

30- Anti-Doping Rules for the International Pencak Silat Federation (IPSF)

<https://drive.google.com/drive/folders/1hozRHmgwDUUYD9Y6GQH62jpYEm5B4bY?usp=sharing>

1. Introduction The International Pencak Silat Federation (IPSF) is committed to ensuring that all competitions are conducted with integrity and fairness. The IPSF adopts a strict anti-doping policy to protect the rights of clean athletes and to promote health, safety, and equality in sport.

2. Purpose The purpose of these Anti-Doping Rules is to ensure that the sport of Pencak Silat remains free from the use of prohibited substances and methods, and to provide a framework for the detection, deterrence, and enforcement of anti-doping policies.

3. Definitions

- **Athlete** : Any individual who participates in any capacity in a Pencak Silat event, including but not limited to competitors, coaches, and officials.
- **Doping** : The presence of prohibited substances in an athlete's body or the use of prohibited methods as defined by the World Anti-Doping Agency (WADA).
- **Prohibited List** : A list published by WADA which specifies the substances and methods prohibited in sports.

4. Prohibited Substances and Methods Athletes are prohibited from using, possessing, or trafficking any substances or methods outlined in the current WADA Prohibited List. This includes, but is not limited to:

- Anabolic agents
- Hormones and related substances
- Stimulants
- Diuretics
- Narcotics

5. Testing 5.1. The IPSF may conduct urine and/or blood tests at any competition or event. Testing may also be conducted at any time and place, including out-of-competition periods.

5.2. Athletes must comply with sample collection procedures as outlined by IPSF and WADA.

6. Responsibility of Athletes 6.1. Each athlete is responsible for knowing and understanding the anti-doping regulations.

6.2. Athletes are responsible for any substance found in their bodies, regardless of intent or knowledge.

6.3. Athletes must report any prescribed medications or supplements to the IPSF Anti-Doping Commission.

7. Therapeutic Use Exemptions (TUE) 7.1. Athletes who require a prohibited substance for therapeutic reasons may apply for a Therapeutic Use Exemption (TUE).

7.2. TUE applications must be submitted to the IPSF Anti-Doping Commission in accordance with WADA guidelines before the competition.

8. Sanctions 8.1. If an athlete tests positive for a prohibited substance or method, or if there is evidence of doping, the following sanctions may apply:

- Disqualification from the event
- Suspension from future competitions
- Financial penalties

8.2. The duration of sanctions will be determined based on the severity of the violation and according to IPSF and WADA regulations.

9. Appeals Athletes have the right to appeal against doping violations and sanctions as per the procedures established by the IPSF Anti-Doping Commission.

10. Education The IPSF will provide educational resources and programs to athletes and officials to promote awareness and understanding of anti-doping rules and health risks associated with prohibited substances.

11. Final Provisions These Anti-Doping Rules will come into effect on [insert date]. The IPSF reserves the right to amend these rules in accordance with changes to WADA regulations and anti-doping policies.

12. Contact Information For inquiries regarding anti-doping matters, please contact the IPSF Anti-Doping Commission at [insert contact information].

This document serves as a foundational template for the Anti-Doping Rules of the IPSF. You can modify it based on specific needs and updates in regulations.