

# International Standard (ISTI) – Changes from November 2019 to June 2020

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## 1. Article 1.0:

A sentence has been restructured.

### 1.0 Introduction and Scope

The first purpose of the *International Standard for Testing and Investigations* is to plan for intelligent and effective *Testing*, both *In-Competition* and *Out-of-Competition*, and to maintain the integrity and identity of the *Samples* collected from the point the *Athlete* is notified of ~~the Test~~*this/her selection for Testing*, to the point the *Samples* are delivered to the Laboratory for analysis. To that end, the *International Standard for Testing and Investigations* (including its Annexes) establishes mandatory standards for test distribution planning (including collection and use of *Athlete* whereabouts information), notification of *Athletes*, preparing for and conducting *Sample* collection, security/post-test administration of *Samples* and documentation, and transport of *Samples* to Laboratories for analysis.

## 2. Definition *National Anti-Doping Organization*:

***National Anti-Doping Organization***: The entity(ies) designated by each country as possessing the primary authority and responsibility to adopt and implement anti-doping rules, direct the collection of *Samples*, ~~the management of~~manage test results, and ~~the~~ conduct ~~of hearings~~Results Management at the national level. If this designation has not been made by the competent public authority(ies), the entity shall be the country's *National Olympic Committee* or its designee.

## 3. Definition *Protected Person*:

***Protected Person***: An *Athlete* or other natural *Person* who at the time of the anti-doping rule violation: (i) has not reached the age of sixteen (16) years; (ii) has not reached the age of eighteen (18) years and is not included in any *Registered Testing Pool* and has never competed in any *International Event* in an open category; or (iii) for reasons other than age, has been determined to lack legal capacity under applicable national legislation.

#### 4. Definition *Recreational Athlete*:

*Recreational Athlete*: A natural *Person* who is so defined by the relevant *National Anti-Doping Organization*; provided, however, the term shall not include any *Person* who, within the five (5) years prior to committing any anti-doping rule violation, has been an *International- Level Athlete* (as defined by each International Federation consistent with the *International Standard for Testing and Investigations*) or *National-Level Athlete* (as defined by each *National Anti-Doping Organization* consistent with the *International Standard for Testing and Investigations*), has represented any country in an *International Event* in an open category or has been included within any *Registered Testing Pool* or other whereabouts information pool maintained by any International Federation or *National Anti-Doping Organization*.

#### 5. Defintion *Testing*:

*Testing*: The parts of the *Doping Control* process involving test distribution planning, *Sample* collection, *Sample* handling, and *Sample* transport to the ~~laboratory~~ laboratory.

#### 6. Article 3.4:

The ISPPPI defined term “Processing” was added to the ISTI.

##### 3.4 Defined terms from the *International Standard for the Protection of Privacy and Personal Information*:

**Processing** (and its cognates, **Process** and **Processed**): Collecting, accessing, retaining, storing, disclosing, transferring, transmitting, amending, deleting or otherwise making use of *Personal Information*.

#### 7. Article 3.5:

The definition of “Test Distribution Plan” was modified:

**Test Distribution Plan**: A document written by an *Anti-Doping Organization* that plans *Testing* on *Athletes* ~~over whom it has~~ *Testing Authority*, in accordance with the requirements of Article 4.

## 8. Article 4.4.1 and 4.4.1.b:

The sentence has been restructured by removing “over whom it has Testing Authority”:

- 4.4.1 Next, the *Anti-Doping Organization* shall consider whether there are any factors warranting allocating *Testing* resources to one sport or discipline or nation (as applicable) ~~over whom it has Testing Authority~~ in priority to others. This means having assessed the relative risks of doping:
- b) In the case of a *National Anti-Doping Organization*, allocating *Testing* between the different sports ~~over whom it has Testing Authority~~, as well as any national anti-doping policy imperatives that may lead it to prioritize certain sports over others.

## 9. Article 4.5:

The title of article 4.5 was modified to remove “and *Samples*”:

### 4.5 Prioritizing between different *Athletes* ~~and *Samples*~~

## 10. Article 4.5.5:

A sentence has been restructured.

- 4.5.5 For the avoidance of doubt, notwithstanding the development of criteria for selection of *Athletes* for *Testing*, and in particular for *Target Testing* of *Athletes*, as well as the fact that as a general rule *Testing* shall take place between 6 a.m. and 11 p.m. unless (i) the *Athlete* stipulates a 60-minute timeslot from 5 a.m. or, (ii) valid grounds exist for *Testing* overnight (i.e., between 11 p.m. and 6 a.m.), the fundamental principle remains (as set out in *Code* Article 5.2) that an *Athlete* may be required to provide a *Sample* at any time and at any place by any *Anti-Doping Organization* with authority to conduct *Testing* ~~Authority over them~~, whether or not the selection of the *Athlete* for *Testing* is in accordance with such criteria. Accordingly, an *Athlete* may not refuse to submit to *Sample* collection on the basis that such *Testing* is not provided for in the *Anti-Doping Organization’s Test Distribution Plan* and/or is not being conducted between 6 a.m. and 11 p.m., and/or that the *Athlete* does not meet the relevant selection criteria for *Testing* or otherwise should not have been selected for *Testing*.

### 11. Article 4.8.6.1:

The following comment was added:

*[Comment to 4.8.6.1: Following consideration of points a) to g) above and once the Athletes in the Registered Testing Pool are determined, the International Federation or the National Anti-Doping Organization shall plan, independently or in agreed coordination with other Anti-Doping Organizations, to test any Athlete included in the Registered Testing Pool a minimum of three (3) times Out-of-Competition per year.]*

### 12. Article 4.8.6.2.b:

A sentence has been restructured.

- b) Specify in their Whereabouts Filings, for each day in the forthcoming quarter, one specific 60-minute time slot where they will be available at a specific location for *Testing*, as specified in Article 4.8.8.3. This does not limit in any way the *Athlete's Code* Article 5.2 obligation to submit to *Testing* at any time and place upon request by an *Anti-Doping Organization* with authority to conduct Testing Authority over on them. Nor does it limit their obligation to provide the information specified in Article 4.8.8.2 as to their whereabouts outside that 60-minute time slot. However, if the *Athlete* is not available for *Testing* at such location during the 60-minute time slot specified for that day in their Whereabouts Filing, that failure may be declared a Missed Test.

### 13. Article 4.8.6.3:

Sentence restructure.

- 4.8.6.3** *Anti-Doping Organizations* with authority to conduct Testing Authority over on an *Athlete* in a *Registered Testing Pool* shall conduct *Out-of-Competition Testing* on that *Athlete* using the *Athlete's Whereabouts Filing*. Although *Code Article 2.4 Whereabouts Requirements* ~~includes~~include the provision of a 60-minute time slot, *Testing* shall not be limited to the 60-minute time slot provided by the *Athlete*. To ensure *Out-of-Competition Testing* is unpredictable to the *Athlete*, *Anti-Doping Organizations* shall also consider other whereabouts information provided e.g., regular activities to Testtest the *Athlete*.

#### 14. Article 4.8.6.4.b:

A sentence has been restructured.

- b) The information can be accessed by (i) authorized individuals acting on behalf of the International Federation or *National Anti-Doping Organization* (as applicable) on a need-to-know basis only; (ii) WADA; and (iii) other *Anti-Doping Organizations* with authority to conduct Testing Authority over on the *Athlete* in accordance with Code Article 5.2; and

#### 15. Article 4.8.6.5:

Sentence restructure.

- 4.8.6.5** *Athletes* under the Testing Authority of a *National Anti-Doping Organization* and an International Federation should only be in one *Registered Testing Pool* and therefore shall only file one set of whereabouts information. If the *Athlete* is included in the International Federation's international *Registered Testing Pool* and in the *National Anti-Doping Organization's* national *Registered Testing Pool* (or in the *Registered Testing Pool* of more than one *National Anti-Doping Organization* or more than one International Federation), then each of them shall notify the *Athlete* that they are in its pool. Prior to doing so, however, they shall agree between themselves ~~which of them to whom~~ the *Athlete* shall provide their Whereabouts Filings to, and that *Anti-Doping Organization* shall be the whereabouts custodian. Each notice sent to the *Athlete* shall specify that they shall provide their Whereabouts Filings to that *Anti-Doping Organization* only (and it will then share that information with the other, and with any other *Anti-Doping Organizations* having authority to conduct Testing Authority over the on that Athlete).

#### 16. Article 4.8.7.1.d:

A sentence has been restructured.

- d) That they may also be tested by other *Anti-Doping Organizations* with authority to conduct Testing Authority over them.

#### 17. Article 4.8.8.2.b:

A sentence has been restructured.

- b) Specific confirmation that the *Athlete* understands that their Whereabouts Filing will be shared with other *Anti-Doping Organizations* that have authority to conduct Testing Authority over on them;

#### 18. Comment to Article 4.8.8.6:

Sentence restructure.

*[Comment to 4.8.8.6: The Anti-Doping Organization collecting the Athlete's Whereabouts Filings should provide appropriate mechanisms (e.g., phone, fax, Internet, email, SMS, approved social networking sites or applications) to facilitate the filing of such updates. It is the responsibility of each Anti-Doping Organization with authority to conduct Testing Authority over on the Athlete to ensure that it checks for any updates filed by the Athlete prior to attempting to collect a Sample from the Athlete based on their Whereabouts Filing. For the avoidance of doubt, however, an Athlete who updates their 60-minute time slot for a particular day prior to the original 60-minute slot must still submit to Testing during the original 60-minute time slot, if they are located for Testing during that timeslottime slot.]*

#### 19. Article 4.8.9.1

A sentence has been restructured.

- 4.8.9.1** Every *Athlete* must submit to *Testing* at any time and place upon request by an *Anti-Doping Organization* with authority to conduct Testing Authority over them. In addition, an *Athlete* in a *Registered Testing Pool* must specifically be present and available for *Testing* on any given day during the 60-minute time slot specified for that day in their Whereabouts Filing, at the location that the *Athlete* has specified for that time slot.

## 20. Article 4.8.10.1:

The wording "... and test the *Athlete* at least once per year *Out-of-Competition*" was added:

**4.8.10.1** The tier below the *Registered Testing Pool* is the *Testing* pool and should include *Athletes* from whom some whereabouts information is required in order to locate and ~~Test~~ the *Athlete* at least once per year *Out-of-Competition*. At a minimum, this shall include an overnight address, *Competition/Event* schedule and regular training activities. *Athletes* in a *Testing* pool are not subject to the requirements of *Code* Article 2.4. An International Federation or a *National Anti-Doping Organization* shall consider the following criteria for including *Athletes* into a *Testing* pool:

## 21. Article 5.3.2

The wording "To conduct or assist with the *Sample Collection Sessions*, the...." was added:

**5.3.2** ~~The~~To conduct or assist with the*Sample Collection Sessions*, the *Sample Collection Authority* shall appoint and authorize *Sample Collection Personnel* ~~to conduct or assist with *Sample Collection Sessions*~~ who have been trained for their assigned responsibilities, who do not have a conflict of interest in the outcome of the *Sample* collection, and who are not *Minors*.

## 22. Article 5.4.7:

The following wording was added:

**5.4.7** If the *Athlete* delays reporting to the *Doping Control Station* other than in accordance with Article 5.4.4 and/or any failure of the *Athlete* to remain under constant observation during chaperoning but ~~the *Athlete*~~ arrives at the *Doping Control Station* prior to the *DCO*'s departure from the sample collection location, the *DCO* shall report a possible *Failure to Comply*. If at all possible, the *DCO* shall proceed with collecting a *Sample from the Athlete*. The *Testing Authority* shall investigate a possible *Failure to Comply* in accordance with Annex A – Review of a Possible *Failure to Comply* in the *International Standard for Results Management*.

### 23. Article 7.4.5.m:

The word “test” was replaced with “Testing”:

- m) The type of ~~test~~ Testing (In-Competition or Out-of-Competition);

### 24. Comment to Article 9.3.6:

Sentence restructure:

*[Comment to 9.3: While the requirements for transport and storage of Samples and documentation herein apply equally to all urine, blood and blood Athlete Biological Passport Samples, additional requirements for standard blood ~~requirements~~ can be found in Annex D - Collection of Blood Samples and additional requirements for the transportation of Blood Samples for the Athlete Biological Passport can be found in Annex I - Collection, Storage and Transport of Blood Athlete Biological Passport Samples.]*

### 25. Comment to Article 11.1:

The word “always” has been removed:

*[Comment to 11.1: While Testing will always remain an integral part of the anti-doping effort, Testing alone is not ~~always~~ sufficient to detect and establish to the requisite standard all of the anti-doping rule violations identified in the Code. In particular, while Use of Prohibited Substances and Prohibited Methods may often be uncovered by analysis of Samples, the other Code anti-doping rule violations (and, often, Use) can usually only be effectively identified and pursued through the gathering and investigation of ‘non-analytical’ anti-doping intelligence and information. This means that Anti-Doping Organizations need to develop efficient and effective intelligence-gathering and investigation functions. WADA has devised Intelligence and Investigations Guidelines with case studies to assist Anti-Doping Organizations to better understand the types of ‘non-analytical’ intelligence that may be available and to provide support and guidance to Signatories in their efforts to comply with the Code and the International Standards.]*



## 26. Article 12.1:

The word “conduct” was replaced with “implement”:

### 12.1 Objective

The objective of Article 12 is to establish standards for the efficient and effective conduct of investigations that *Anti-Doping Organizations* must ~~conduct~~implement under the *Code*, including but not limited to:

## 27. Comment to Annex C.1.b:

*[Comment to ~~1.0~~(C.1.b): The measurements taken in the field for Suitable Specific Gravity for Analysis and the Suitable Volume of Urine for Analysis are preliminary in nature, to assess whether the Sample meets the requirements for analysis. It is possible there could be discrepancies between the field- readings and the final Laboratory readings due to the precision of the Laboratory equipment. The Laboratory reading will be considered final, and such discrepancies (if any) shall not constitute a basis for Athletes to seek to invalidate or otherwise challenge an Adverse Analytical Finding.]*

## 28. Annex C.4.13:

The words “or container” was added to the sentence:

**C.4.13** The *Athlete* shall pour the minimum Suitable Volume of Urine for Analysis into the B bottle or container (to a minimum of 30 mL), and then pour the remainder of the urine into the A bottle or container (to a minimum of 60 mL). The Suitable Volume of Urine for Analysis shall be viewed as an absolute minimum. If more than the minimum Suitable Volume of Urine for Analysis has been provided, the DCO shall ensure that the *Athlete* fills the A bottle or container to capacity as per the recommendation of the equipment manufacturer. Should there still be urine remaining, the DCO shall ensure that the *Athlete* fills the B bottle or container to capacity as per the recommendation of the equipment manufacturer. The DCO shall instruct the *Athlete* to ensure that a small amount of urine is left in the collection vessel, explaining that this is to enable the DCO to test the residual urine in accordance with Annex C.4.15.

## 29. Annex D.4.2.d and D.4.9:

“Blood” was replaced with “*Sample*”:

- d) Such other types of equipment to be used in connection with the collection of blood as set out in Article 6.3.4 and WADA’s BloodSample Collection Guidelines.

**D.4.9** The amount of blood removed shall be adequate to satisfy the relevant analytical requirements for the *Sample* analysis to be performed, as set out in WADA’s BloodSample Collection Guidelines.

## 30. Annex D.4.10:

“*Sample* Collection Session” was replaced with “blood *Sample* collection”:

**D.4.10** If the amount of blood that can be removed from the *Athlete* at the first attempt is insufficient, the BCO shall repeat the procedure up to a maximum of three (3) attempts in total. Should all three (3) attempts fail to produce a sufficient amount of blood, then the BCO shall inform the DCO. The DCO shall terminate the blood Sample Collection Session and record the reasons for terminating.

## 31. Annex D.4.16:

“Blood Collection Guidelines” was replaced with “*Sample* Collection Guidelines”. In addition, the word “data” was added:

**D.4.16** Blood *Samples* shall be transported in accordance with Article 9 and WADA’s BloodSample Collection Guidelines. The transport procedure is the responsibility of the DCO. Blood *Samples* shall be transported in a device that maintains the integrity of *Samples* over time, in a cool and constant environment, measured by a temperature data logger notwithstanding changes in external temperature. The transport device shall be transported by secure means using a method authorized by the Testing Authority or Sample Collection Authority.

### 32. Comment to Annex D.4.16

Reference was modified:

*[Comment to ~~E4.0D.4.~~: The requirements of this Annex apply to blood Samples collected for the purposes of standard analysis as well as for Athlete Biological Passport purposes. Additional requirements applicable only to the Athlete Biological Passport are contained in Annex I.]*

### 33. Annex F:

**NOTE:**

*The proposed amendments in this ~~Annex G~~ of the current ISTI (and only this Annex) and the definition for ~~Suitable Specific Gravity for Analysis~~ (see below and contained in the ISTI definitions), are tabled for approval at WADA's Executive Committee meeting on 4 November 2019 to come into effect 1 March 2020. The expedited implementation of this Annex and related definition is due to the potential benefits these amendments will provide ADOs and Athletes during the sample collection process, and they will be available for the Tokyo 2020 Olympic and Paralympic Games. The only change that will occur to ~~Annex G~~ on 1 January 2021, is that it will become ~~Annex F~~ due to the transfer of ISTI ~~Annex A~~ to the International Standard for Results Management, however the content of this Annex will remain unchanged.*

**~~Suitable Specific Gravity for Analysis:~~** ~~For Samples with a minimum volume of 90ml and less than 150ml, specific gravity measured at 1.005 or higher with a refractometer, or 1.010 or higher with lab sticks. For Samples with a volume of 150ml and above, specific gravity measured at 1.003 or higher with a refractometer only.~~

### 34. Annex G.4.4.2.A and B, and G.4.4.3:

**G.4.4.2** The training program for DCOs shall include, as a minimum:

- a) Comprehensive theoretical training in ~~different types of Testing~~ those Doping Control activities relevant to the DCO position;
- b) Observation of all ~~Doping Control~~ Sample Collection Session activities that are the responsibility of the DCO as set out in this *International Standard for Testing and Investigations*, preferably on-site; and

**G.4.4.3** The training program for Chaperones shall include all relevant requirements of the ~~Sample collection process~~ Collection Session including but not limited to situations dealing with Failure to Comply, *Athletes* who are *Minors* and/or *Athletes* with impairments.

### 35. Annex H.1:

A sentence has been restructured.

#### H.1. Objective

~~The~~To ensure there is a procedure to follow when a request is made by an *Anti-Doping Organization* for permission to conduct *Testing* at an *Event* where they have been unable to reach agreement on such *Testing* with the ruling body of the *Event*. WADA's objective in considering such requests is to:

### 36. Annex H.4.4.a:

The word "tests" was replaced with "*Testing*":

- a) The Test Distribution Plan for the *Event*, including the number and type of ~~tests~~ Testing planned for the *Event*;

### 37. Annex I.2.4:

*[Comment to Annex I.2.4: WADA's ~~Blood~~ Sample Collection Guidelines reflect these protocols and include practical information on the integration of Athlete Biological Passport Testing into "traditional" Testing activities. A table has been included within the ~~Blood~~ Sample Collection Guidelines that identifies which particular timelines for delivery are appropriate when combining particular Test types (i.e., Athlete Biological Passport and Growth Hormone (GH), Athlete Biological Passport and Homologous Blood Transfusion, etc.), and which types of Samples may be suited for simultaneous transport.]*

### 38. Annex I.2.8:

The definition "*Doping Control*" was replaced with "*Sample collection*".

- I.2.8 Following notification to the *Athlete* that he/she has been selected for ~~Doping Control~~ Sample collection and following the DCO/BCO's explanation of the *Athlete's* rights and responsibilities in the ~~Doping Control~~ Sample collection process, the DCO/BCO shall ask the *Athlete* to remain still, in a normal seated position, with feet on the floor for at least ten (10) minutes prior to providing a blood *Sample*.

### 39. Annex I.2.9.C:

“Blood Test” was changed to “blood collection”

- c) Has the *Athlete* had a training session or *Competition* in the two (2) hours prior to the blood ~~Test~~collection?

### 40. Annex I.4.2

“Anti-Doing Organization” was replaced with “a *Sample* Collection Authority”

- I.4.2 The transport procedure is the DCO's responsibility. The transport device shall be transported by secure means using ~~an Anti-Doping Organization~~a *Sample* Collection Authority authorized transport method.