



# **NRHA Bye-Laws**

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## 1. Playing Season

The Roller Hockey playing season shall commence on September 1st and end on July 31 the following year.

## 2. Obtaining Affiliation and Membership

- A) A regional association, league or club wishing to be admitted as an affiliate of the NRHA must first submit its application for membership to the Association's General Secretary, enclosing a copy of its Constitution, payment of the first affiliation fee and any further information required.

An individual wishing to become an associate member should submit a written request for this class of membership, together with payment of the relevant annual subscription, to the Association's General Secretary.

The General Secretary will submit the application for consideration by the Development sub-Committee, and will notify acceptance if membership is approved.

The Executive Committee reserves the right to refuse any application for membership without assigning any reason for the decision.

- B)
- i) Application for participation in competitions and leagues sponsored by the Association must be made to the General Secretary in the prescribed manner.
  - ii) Any proposed alteration to the Constitution or Rules of an affiliate must be submitted in writing to the Association's General Secretary for approval not less than six weeks before the date from which the changes are intended to take effect. The General Secretary will notify the affiliate of the decision within four weeks of receipt of the proposals.

## 3. Inter-Club Competitions

The Association shall maintain a calendar of events of all national and regional leagues and competitions held in Great Britain, and the Competitions Executive or his delegate must be advised of all results within seven days from the completion of the competition.

Unless a permit has been obtained from the Association, a Roller Hockey competition may only be held if all British clubs taking part have affiliated to the Association at least seven days before the event. Foreign teams participating in events governed by the Association must be affiliated to their national federation, which must be affiliated to the Federation Internationale de Roller Skating (FIRS) or other relevant international authority.

Any affiliate wishing to organise an inter-club or inter-league competition must first check the calendar and clear the date with the Competitions Executive and then obtain a permit from the General Secretary.

## 4. Registered Rinks

The NRHA Executive shall approve all rinks and rink markings for the playing of Roller Hockey.

It is not permissible for any affiliated club to play in friendly or other matches on a rink that is unregistered, unless permission has previously been obtained from the Association.

Any affiliated club infringing this Bye-law may be liable to disciplinary action.

## 5. Registration of Club Member

The Association shall maintain a record of affiliates and registered players and the General Secretary must be advised promptly of any change of address.

- A) Registration with the Association has been completed before the date of the competition. Application for membership as a registered player must be submitted by an official of the player's club to the general Secretary or his representative in the prescribed manner, together with the relevant registration fee at least seven days before the player wishes to compete.

Except as otherwise provided by this Bye-law, once a member has played for an affiliated club in competition, he shall not play for another club in that or any other competition unless a permit has been obtained from the General Secretary.

- B) Dual Registration

Subject to written approval of the club for which he is first registered, and the permission of the Competitions sub-Committee, a registered player may be permitted dual registration to enable him to play for another club in a local or regional league, though dual registration may be withdrawn by the Executive Committee independently or after consideration of a written application of the players first registered club which should give reasons for such application.



- C) Infringement of the Bye-law will result in immediate suspension of the offending player for a period of one month from the date of the offence.

Any club which infringes this Bye-law shall be liable to a fine of not more than the amount of the annual affiliation fee and, at the discretion of the Discipline and Disputes sub-Committee, shall be liable to suspension for three months.

## 6. Transfers

A registered player wishing to transfer to another club must submit a transfer application form together with his ID card and the relevant fee to the General Secretary.

A player is ineligible for transfer to another club while under a period of suspension by the Association or affiliate, including his existing club.

## 7. Disciplinary Hearings

- A) Each season the NRHA Executive shall appoint a Discipline and Disputes sub-committee consisting of three members, one of whom shall serve as Chairperson, plus two alternate members whom shall act as replacements in the event a member is unavailable.
- B) In the event that a member has a potential conflict of interest in hearing a matter they shall exclude themselves and the Chairperson shall be responsible for appointing an alternate members.
- C) Upon receipt of written instruction from the NRHA Executive, the Chairperson shall convene the sub-committee to conduct a hearing and adjudicate upon matters where any person or affiliate is considered to have acted contrary to the Association's aims or to have seriously contravened the Rules of the Game or to have committed any other misdemeanour or to bring the game into disrepute, where by;
- i) they shall be given 14 days' notice in writing at their last known address of the intention of the Disciplines & Disputes sub-Committee to meet to consider the circumstances.
  - ii) a copy of such letter and subsequent correspondence shall be sent to the Club Secretary for information.
  - iii) if such persons or affiliates elect to attend the hearing to give evidence, they must notify the sub-Committee's Chairman in writing not later than 48 hours before the meeting, and they may call appropriate witnesses.
  - iv) they will be informed of the outcome at the hearing, and any fine or suspension will be confirmed in writing within seven days.
- D) If a hearing is held in absentia and the person or affiliate shall be found guilty of the offence they shall be notified in writing by the Chairman of the sub-Committee within 7 days, stating the amount of the fine and/or period of suspension, together with the reasons therefore and any other relevant details.
- E) Any period of suspension imposed shall take effect from seven days after the date of the notification letter sent to the person or affiliate concerned.
- F) Any recommendations to expel to be made to the Executive Committee by the sub-Committee shall be communicated to the person and his Club Secretary or affiliate as appropriate within seven days.
- G) All fines imposed by the Association must be paid within fourteen days of the date of the official notification. In default, the fine shall be doubled and, if not paid within fourteen days of the date of default, the club concerned and all its registered players will automatically be suspended until the fine is paid.
- H) In the event of a fine remaining unpaid at the end of the playing season, the club shall be required to pay all outstanding dues before the Association will consider an application for re-affiliation and re-registration of its players for the ensuing season.
- I) Suspension of a registered player by an affiliate for a period exceeding 14 days or for more than five matches, must be notified to the Association and confirmed by the Discipline & Disputes sub-Committee before the suspension can take effect. If confirmed, the suspension shall commence on the date of the decision of the Discipline & Disputes sub-Committee.
- J) No expenses of any nature shall be paid by the NRHA to any party in respect of any Disciplinary Hearing notwithstanding the decisions reached thereat.

## 8. Appeals

Every affiliate, player or other person shall have the right of appeal to the Executive Committee against fines, sentences of suspension or expulsion from membership of the Association.



- A) An appeal must be made in writing and should be sent to the General Secretary within seven days of the date of the notification of sentence. All such applications must state full details of the appeal and must be accompanied by the relevant fee. The appeal shall be considered by the Executive Committee as soon as can be conveniently convened by the General Secretary. The fee will be returned if the appeal is upheld.
- B) If no appeal is lodged within the time limit, the sentence shall become binding upon all affiliates, players or other persons named in the relevant notice of sentence.
- C) Once an appeal has been lodged, the decision shall be in abeyance until the hearing has been held. The sentence shall be imposed and no appeal shall be considered if action by the offending party prior to the lodging of the appeal demonstrates that the original decision has been disregarded.
- D) No expenses of any nature shall be paid by the NRHA to any party in respect of any appeal hearing, notwithstanding the decisions reached thereat.

## 9. Withdrawal from or cancelling engagements

An affiliate withdrawing from a competition or failing to attend an engagement without giving at least fourteen days' notice in writing to the organisers, shall pay any match levy due or forfeit any competition fee paid at the discretion of the Discipline & Disputes sub-Committee, and shall be fined 20p per mile for the return journey from the home rink to the competition venue, if appropriate, and may also be liable to suspension for up to six months.

## 10. Referees

- A) Appointment  
All referees shall be appointed annually by the Competitions & Officials sub-Committee. Those wishing to act as Referees must apply in writing to the Chairman of the Competitions & Officials sub-committee
- B) Meetings  
A meeting of all official Referees shall be convened at least annually by the Director of Referees, to discuss, inter alia, the interpretation of the Rules of the Game and elect the sub-committee Secretary.

## 11. Permits

Applications for permits as herein provided must be submitted in the first instance to the General Secretary at least 30 days prior to the event and must include appropriate fee. Only in the most exceptional circumstances will an application be considered at shorter notice, when a double fee may be payable.

- A) A deposit is required by the Association when application is made for issuance of a home tournament or a foreign visit permit. This deposit will be returned only if the cancellation of the event is due to circumstances entirely beyond the control of the organisers.  
Provided the full results of the event are in the hands of the General Secretary or his delegate within fourteen days of the event, half of the Permit fee will be returned - otherwise the fee will be forfeited.
- B) The provisions of this Bye-law shall also apply in the case of tournaments held in Great Britain in which foreign teams participate. The relevant international match fee shall be also be payable (European or other Continental) on receipt of which the General Secretary will provide the appropriate international match sheets.

## 12. Television

- A) No affiliate or any member or official thereof shall contract to participate for pecuniary gain in any commentary or interview in respect of filming, broadcasting or televising on any aspect of Roller Hockey without the prior consent of Executive Committee or its delegated authority.
- B) Contracts agreed by the Executive Committee on behalf of the Association shall be signed and sealed in accordance with the Memorandum & Articles of Association.

## 13. Dope and/or Stimulants

- A)
  - i) Doping by any member of the Association, player or non-player, or by any official is strictly forbidden.
  - ii) Doping is the use by or distribution at any time to a player or official of substance defined as being in contravention to these Bye-laws and specified in the Regulations of the FIRS



from time to time or the International Olympic Committee from time to time or the Sports Council from time to time (see appendix).

- iii) Any player or official must, if requested by a member of the Discipline, Disputes and Drugs sub-Committee or an authorised delegate, submit to a doping control test, such test to be in a format decided by the sub-Committee.
  - iv) Failure to take a test will be taken as if a positive test had been obtained and will be dealt with accordingly.
  - v) The identification of a forbidden substance and/or one of its metabolites, or the presence of specified amounts of endogenous substances subject to quantitative analysis, in a body fluid, will constitute an offence and the offender may be penalised (see appendix).  
N.B. For these regulations caffeine will be dealt with as though it was an endogenous substance.
  - vi) Any person assisting or inciting others in the contravention of doping regulations shall be considered as having committed an offence against the Association's rules and may be subject to disciplinary action.
  - vii) Any person found guilty of a doping offence shall be subject to an enquiry by the Discipline & Disputes sub-Committee who may fine, and/or suspend or recommend expulsion of the offender from the Association, according to the circumstances. The penalty, on proof of a second doping offence shall be permanent expulsion from the Association.
- B) The full medical regulations of the FIRS in force from time to time (see appendix) shall be binding on all registered members and officials of the Association. Acceptance of membership or an official position shall be deemed acceptance of the FIRS and Sports Council regulations and the Bye-laws contained in 13(a) above.
- The Association's Constitution and Bye-laws shall take precedence over FIRS regulations where ever a difference in interpretation or in actual context appears.

#### **14. Duties of Executive Sub-Committees**

The duties of the Executive sub-Committees shall be to:

- A) Competitions Sub-Committee
  - i) Appoint one of their number as Secretary of the sub-Committee.
  - ii) Carry out the directions of the Executive Committee.
  - iii) Appoint such sub-Committee(s) as are deemed to be necessary.
  - iv) Administer the National League programme.
  - v) Organise the Association's Cup competitions.
  - vi) Control the Association's trophies and awards.
  - vii) Co-ordinate the dates of the various national leagues.
  - viii) Co-ordinate and issue a calendar of Roller Hockey events.
  - ix) Monitor the granting of permits for inter-club tournaments, foreign visits, guest players and other relevant circumstances.
  - x) Submit reports to the Executive upon request.
- B) Discipline & Disputes Sub-Committee
  - i) Appoint one of their number as Secretary of the sub-Committee.
  - ii) Carry out the directions of the Executive Committee.
  - iii) Conduct primary hearings concerning any player, affiliate or other person associated with Roller Hockey in Great Britain.
  - iv) Fine or suspend for a period any member or affiliate proven guilty of misbehaviour, unfair practice or of acting in any way which is detrimental to the Association's objects.
  - v) Consider any dispute arising among affiliates or associates and, if unresolved, to make such decisions as deemed appropriate.
  - vi) Submit reports to the Executive Committee.
- C) Finance Sub-Committee
  - i) Appoint one of their number as Secretary of the sub-Committee.
  - ii) Carry out the directions of the Executive Committee.
  - iii) Appoint such sub-Committee(s) as are deemed to be necessary.
  - iv) Administer the financial affairs of the Association.



- v) Liaise with the Marketing sub-Committee concerning sponsorship.
  - vi) Negotiate with the Sports Council concerning grants.
  - vii) Arrange insurance cover against relevant risks.
  - viii) Submit reports to the Executive Committee upon request.
- D) International Affairs Sub-Committee
- i) Appoint one of their number as Secretary of the sub-Committee.
  - ii) Carry out the directions of the Executive Committee.
  - iii) Appoint such sub-Committee(s) as are deemed to be necessary.
  - iv) Liaise with the FIRS, CIRH, CERH, CIA, CEA and other international Roller Hockey Associations concerning all international aspects of the sport.
  - v) Co-ordinate the training programme of the National Squads.
  - vi) Recommend to the Executive Committee for it's approval or otherwise in liaison with the National Coaching Executive, selected persons to manage various international squads during training and when participating in international competitions.
  - vii) Liaise with Competitions and Officials sub-Committee concerning the interpretation of the rules of the game.
  - viii) Submit reports to the Executive Committee upon request.
- E) National Development Sub-Committee
- i) Appoint one of their number as Secretary of the sub-Committee.
  - ii) Carry out the directions of the Executive Committee.
  - iii) Appoint such sub-Committee(s) as are deemed to be necessary.
  - iv) Develop and administer the National Coaching Accreditation Scheme
  - v) Provide initial coaching for new clubs.
  - vi) Arrange for distribution of coaching videos, books, pamphlets and other material.
  - vii) Consider and approve the registration of Roller Hockey rinks.
  - viii) Co-ordinate the development of the sport in Great Britain.
  - ix) Submit reports to the Executive Committee.
- F) Marketing sub-Committee
- i) Appoint one of their number as Secretary of the sub-Committee.
  - ii) Carry out the directions of the Executive Committee.
  - iii) Appoint such sub-Committee(s) as are deemed to be necessary.
  - iv) Negotiate and develop sponsorship and undertake public relations activities on behalf of the Association and its affiliates.
  - v) Develop, edit, publish and distribute publicity for the sport.
  - vi) Appoint a Press Officer who shall ensure regular and effective communication with the media.
  - vii) Submit reports to the Executive Committee upon request.
- G) Competitions & Officials sub-committee
- viii) Appoint one of their number as Secretary of the sub-Committee.
  - i) Carry out the directions of the Executive Committee.
  - ii) Appoint such sub-Committee(s) as are deemed to be necessary.
  - iii) Appoint suitable persons as Referees.
  - iv) Liaise with the National Development sub-Committee concerning interpretation of the Rules of the Game.
  - v) Advise Referees, registered players and affiliates concerning application and interpretation of the Rules of the Game.
  - vi) Submit nomination of suitable persons for International Referee tests.
  - vii) Submit reports to the Executive Committee upon request.
- H) Ladies Sub-Committee
- i) Appoint one of their number as Secretary of the sub-Committee.
  - ii) Carry out the directions of the Executive Committee.
  - iii) Appoint such sub-Committee(s) as are deemed to be necessary.



- iv) To act as co-ordinator for all aspects of Ladies Roller Hockey in liaison with other sub-Committees as appropriate.
- v) Submit reports to the Executive Committee upon request.

### **15. Election to Committee**

No person shall be eligible for election to a Committee unless their acceptance of the nomination has first been obtained.



## Appendix i - Subscriptions

List of subscriptions and fees which require ratification by the Annual General Meeting of the Association each year and may only be waived or varied in extenuating circumstances and at the entire discretion of the Executive Committee:-

ANNUAL SUBSCRIPTIONS		PLAYERS' REGISTRATION FEES	
Club Affiliation	£ .....	Under 18	£ .....
Regional League Affiliation	£ .....	Over 18	£ .....
Association Members	£ .....	Veteran - age 38 and over for Veteran's Tournaments Only	£ .....
A) Players' ages are calculated as at January 1 during the registration year			
FEES			
Permit		£ .....	
<b>International Matches:</b> <i>European Teams only</i>		£ ..... per team entry plus Permit £.....	
International fee for inclusion of International Teams		Swiss Francs ..... plus Permit £.....	
<b>NRHA Competition Entry Fees:</b> <i>Challenge Cup (Dex-o-Tex)</i>			
First entry from Club		£ .....	
Additional entries		£ .....	
National League		£ ..... per team	
Other NRHA Competitions		£ ..... per team	
<i>National League Tournament Levies</i>			
Schoolboys' National League		£ ..... per team per tournament	
Other National Leagues		£ ..... per team per tournament	
Transfer		As Players Registration Fee	
Dual Registration (Second Claim)		As Players Registration Fee	
Appeal		£ .....	



## Appendix ii - Medical Regulations Of The First (1979) Edition

### A) ANTI-DOPING CONTROL

#### i) Principles

- a) The FIRS forbids the use of drugs before or during competition which improve artificially the player's physical and/or mental condition and thus augment his athletic performance. The principles of these regulations are in accordance with Paragraph 27 of the Statutes and Rules of the International Olympic Committee (IOC).
- b) The list of drugs annexed to these regulations is based on the findings of leading sports physicians and agrees with the valid list of forbidden products compiled by the IOC.

### B) Definitions

- i) Doping is the attempt to augment the athletic performance by using non-physiological substances.
- ii) Doping substances, for the purpose of this Rule, include:
- iii) Phenylaethylamine derivatives (psychomotor stimulants, ephedrine, adrenaline derivatives), narcotics, analeptics (camphore and strychnine derivatives), sedatives and psychopharaca.
- iv) Doping is the use (taking, injecting, distributing) of doping substances.  
The distribution to a player of the substances mentioned above by officials, coaches, trainers, physicians and masseurs, or by any other people, is also considered as doping.

### C) Restriction of Use and Possession of Drugs

- i) The use of drugs according to Paragraph 2(c) as well as the possession of drugs by athletes or by persons assisting them during a competition, except for physicians, are forbidden and shall be penalised.
- ii) The drugs mentioned in Paragraph 2(b) shall not be used by athletes taking part in a competition. An exception can be made for medicaments (local anaesthesia) in case of injuries. The physician in charge is obliged to report at once the use of such substances to the organiser.

### D) Doping Control

- i) All athletes being nominated for or taking part in a competition have to submit to a doping control. This is compulsory for all world championships and international competitions under the patronage of the IOC.
- ii) In the case of doping control, secretions (urine samples) of the players shall be taken. If the FIRS considers such a step necessary, the luggage and clothes of the athletes, the officials, the coaches, the trainers and the masseurs shall be searched.
- iii) The organiser of the competition is, at the time, in charge of the doping control.
- iv) At least two weeks prior to the contest, the proper authority of this organisation shall request from the proper authority of the respective country the necessary personnel and material for the performance of the control.

### E) FIRS Doping Staff

- a) In the event of any competition for which the doping control is compulsory, one or several athletes from each team, group or single event of every National Federation shall be designated by ballot to undergo the doping control.
- b) The physician appointed by the organising country, and approved by the FIRS, is at the same time head of the Doping Control Group. Members of this Group shall be a representative of the FIRS, a representative of the athlete's country and a secretary.
- c) Athletes who have to undergo the doping control shall be designated by ballot immediately after their participation in the competition by the FIRS representative.
- d) For the doping control, secretions of the athlete shall be taken and/or personal belongings of the athlete or persons assisting him, including clothes, shall be searched.
- e) Athletes or persons assisting them have to tolerate the performance of the doping control. Refusals shall be penalised, just like in the event of being found guilty.

### F) Subjection to Control

The following athletes shall be subject to control:

- i) In single events between teams consisting of two athletes, the first three winners as well as three more athletes designated by ballot.



- ii) In events between teams consisting of more than two athletes, two athletes each of the first three winning teams as well as three more athletes designated by ballot.
  - iii) In events between two teams, three athletes from each team shall be designated by ballot.
  - iv) Athletes who are suspected of being under the influence of drugs.
- G) Searching
- i) All athletes or persons assisting them shall be subject to a searching if they are suspected of being in the illegal possession of drugs or other substances violating the doping regulations. Searchings may only be performed in the presence of the owners of the items to be searched.
  - ii) Medicaments that are found must be packed in plastic bags available for this purpose. These plastic bags shall be marked and sealed.
- H) Examination
- i) The athlete shall select one of two sterile bottles and urinate into it. Half of the samples will be poured into the other bottle. Both bottles will then be sealed in the presence of the athlete, the FIRS doping representative, the physician and the representative of the respective country. Each bottle will be distinctly marked.
  - ii) Each athlete will then verify by his signature on a special form that the procedure has taken place in accordance with the rules. The FIRS representative will verify by his signature that the indications given by the athlete are correct. Copies of the form shall be given to the physician and the first representative. Two copies shall be sent together with the bottles to the laboratory in charge of the control.
  - iii) The laboratory checks whether the urine samples or the items collected in the plastic bag contain doping substances.
  - iv) The representative of FIRS shall inform the athlete or the assisting person about the result of the examination.
  - v) Athletes declaring that they cannot urinate have to be under supervision until the urine samples can be given.
- I) Violation against Doping Regulations
- i) If the examination is positive, the counter analysis has to be made with the second urine sample in the same laboratory, if such is requested by the athlete concerned immediately after announcement of the result. It is at the athlete's or his Federation's discretion to engage an expert of their choice for the counter analysis.
  - ii) If the athlete is found guilty, he shall be disqualified from further events in accordance with the terms prescribed in these presents.
  - iii) If an athlete of a team is found guilty, the whole team shall be disqualified from the whole competition. All matches scheduled shall be lost by 0:10. In case a team has lost with a difference of more than ten goals, the less favourable goal shall count.
  - iv) Athletes of single events shall lose all qualifications and points reached so far.
  - v) The Technical Commission in charge has to impose penalties of disciplinary punishments, which have to be observed by the respective National Federations. Furthermore, these penalties and disciplinary punishments shall be punished internationally and nationally and be observed by all Member federations.
  - vi) The minimum penalty has to be a disqualification of at least six months; when found guilty for the second time, 12 months; and for the third time, lifelong
- J) Female Sex Control
- i) Principles
    - a) Female participants of all age groups nominated or taking part in world championships or international competitions under the patronage of the IOC have to undergo a female sex control.
    - b) All participants of such an event must present a so-called ID-card with the positive result of the female sex control to the Technical Committee in charge prior to the competition. The cost for this control shall be borne by the National Federation.
  - ii) Exceptions



- a) In cases of doubt, the female sex control shall be performed by a physician appointed by the FIRS. Responsible for the performance of this control shall be the Technical Committee in charge of the respective event in co-operation with the FIRS.
  - b) The results of such a control shall be treated strictly confidentially. They will be given by the appointed physician to the official FIRS representative in a sealed envelope. The FIRS representative shall inform the National Federation about the results.
- iii) Procedure
- a) The female participants being subject to a female sex control shall appear at the place and time determined by the organiser. They may be accompanied by their team's physician or the female coach of their team.
  - b) The following documents have to be presented:
    - i) Certificate about last performed sex control.
    - ii) Sports Pass.



### Appendix iii - Examples Of Banned Substances

The International Olympic committee's Medical Commission classify the banned substances according to their mode of action, into five categories. Examples of drugs which belong under each category are listed below:

A) Psychomotor stimulant drugs, e.g.

- amphetamine
- benzphetamine
- caffeine
- chlorphentermine
- cocaine
- diethylpropion
- dimethylamphetamine
- ethylamphetamine
- fencamfamin
- meclofenoxate
- methylamphetamine
- methyphenidate
- norpseudoephedrine
- pemoline
- phendimetrazine
- phenmetazine
- phentermine
- pipradrol
- prolintane
- and related compounds

B) Sympathomimeticamines, e.g.

- clorprenaline
- ephedrine
- etafedrine
- isoetharine
- isoprenaline
- methylephedrine
- methoxyphenamine
- and related compounds

C) Miscellaneous central nervous system stimulants, e.g.

- amiphenazole
- bemegrade
- doxapram
- ethamivan
- leptazol
- nikethamide
- picrotoxin
- prethcamide
- strychine
- and related compounds

D) Narcotic analgesics, e.g.

- anileridine
- codeine
- dextromoramide
- dihydrocodeine
- dipipanone
- ethylmorphine
- heroin
- hydrocodone



hydromorphone  
levorphanol  
methadone  
oxycodone  
oxymorphone  
pentazcine  
pentazocine  
pethidine  
phenazocine  
piminodine  
thebacon  
trimeperidine  
and related compounds

E) Anabolic steroids, e.g.

clostebol  
ethyloestrenol  
fluoxymesterone  
methandienone  
methandriol  
methenolone  
methyltestosterone  
nandrolone  
oxandrolone  
oxymetholone  
stanolone  
stanozolol  
testosterone  
and related compounds

Many of these drugs appear either alone or as mixtures in medications under a commercial title. It is thus advisable that, should there be any doubt, expert advice should be sought by the competitor before taking any medication.

The presence of any of these substances or their major metabolites in a urine sample will probably constitute an offence with the exception of caffeine and testosterone, for which quantitative analysis is required.

