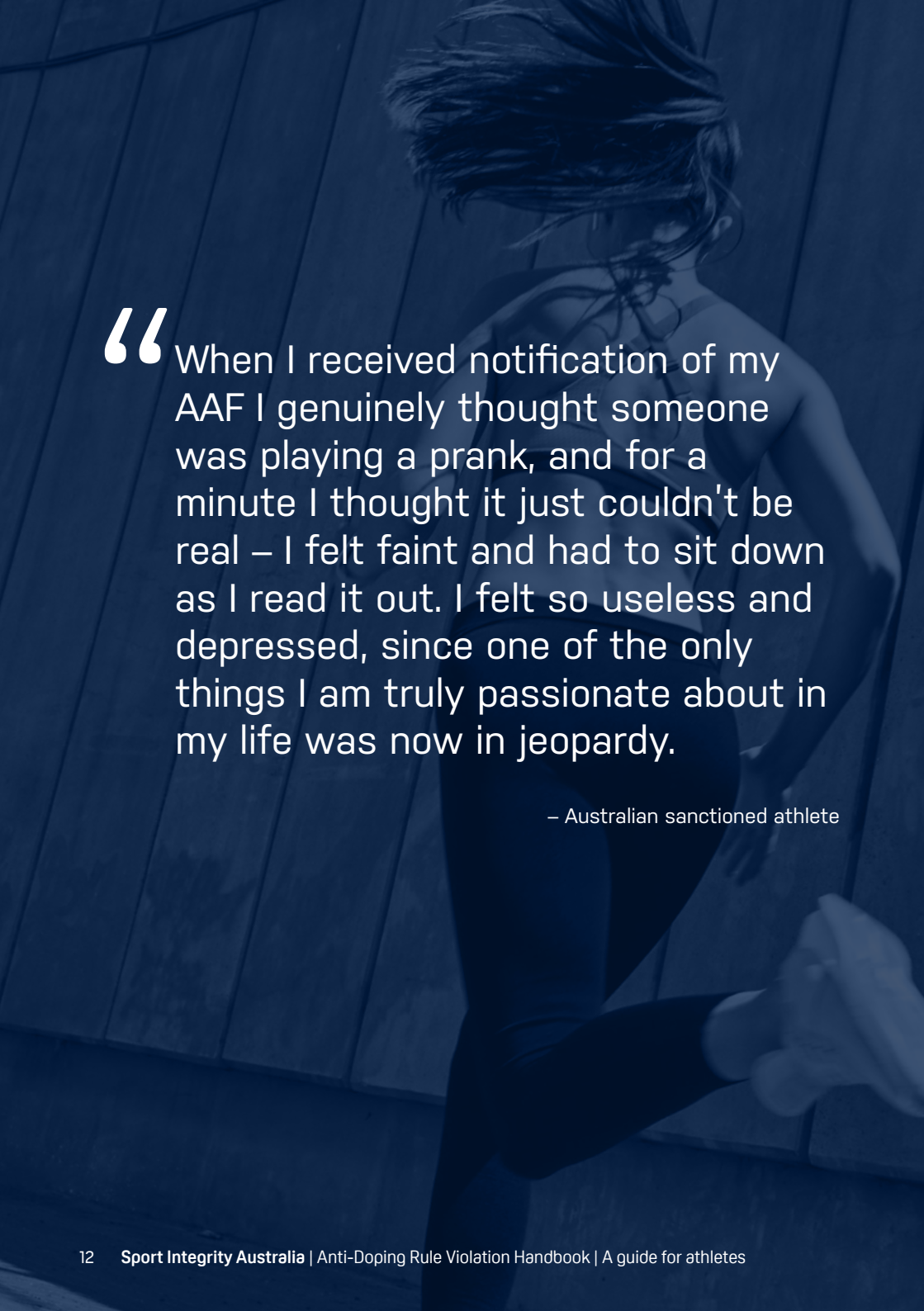
Your response, along with other evidence, will be reviewed by Sport Integrity Australia.

At the same time you are notified, Sport Integrity Australia is required to inform your National Sporting Organisation (NSO), International Federation (IF) and WADA. All these organisations are bound by confidentiality rules.

At this point, however, your NSO or IF may request permission from Sport Integrity Australia to publicly announce your positive test or ADRV allegation. The sport cannot do this unless Sport Integrity Australia agrees.

Some reasons a sport may want to make an early announcement is if: the athlete tests positive during a major competition; the athlete is being stood down for a major competition; showing transparency when dealing with heightened rumour, conjecture or media enquiries. See later in this handbook on page 22 for more details on 'Announcement of a violation'.





“ When I received notification of my AAF I genuinely thought someone was playing a prank, and for a minute I thought it just couldn't be real – I felt faint and had to sit down as I read it out. I felt so useless and depressed, since one of the only things I am truly passionate about in my life was now in jeopardy.

– Australian sanctioned athlete

Analysis of B Sample

If your alleged ADRV involves a positive test, you can either

- choose to have the B Sample tested (the second part of the sample you provided) or
- waive your right to have the B Sample tested.

This must be done in writing to Sport Integrity Australia. Even if you waive your right to have the B sample tested, Sport Integrity Australia may still decide to test it.

There is no cost to you for the B Sample to be tested, but you will need to cover all travel and accommodation costs if you wish to attend the testing in person. You or a representative are entitled to attend the lab to oversee the opening and analysis of your B Sample if you choose.

Please note:

- **The B Sample may be tested overseas.** The majority of Australian athlete samples are analysed at the Australian Sports Drug Testing Laboratory in Sydney. However, there are 30 labs in the world authorised by WADA to conduct sample analysis. These labs are run independently of Sport Integrity Australia and WADA. Please check your notification letter for details of where your sample will be tested.
- **Sample analysis can take days to complete**, depending on the complexity of the tests being run. Many athletes will only choose to stay for the opening of the sample.
- If you cannot attend, **the lab can appoint an independent witness on your behalf.**

It is very rare A Samples and B Samples do not match, but there have been cases where this occurs.

If the results of the B Sample confirm the A Sample, Sport Integrity Australia will promptly notify you. You will have an opportunity to provide a further explanation to Sport Integrity Australia in response to this notification.

Please check your correspondence from Sport Integrity Australia for the deadline for providing your response.

Generally, you have 10 days from receiving the notification to provide a response.

If your B Sample does not match your A Sample, Sport Integrity Australia may continue to investigate your case, or your case may be closed. You will be notified of Sport Integrity Australia's decision.

Provisional suspensions

A provisional suspension is when an athlete begins serving their ban after being notified of a possible ADRV, and **before** a final sanction decision has been made.

If you comply with all terms of the suspension, any time served during a provisional suspension will be credited towards any final sanction period.

Provisional suspensions can be mandatory, optional or voluntary.

Mandatory provisional suspension

In certain cases where there is a positive test, your sport may impose a mandatory provisional suspension. Your sport will inform you. This will happen shortly after notification of your positive test. The suspension will begin immediately from when you receive notification from your sport.

Mandatory provisional suspensions apply to anyone who tests positive to a "non-specified substance". This includes things like steroids, EPO and SARMs, among other things. To find out whether a Substance is "non-specified" please check the [Prohibited List](#).

You have the right to appeal this mandatory suspension or elect to have an expedited hearing.

For most sports, mandatory provisional suspensions do not apply to ADRVs that do not involve a positive test. These ADRVs may include use, evasion, complicity, trafficking, possession, prohibited association, whereabouts, tampering or administration.

However, some sports or events may have specific rules regarding mandatory provisional suspensions. For example, if you are competing at a Major Games (e.g. Olympics, Paralympics, World Championships) there may be additional rules around mandatory suspensions.

You will be able to find the rules in the Australian National Anti-Doping Policy, your sport's anti-doping policy, or by asking Sport Integrity Australia.

Optional provisional suspension

For all other ADRVs not covered by a mandatory provisional suspension, your sport can still impose a provisional suspension on you.

This can be lifted at the discretion of the sport at any time during the ADRV process.

Voluntary provisional suspension

You have the option to serve a voluntary provisional suspension. This means you choose to start your ban before a final sanction decision has been imposed.

You must accept a voluntary provisional suspension prior to certain points of the process. These are set out in the Australian National Anti-Doping Policy, or your sport's anti-doping policy.

If you do not choose to enter a voluntary suspension and continue competing – but are later found to have committed an ADRV - any results, medals, points or prizes you win during this period can be disqualified.

Investigations

Sport Integrity Australia investigates alleged ADRVs to help us understand more about your case and to gather all available evidence that either proves or disproves an ADRV allegation.

Investigations can take place over a significant period of time. This time can be influenced by:

- The complexity of the alleged ADRV/s
- The level of assistance provided by relevant parties, such as athletes and their legal representatives
- Whether new lines of inquiry are opened as information is received.

Investigations are also important to gather evidence in ADRV cases that do not involve a positive test. These include use, evasion, complicity, trafficking, possession, prohibited association, whereabouts, tampering, administration, or retaliation.

Sport Integrity Australia can investigate athletes as well as support personnel such as coaches, physiotherapists, doctors, and team managers at any time and without them knowing.

Disclosure Notice

During an investigation, you may be issued a 'Disclosure Notice'. This is a legal document that requires you to either:

- provide documents or things (e.g. a phone or computer)
- give information; or
- attend an interview.

Sport Integrity Australia can issue a Disclosure Notice to anyone it reasonably believes has information relevant to an anti-doping allegation. It will generally be provided to you in person, via email, or via your legal representative. It can be issued at any time.

You are required to comply with a Disclosure Notice. If you don't, you may face financial penalties. Your sport may also take disciplinary action against you if you do not cooperate with an investigation.

Sport Integrity Australia may also collect information gathered from other law enforcement, government agencies and sporting administration bodies, as well as other evidence.

Interviews

Voluntary interviews also take place during investigations. Investigators use interviews to gather and clarify information.

These interviews may be conducted in-person or online. During an interview you are entitled to have a representative present, such as a lawyer, manager or family member.

It helps to cooperate and provide as much information as possible during an interview, as this may help to determine things like intent and fault.

Sport Integrity Australia investigators are Commonwealth Officials. Therefore, you may be committing a criminal offence if you knowingly provide false or misleading information. It can also result in additional ADRVs being alleged against you and may result in a longer sanction.

Substantial Assistance

If you provide information to Sport Integrity Australia that helps in the investigation of others for doping offences, such as how the doping activity occurred and who else may be involved, you could have up to 75% of your sanction suspended, depending on the circumstances.

This can also apply if you provide information which leads to criminal charges or disciplinary action being brought against others (e.g. if a doctor is providing inappropriate prescriptions for performance enhancing drugs).

The earlier you provide information, the better the likely outcome for you.

Providing information after you receive your sanction may still help your cause, but this is less likely.

To be eligible for Substantial Assistance and a possible reduction in your sanction, you must be honest and truthful in relation to your own and other people's violations.

Admissions about your own violation/s do not qualify as Substantial Assistance.

Any suspension of part of your sanction for Substantial Assistance will be evaluated against the seriousness of your violations and significance of the information you provide.

“ The interview process can be very intimidating but is an important part in providing you the opportunity to explain your side of the story. The best thing to do is be prepared... write down key points to refer to, consider having a support person and, lastly, just be honest.

– Australian sanctioned athlete

Case study

An Australian athlete under investigation sought a suspension in their sentence on the basis of providing Substantial Assistance.

However, in the process of the investigation it was found that the athlete was still withholding critical information and being dishonest.

As a result, the athlete was not eligible to receive a suspension to their sanction under the Substantial Assistance provisions.

Assertions about Anti-Doping violations

Once the investigation is complete, and if the Sport Integrity Australia CEO is satisfied that you have committed an ADRV, Sport Integrity Australia will recommend a sanction. This recommendation will be made to the sport.

Sanction Length

The length of a sanction can range anywhere from a reprimand, all the way up to a lifetime ban.

In most cases, the starting point for determining a sanction will be 2 or 4 years depending on the violation and substance involved.

Substances of abuse, such as illicit drugs taken out of competition, can in some cases result in a shorter sanction.

Any reduction in the length of your sanction will be determined by a number of factors, including:

- the ADRV(s) committed
- the legal evidence submitted relating to intention, negligence or fault
- whether there was an early admission or Substantial Assistance provided during the investigation process; and
- whether you have committed an ADRV before.

Letter of charge

Once the sanction is determined, you will receive a Letter of Charge. It includes details of the ADRV(s), outlines the allegations, the proposed sanction and consequences.

The Letter of Charge will set out your options for next steps. You have 20 days to respond to this letter.

Usually, depending on your sport, you will have 4 options:

- You can admit the ADRV(s) and accept the sanction and consequences including any reductions offered
- You can admit to the ADRV(s) and seek to enter into a 'Case Resolution Agreement'
- You can request a hearing, or
- You can choose to not respond within the time frame. In this instance, you will be deemed to have admitted to the ADRV(s) and have accepted the sanction without any reductions applied.

Prompt resolution of cases

If you admit to the violation, you can speed up the process and potentially reduce your sanction.

1. REDUCING A SANCTION FOR EARLY ADMISSION TO A VIOLATION AND ACCEPTANCE OF SANCTION

If you are facing a 4-year ban, you can have your sanction reduced by one year if you admit to the violation and accept the sanction within 20 days of receiving the Letter of Charge.

2. ENTERING INTO A CASE RESOLUTION AGREEMENT

If you admit to the ADRV and agree to the consequences, you may be able to enter into a Case Resolution Agreement if both Sport Integrity Australia and WADA agree. Your sanction may be reduced depending on:

- the seriousness of the violation,
- your degree of fault, and
- how promptly you admit to the violation.

Under a Case Resolution Agreement, you must still serve at least half of your original sanction, and the Agreement (including the amount of reduction, and the starting date of the sanction) cannot be appealed. Additionally, a decision by Sport Integrity Australia and WADA to enter, or not to enter a Case Resolution Agreement, cannot be appealed.

If you are considering entering into a Case Resolution Agreement, you are entitled to provide information under a 'Without Prejudice Agreement'. This means that if an agreement is not finalised, the information gathered during the case resolution discussions cannot be used against you in any proceedings under the Code.

Early admission and acceptance of sanction



- Must take place within **20 days** of notice of charge
- Only for ADRVs with **4-year sanctions**
- **Reduction** of 4-year sanction by 1 year

Case Resolution Agreement



- **Reduction** in sanction
- Must be agreed by **WADA and Sport Integrity Australia**
- Not limited to ADRVs with 4-year sanctions
- Reduction dependent on factors such as degree of fault
- At least **half of original sanction** must be served.

Hearings

If you disagree with the sanction, you can have your case heard by the National Sports Tribunal (NST), or your sport's own tribunal if applicable³.

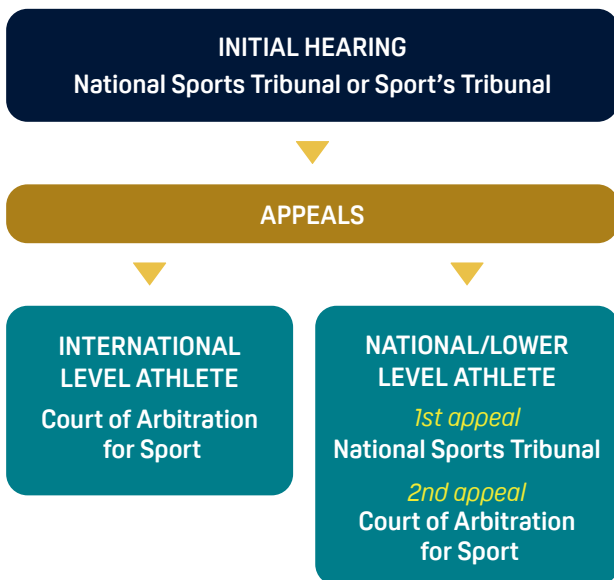
In certain circumstances you can have your case heard directly before the Court of Arbitration for Sport (CAS).

The NST is independent from Sport Integrity Australia and your sport. The NST will hear the matter and make a decision. If the ADRV is upheld, the NST will impose a sanction in line with the Australian National Anti-Doping Policy, or an amended version of this policy as adopted by your sport.

If you are not satisfied with the decision from this initial hearing, you can appeal the decision as follows:

- If you are an international-level athlete, you can appeal directly to the CAS
- All other athletes can appeal to the Appeals Division of the NST, and then again to the CAS.

Your 'Letter of Charge' and Sanction Notice will include details of your appeal rights. If you are considering an appeal, we recommend you obtain legal advice.



³ Sports such as FFA, AFL, Cricket and NRL have their own anti-doping tribunal.

Sanction Notice

If you accept your sanction, or at the end of any tribunal hearing, your sport will send you a Sanction Notice confirming the consequences imposed, including any period of ineligibility.

Announcement of a violation

There are 2 stages when details of your case may be made public.

After you and your sport have been notified by Sport Integrity Australia of the possible violation

Depending on circumstances, some sports may wish to publicly disclose the matter at this stage – usually by a media statement. The sport cannot do this unless Sport Integrity Australia agrees.

Once the matter is finalised, either through a hearing, or by you accepting the charge

Once the legal process has expired, Sport Integrity Australia and the sport are required to make the case public. At a minimum, this involves posting the information on the Sport Integrity Australia website.

The minimum details that will be published on the website include your name, sport, the ADRV, the substance and the sanction. This is a rule of the Code and required under the *Sport Integrity Australia Act 2020* (Cth) and Sport Integrity Australia Regulations 2020 (Cth).

Your sanction will remain on the Sport Integrity Australia website for either the duration of your sanction or for one month after it is added, depending on circumstances of your matter.

Major Games

If you test positive during a Major Games event, such as the Olympics, Paralympics or Commonwealth Games, this will typically be announced immediately.

Exceptions

There are 2 exceptions when a matter might not be made public:

1. If you are a Protected Person

A Protected Person is an athlete who, at the time of the violation, is:

- under 16 years old;
- under 18 years old, not in any Testing Pool and has never competed in an open category at an International Event; or
- reasons other than age, otherwise lacks legal capacity under applicable domestic legislation.

2. If you have offered Substantial Assistance

WADA can also agree to not publicly disclose an ADRV in exchange for Substantial Assistance on other anti-doping matters (see more on Substantial Assistance on page 17 of this handbook).

Public comment

Sport Integrity Australia will generally not make any public comment about your case while an investigation is underway. However, if you, your lawyer, or your representative make a public statement during the process (such as on social media or in media) prior to your case being finalised, Sport Integrity Australia may respond to any comments you make.

What happens during a sanction?

If you are found to have committed an ADRV, the consequences will be clearly stated in the Sanction Notice. Consequences can include:

■ Ban from sport

This 'period of ineligibility' prohibits you from participating in organised training, competitions or activities as set out in the Code, in any capacity. This includes a ban from participating in any sport that has a WADA compliant anti-doping policy, in any country, as an athlete, coach, manager or official. This also includes a ban from professional leagues in Australia and internationally e.g. the National Hockey League or the National Basketball League.

■ Results and prizes

It's likely you'll forfeit any results, medals, points, or prizes for competitions entered after the date you committed your ADRV e.g. the date of a positive test.

■ Team consequences

If you compete in a team sport, the team may also lose medals, points, or prizes, depending on which sport you play and the anti-doping rules that apply in that specific circumstance e.g. if the ADRV took place during the Olympic Games, your entire team may be impacted.

■ Financial support

You may lose financial support or benefits from your sport for the duration of your sanction, including sponsorship or scholarships.

“Being aware of the consequences of an ADRV as soon as possible is helpful. If you consider the worst-case scenario of the potential of all occurring then you will be mentally prepared if it does happen, and anything less is a blessing.

– Australian sanctioned athlete

Testing during your sanction

You can still be tested at any time while serving your sanction. You are still subject to the same anti-doping rules even though you are not playing sport. This is to prevent people doping deliberately while sanctioned.

Whereabouts

If you were required to provide Whereabouts information prior to your sanction, you will still be required to keep this information up-to-date until you are notified otherwise. Failure to do so may be a breach of the Whereabouts ADRV and can lead to further consequences.

If you formally retire from sport, in accordance with the rules of your sport, you will no longer be required to provide Whereabouts information. But there are specific rules about retiring from sport you must meet first, further information can be [found on the Sport Integrity Australia website](#).



Retiring

If you intend to retire, you should check the Australian National Anti-Doping Policy (or an amended version if one is adopted by your sport), as you may be required to notify Sport Integrity Australia and your relevant sporting organisation. [More information can be found on the Sport Integrity Australia website](#).



Prohibited Association

As well as bans on participation and competition, there will be restrictions on how you engage with other people in sport. The wrong interactions can put others at risk of an ADRV known as Prohibited Association and could also breach conditions of your sanction – putting you at risk of an additional penalty of up to 2 years.

Your sanction prohibits you from interacting with others in sport **'in a professional or sport-related capacity'**. This applies across all sports that are a signatory, or member of a signatory, to the World Anti-Doping Code.



Here is a [link to more information on Prohibited Association](#).

Breaching your sanction

If you breach the terms of your sanction, such as participating in sport while you are ineligible, you could face an additional ban from sport. This could be the same length as your original ban. This will be determined by Sport Integrity Australia and your sport.

If a person subject to an anti-doping policy were to assist you in breaching your sanction (e.g. letting you use their ID to sign-up for a competition) they may also face an ADRV.

You may also face an additional sanction if you help anyone else commit an ADRV.

It's also important to remember that the 11 anti-doping rules still apply to you during sanction. This means if you test positive again during your sanction, your ban could be increased.

Here are some examples of things you can and can't do, noting this list is not exhaustive.

YOU CAN

- Attend a sporting event as a spectator, such as watching a professional match, or watching your children play sport.

- Spend time with athletes and support personnel in a social capacity, such as going to the movies or dinner.

- Access support services offered by sport, such as wellbeing, medical and career support, as long as these services do not constitute participation in the sport or use of its facilities.

- Stay active and participate in purely recreational sporting activities, not organised by a recognised sporting body with an anti-doping policy e.g. Park Run.

- Train separately in public facilities, away from athletes and sports people bound by a sport anti-doping policy e.g. public gyms, public pools.

YOU CAN'T*

- Carry out any official role at a sporting event in any capacity, such as coaching, refereeing, judging, or timekeeping.

- Provide any form of coaching, training services, strategy or technique advice. Provide any kind of representation or advice regarding sport-related business, including as a manager or advice on contracts. This includes serving on a sporting board or committee, at any level.

- Be involved in any sport or club-related activities such as medal ceremonies or speaking engagements (unless it is anti-doping education that is first approved by SIA).

- Attend or use sporting facilities to access sport-related support services e.g. a sporting club's gym or recovery centre.

- Participate in any sporting event. Participate in any form of organised training with athletes or sporting organisations.

** You can't do any of these activities in a sport that is a signatory to the Code.*

Case study

An Australian athlete was serving a 4-year ban for testing positive.

One year into the ban, the athlete chose to register and play for a new sport. An anonymous report was received, which led to an investigation into whether the athlete was still playing.

Once it was confirmed that the athlete was breaching their sanction, a new period of ineligibility – equal in length to the original period of ineligibility – was added.

This essentially extended the ban from 4 years to 8 years.



Resuming training and education

The length of your ban will determine when you may resume organised training with your sport. It will be either the last two months of your ban, or the last quarter of your ban, whichever is the shorter. This will be made clear to you in your Sanction Notice.

Education

During your sanction, Sport Integrity Australia's Education team may be in touch to provide updates to changes in the rules, newly identified risks and new resources developed to protect athletes. As you are still bound by the anti-doping rules and can be tested, it's important you make yourself familiar with this information.

Before returning to sport, you are required to complete education. This could be an online course, participation in a face-to-face session, or a one-on-one phone call with a Sport Integrity Australia educator.

Sport Integrity Australia's Education team will be in touch with you, and your sport, before your sanction is due to end to advise you of your requirements.

Helping others

Some athletes recognise that sharing their story could help prevent other athletes from committing an ADRV. Sport Integrity Australia works with sanctioned athletes to help share these stories. As an example, sanctioned athletes assisted us to prepare this handbook. If you are interested in sharing your story or supporting anti-doping education, please contact Sport Integrity Australia at education@sportintegrity.gov.au

“ Educating others has given me the sense that I am helping other athletes, by working to prevent what happened to me, happening to anyone else. It helps knowing that what I went through was not for nothing but instead created a platform to drive home a message that this is real and can happen to anyone.

– Australian sanctioned athlete

Frequently asked questions

How long will it take?

The ADRV process can be complex and can extend to months, not just weeks. Sport Integrity Australia works hard to ensure the process is completed as quickly as possible, but the time it takes to finalise a matter is determined by a range of factors. For example:

- The type and complexity of the scientific analysis required on a sample.
- The complexity of the investigation – including how many people are involved, how truthful and forthcoming parties are, the amount of evidence collected etc.
- How many ADRVs may have been committed and the type of those ADRVs.
- Whether or not a hearing is sought in a tribunal, which requires significant time for each party to prepare legal arguments.

Is there anything I can do to speed up the process?

Sport Integrity Australia recommends you seek legal advice from the start of your matter, as there may be options available that can assist to speed up the process. For example, providing early admissions to ADRVs and not contesting the matter in a tribunal are 2 ways that could reduce the length of the process.

If you choose to contest the matter, ensuring submissions are made on time will assist. That could involve working closely with your legal adviser. Providing information promptly, responding to requests for information within desired timeframes and making prompt admissions to the ADRVs may reduce the time it takes to finalise a case.

If I don't tell anyone about my ban, will people find out?

Once a sanction is imposed and all appeal processes are finalised, Sport Integrity Australia is required to publish the basic facts of the matter on its website (unless an exception applies). This includes your name, the violation, the substance (if applicable), and your sport. This is a requirement of the Code.

How long will my sanction be public for?

Your sanction will remain on the Sport Integrity Australia website for either the duration of your sanction or for one month after its inclusion, depending on the length of your sanction.

Can I still hang out with my sporting friends if I am banned?

Yes. You can spend time socially with athletes or others in sport e.g. going to dinner or the movies. But you are not permitted to interact in a professional or sport-related capacity e.g. train with or receive/provide coaching services.

Am I allowed to go to sporting events as a spectator?

Yes. You must only attend these events as a spectator and not in any professional or sport-related capacity e.g. as an athlete, coach, support staff official etc. The terms of your sanction do not explicitly exclude you from attending venues as a spectator. If this does occur, we suggest reviewing all relevant policies and contact Sport Integrity Australia if you believe you have been treated unfairly.



SPORT INTEGRITY AUSTRALIA

CONTACT INFORMATION

To enquire, provide feedback or reproduce the contents of the document please contact:

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