



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.



