



PCA Anti-Doping Rules Effective

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Event Category: PCA 'Naturals'

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1 Definitions

- 1.1 Adverse Analytical Finding (AAF):** A report from a WADA-accredited laboratory or other WADA-approved laboratory that, consistent with the International Standard for Laboratories, establishes in a Sample the presence of a Prohibited Substance or its Metabolites or Markers.
- 1.2 Analytical Report:** A formal document issued by a WADA-accredited laboratory detailing the results of sample analysis conducted under these Rules.
- 1.3 Atypical Finding (ATF):** A report from a WADA-accredited laboratory or other WADAapproved laboratory that requires further investigation as provided in the International Standard for Laboratories or related Technical Documents prior to the determination of an Adverse Analytical Finding.
- 1.4 Athlete:** Any individual who registers for or takes part in any Naturals event organised, convened or sanctioned by PCA including affiliated or international events where PCA exercises anti-doping jurisdiction.
- 1.5 Final Decision:** The written determination issued by PCA following the conclusion of the results management process.
- 1.6 Medical Exemption:** An approved authorisation granted by PCA permitting an Athlete to use a Prohibited Substance for legitimate medical reasons, subject to prior application, supporting medical documentation and PCA's discretion.
- 1.7 Prohibited Conduct:** Conduct that violates these Rules as set out in **Section 4: Prohibited Conduct**.
- 1.8 Prohibited List:** The Prohibited List International Standard issued by WADA, identifying the Prohibited Substances, as amended from time to time, which is available on WADA's website (www.wada-ama.org).
- 1.9 Prohibited Substance:** Any substance, or class of substances, so described on the Prohibited List.
- 1.10 Tampering:** Intentional conduct which subverts the doping control process. Tampering shall include, without limitation, offering or accepting a bribe to perform or fail to perform

an act, preventing the collection of a sample, affecting or making impossible the analysis of a sample, falsifying documents submitted, procuring false testimony from witnesses, committing any other fraudulent act to affect results management or the imposition of Sanctions, and any other similar intentional interference or attempted interference with any aspect of doping control.

- 1.11 **Refusal/Evasion:** Failure to submit to sample collection when requested.
- 1.12 **Sample:** Any biological material collected for the purposes of doping control.
- 1.13 **Sanction:** Any penalty imposed by PCA.
- 1.14 **Substances of Abuse:** Substances identified by WADA as substances of abuse, including cocaine, ecstasy (MDMA), heroin and cannabinoids.
- 1.15 **Laboratory Report:** Full documentation and analysis from the testing laboratory.

2 Purpose and Scope

- 2.1 These Anti-Doping Rules (“**Rules**”) are established by PCA to promote fair competition, protect athlete health and safety and uphold the integrity and reputation of PCA Naturals bodybuilding events. PCA is committed to ensuring that its Naturals events are free from the use of performance-enhancing drugs and other forms of doping, in order to maintain a level playing field, protect clean athletes and preserve public confidence in the events. These Rules pursue a legitimate aim of ensuring fairness, transparency and athlete welfare and are proportionate to that aim.
- 2.2 These Rules apply to all Athletes.
- 2.3 Entry into any PCA Naturals event constitutes acceptance of these Rules and agreement to be bound by them, whether or not the Athlete subsequently attends or competes.
- 2.4 Athletes must sign a declaration confirming they have read and understood these Rules prior to competing and that they have never engaged in Prohibited Conduct. In the event any such declaration is not signed, the Athlete will still be bound by these Rules.
- 2.5 PCA reserves the right to amend these Rules at any time. Amendments will be published on the PCA website and take effect immediately unless stated otherwise.

3 General Principles

- 3.1 By entering any PCA Naturals event, Athletes expressly consent to be subject to antidoping testing procedures as outlined in these Rules.
- 3.2 This consent includes, but is not limited to, urine, blood and polygraph testing conducted with no advance notice.
- 3.3 Athletes may be tested any time during PCA Naturals events.
- 3.4 It is the personal responsibility of each Athlete to ensure that they do not engage in Prohibited Conduct as defined by these Rules. This includes, but is not limited to ensuring that no Prohibited Substance is present in any of their Samples.
- 3.5 Prohibited Conduct under these Rules is a strict liability offence and Athletes are responsible for any Prohibited Substance found in their Samples, regardless of intent, fault, negligence or knowledge.
- 3.6 Athletes must cooperate fully with PCA investigations and provide timely and accurate information when requested to do so.
- 3.7 PCA may impose sanctions on any Athlete found to have conducted any Prohibited Conduct.

4 Prohibited Conduct

- 4.1 The following actions constitute Prohibited Conduct under these Rules. Athletes must not:
 - 4.1.1 Have the presence of a Prohibited Substance or its metabolites or markers in their Sample, as determined through doping control.
 - 4.1.2 Use or attempt to use any Prohibited Substance.
 - 4.1.3 Possess, administer, traffic, or assist in the use of Prohibited Substances.
 - 4.1.4 Refuse or evade Sample collection or polygraph testing when requested by PCA or its authorised personnel.
 - 4.1.5 Tamper with, or attempt to tamper with, any part of the doping control process.

4.1.6 Engage in any other conduct that undermines the integrity of PCA's antidoping programme, including but not limited to providing false information, obstructing investigations, or failing to cooperate when required.

4.2 Any Prohibited Conduct shall constitute a violation of these Rules and may result in sanctions as set out in **Section 9: Sanctions**.

5 Testing Procedures

5.1 Notification

5.1.1 Athletes selected for testing will be notified by Doping Control Personnel (DCP), who will identify themselves and explain the process to the Athlete.

5.1.2 Upon notification, Athletes must produce valid photographic identification and sign a Doping Control Form (DCF) acknowledging their selection and confirming understanding of the process.

5.1.3 Athletes will be chaperoned by the Doping Control Personnel from notification to completion of Sample collection.

5.1.4 Athletes must report immediately to the Doping Control Station (DCS) unless a permitted delay is granted.

5.1.5 Permitted delays may include medal ceremonies, media obligations, further competition, warm-down, medical treatment, locating a representative or interpreter, or obtaining identification.

5.2 Sample Collection Process

5.2.1 Athletes will be provided with sealed, tamper-evident Sample collection kits and may select one under the supervision of DCP.

5.2.2 For urine Samples, a DCP of the same gender as the Athlete will directly observe the Sample provision to ensure authenticity.

5.2.3 Urine samples will be divided into two separate containers, the A Sample and the B Sample, both of which must be securely sealed, labelled, and verified by the Athlete and DCP.

5.2.4 All urine Samples will undergo a Specific Gravity Check to ensure they meet minimum concentration requirements. If the Sample is too dilute, the Athlete may be required to provide additional Samples until a valid one is obtained.

5.2.5 Blood Samples will be collected by a qualified phlebotomist using sterile equipment. Where applicable, Dried Blood Spot (DBS) Samples may be collected by trained DCP using validated procedures.

5.3 Verification and Documentation

5.3.1 Athletes must complete and sign the Doping Control Form (DCF), listing all medications, supplements, and relevant substances (including Prohibited Substances) used within the last seven days. Completion of the DCF verified with a signature of the Athlete amounts to an express waiver by the Athlete of any concerns or issues with any element of the Sample collection process.

5.3.2 Athletes will receive a copy of the completed DCF for their records. PCA will retain the original for results management and investigation purposes.

5.4 Sample Analysis and Storage

5.4.1 Samples are stored securely in accordance with recommended guidelines issued by the designated WADA-accredited laboratory.

5.4.2 Samples are securely transported to a WADA-accredited laboratory with a secure chain of custody.

5.4.3 Samples will be analysed at a WADA-accredited laboratory.

5.4.4 The A Sample will be analysed to determine the presence of any Prohibited Substance. The B Sample will be securely stored and may be analysed upon request by the Athlete.

5.4.5 Samples may be stored during which time they may be re-analysed if new detection methods become available or if required by PCA.

5.5 Polygraph Testing

5.5.1 PCA reserves the right to require Athletes to undergo polygraph testing as part of its anti-doping programme. This may be used to support investigations into suspected Prohibited Conduct.

5.5.2 Athletes will be notified if they are required to undergo polygraph testing.

5.6 Athlete Rights and Responsibilities

5.6.1 Athletes subject to doping control have the following rights to:

- (i) be accompanied by a representative and/or interpreter throughout the testing process.
- (ii) ask questions and seek clarification regarding the procedures.
- (iii) request reasonable modifications to the process in cases of disability, medical condition, or other justified need in accordance with the Equality Act 2010.

5.6.2 Athletes must:

- (i) Remain under continuous observation by Doping Control Personnel from the time of notification until Sample collection is complete.
- (ii) Produce valid photographic identification upon request.
- (iii) Comply fully with all instructions and procedures outlined by PCA and DCP.
- (iv) Report immediately to the Doping Control Station unless a permitted delay is granted.

5.7 The potential outcomes of Sample analysis are:

5.7.1 **Negative Result:** No Prohibited Substances detected. No further action will be taken and Athlete will not be notified of the result of their test.

5.7.2 **Atypical Finding:** PCA reviews medication declarations, procedural irregularities, and ingestion routes. Athlete not notified until review is complete. If no violation is found, no further action will be taken, however PCA may escalate the ATF to an AAF.

5.7.3 **Adverse Analytical Finding (AAF):** If no valid Medical Exemption is in place then the PCA proceeds with notification.

5.8 Notification of Analytical Prohibited Conduct

5.8.1 If the Sample analysis returns an AAF, then the PCA will notify the Athlete by email to the Athlete's email address. This email will explain that:

- (i) Their A Sample has returned an AAF;
- (ii) the Athlete has the right to request B Sample analysis at their own expense;
- (iii) the cost details of the B Sample analysis;
- (iv) the Athlete is provisionally suspended from all PCA Naturals events;
- (v) the Athlete has 14 days to respond.

5.8.2 The notification email to the Athlete will attach the Analytical Report.

5.8.3 The Athlete can request the Laboratory Report at an additional cost, which the Athlete will be responsible for bearing the costs of.

5.8.4 Failure to pay the required costs within the specified timeframe shall result in forfeiture of rights under these Rules.

5.8.5 If the B Sample analysis does not confirm the AAF from the A Sample, the test result shall be deemed negative. No further action will be taken, and any provisional suspension imposed on the Athlete will be immediately lifted.

5.8.6 If the B Sample analysis confirms the AAF, PCA will proceed to issue its Final Decision and impose sanctions on the Athlete in accordance with **Section 9: Sanctions**.

5.8.7 If the Athlete chooses not to proceed with B Sample analysis, PCA will issue a Final Decision based solely on the A Sample and may impose sanctions.

5.8.8 If the Athlete elects to proceed with B Sample analysis, PCA will issue a Final Decision once the Analytical Report for the B Sample has been received and reviewed.

5.9 Notification of Non-Analytical Prohibited Conduct

5.9.1 Where the PCA reasonably suspects that an Athlete has committed nonanalytical Prohibited Conduct, PCA will notify the Athlete in writing of the suspected Prohibited Conduct.

5.9.2 The notification will outline the nature of the suspected Prohibited Conduct, the relevant provisions of these Rules, and any supporting evidence.

5.9.3 The Athlete will have fourteen (14) days from the date of notification to respond in writing, provide any relevant information, and make representations to PCA.

5.9.4 Following receipt of the Athlete's response, or if no response is received within the specified timeframe, PCA will issue a Final Decision in accordance with **Section 8: Final Decision**.

6 **Medical Exemptions**

6.1 Athletes who require the use of a Prohibited Substance for legitimate medical reasons must apply for a Medical Exemption prior to competition at least 14 days in advance of competing.

6.2 Applications must be submitted in writing to PCA and include:

6.2.1 A detailed medical report from a licensed physician;

6.2.2 Supporting documentation, including diagnosis, treatment plan, and justification for the use of the Prohibited Substance;

6.2.3 Evidence that no permitted alternative is available.

6.3 PCA will review the application and may consult independent medical experts. Approval is at PCA's sole discretion and may be subject to conditions, including periodic review or additional testing.

6.4 Medical Exemptions will not be granted retrospectively unless exceptional circumstances apply. Athletes who fail to obtain prior approval may be subject to sanctions under these Rules.

6.5 An approved Medical Exemption does not exempt the Athlete from testing. The Athlete must declare the exemption on the Doping Control Form during Sample collection. If the Athlete fails to make reference to a Medical Exemption on the Doping Control Form he may still be subject to the sanctions set out in **Section 9: Sanctions** below.

6.6 PCA reserves the right to revoke a Medical Exemption at any time if new information arises or if the exemption is found to have been obtained through misrepresentation or any other unlawful means.

7 Supplements

7.1 Athletes are solely responsible for any Prohibited Substance that enters their body, regardless of intent, source or method of ingestion. This includes substances contained in supplements or over-the-counter products, and prescribed medications.

7.2 Use of supplements is undertaken at the Athlete's own risk. Many supplements may contain Prohibited Substances not listed on the label, or may be contaminated during manufacturing. Athletes must take all reasonable steps to verify the safety and compliance of any supplement prior to use.

7.3 PCA strongly recommends checking all ingredients using the Global DRO (Drug Reference Online) tool, which provides information on the prohibited status of substances. Athletes are encouraged to retain documentation of any checks made, including screenshots or printouts from Global DRO.

7.4 A lack of knowledge, mislabelled products, or reliance on third-party advice will not excuse Prohibited Conduct.

7.5 Athletes are required to declare all supplements used within the preceding seven (7) days on the Doping Control Form during sample collection (see **Section 5: Testing Procedures**).

8 Final Decision

8.1 The Final Decision confirms whether a violation of these Rules has occurred and sets out any sanctions imposed. It is binding, takes effect immediately unless otherwise stated, and is not subject to appeal.

8.2 The Final Decision will be issued in writing by the PCA's Anti-Doping Officer and sent to the Athlete via email at the email address notified to PCA on any relevant entry forms to a PCA Event. It will include:

- 8.2.1 A summary of the relevant facts and findings;
- 8.2.2 Reference to the specific provisions of these Rules that have been violated;
- 8.2.3 Details of any sanctions imposed;
- 8.2.4 The effective date of the decision;
- 8.2.5 Information regarding public disclosure, if applicable.

8.3 If no response is received from the Athlete the PCA will follow up with a direct personal message via any active social media platform.

8.4 The PCA retains full discretion to determine the content, timing, and scope of the Final Decision.

9 Sanctions

9.1 An Athlete who is found to have conducted Prohibited Conduct will:

- 9.1.1 Be disqualified from the relevant event.
- 9.1.2 Forfeit prizes, titles and placings.
- 9.1.3 Be subject to ineligibility for future events in accordance with **Section 10 Eligibility for Future Events** below.

9.2 PCA retains the right to waive or reduce sanctions at the PCA's sole discretion.

9.3 For example, where the Prohibited Conduct involves a Substance of Abuse, PCA may, at its discretion, impose a reduced sanction or no sanction at all in circumstances

where the use was unrelated to competitive advantage or the integrity of PCA Naturals events.

9.4 Sanctions will be communicated to the Athlete by the PCA in their Final Decision in writing and take effect immediately unless otherwise stated.

9.5 Athletes have no right to appeal the Final Decision of PCA. All determinations made under these Rules are final and binding.

9.6 By entering a PCA Naturals event, Athletes expressly waive any right to challenge, review, or appeal the Final Decision in any forum, including courts, tribunals, or arbitration panels.

10 Eligibility for Future Events

10.1 PCA reserves the right to determine eligibility for participation in PCA Naturals events.

10.2 Any Athlete who is found to have committed a violation of these Rules shall be deemed ineligible to enter or compete in any future PCA Naturals event.

10.3 This ineligibility reflects PCA's commitment to maintaining drug-free events and is proportionate to the legitimate aim of protecting clean athletes and ensuring fair competition set out in Rule 2.1.

11 Public Disclosure

11.1 PCA reserves the right to publicly announce instances of Prohibited Conduct via its official social media platforms and other public channels.

11.2 Any announcement may include, but is not limited to:

11.2.1 The Athlete's name;

11.2.2 The nature of the Prohibited Conduct;

11.2.3 The sanction imposed;

11.2.4 The event(s) affected;

11.2.5 Any relevant context or clarifying information.

11.3 PCA retains full discretion over the timing, content, and format of any public disclosure.

12 Jurisdiction

12.1 The Rules shall be governed by the laws of England & Wales. The courts of England & Wales shall have exclusive jurisdiction in relation to these Rules and any decision made hereunder.

12.2 To the greatest extent allowable under applicable law all Athletes shall be deemed to have waived irrevocably any right to appeal against, to seek review of or otherwise challenge any decision made by the PCA under these Rules.

13 Limitation of Liability

13.1 The PCA, nor any of its respective members, directors, officers, employees, agents, representatives and other persons involved in any way in the administration of the Rules or Doping Control conducted under the Rules shall be liable to any Athlete in any way, in relation to any lawful acts or omissions committed in the honest application, administration, and/or enforcement of the Rules.

14 Other Matters

14.1 Where a matter arises that is not otherwise provided for in these Rules, the member of the PCA called upon to resolve the matter shall have discretion to do so in such manner as they see fit, provided that such resolution does not materially undermine the reliability of proceedings under these Rules or otherwise cause material injustice to the Athlete.