



**AUSTRALIAN POWERLIFTING LEAGUE**

# **DRUG TESTING POLICY**

REVISION 5 - 1st JUNE 2026

## 1. PURPOSE

The purpose of this policy is to provide the Australian Powerlifting League (APL) community - including competitors, referees, meet directors, and administrators with a clear and enforceable framework for governing drug testing at APL-sanctioned competitions.

This policy is designed to:

- Protect the integrity of drug-tested competition
- Clarify the rights and obligations of all participants
- Clearly separate the tested and untested pathways available to athletes
- Ensure consistent, fair, and predictable application of rules and sanctions
- Be understood by ordinary members without the need for legal interpretation

As outlined in the APL Code of Conduct, the Federation is underpinned by the following core values:

- To act within the rules and spirit of powerlifting
- To display respect and courtesy towards everyone involved in powerlifting and prevent discrimination, bullying and sexual harassment
- To prioritise the safety and well-being of young people involved in powerlifting
- To encourage and support opportunities for participation in all aspects of powerlifting

Operational procedures for conducting drug tests including collection site requirements, notification, and sample collection are set out in the separate APL Drug Testing Procedures document, published on the APL website alongside this policy.

The APL Banned Substance List is published on the APL website at [aplpowerlifting.com](http://aplpowerlifting.com). The version in force at the date of the relevant test applies. Members are responsible for familiarising themselves with the current list before competing in APL drug-tested competition.

## 2. DEFINITIONS

In this policy, the following terms have the meanings set out below:

Term	Definition
<b>APL</b>	The Australian Powerlifting League.
<b>APL-Sanctioned Competition</b>	An event approved by the APL to be conducted under APL rules, officiated by APL-approved referees, and open only to competitors holding a current valid APL membership.
<b>APL Banned Substance List</b>	The list of prohibited substances and methods published by the APL.
<b>Member</b>	Any individual who holds a current APL membership, whether as a competitor, referee, or meet director.
<b>Athlete / Competitor</b>	Any individual who registers to compete at an APL-sanctioned competition.
<b>APL Drug Testing Certified Personnel</b>	A person who holds a current, valid APL Drug Testing Certificate.
<b>Drug-Tested Competition</b>	An APL-sanctioned competition, or a division within a competition, in which competitors are subject to drug testing under this policy.

Term	Definition
<b>Untested Competition</b>	An APL-sanctioned competition, or a division within a competition, in which competitors are not subject to drug testing.
<b>Tested Pathway</b>	The choice by an athlete to compete in drug-tested divisions of APL competition.
<b>Untested Pathway</b>	The choice by an athlete to compete in untested divisions of APL competition.
<b>Prohibited Substance</b>	Any substance listed in the APL Banned Substance List.
<b>Prohibited Method</b>	Any method listed in the APL Banned Substance List.
<b>S0 Substance</b>	Any substance listed under Section S0 (Non-Approved Substances) of the APL Banned Substance List.
<b>S1 Substance</b>	Any substance listed under Section S1 (Anabolic Agents) of the APL Banned Substance List.
<b>S2 Substance</b>	Any substance listed under Section S2 (Peptide Hormones, Growth Factors, Related Substances and Mimetics) of the APL Banned Substance List.
<b>Suspension</b>	A time-limited ban from competing in all or specified APL-sanctioned competitions.
<b>Lifetime Ban (All Competition)</b>	A permanent and irrevocable ban from competing in any APL-sanctioned competition, including both tested and untested divisions.
<b>Lifetime Tested Ban</b>	A permanent ban from competing in APL drug-tested competitions only. The member retains the right to compete in APL untested competitions.
<b>Therapeutic Use Exemption (TUE)</b>	An exemption that may permit an athlete to use a specified prohibited substance for a legitimate medical reason, subject to the conditions in this policy.
<b>Out-of-Competition Testing</b>	Drug testing conducted outside of an APL-sanctioned competition.
<b>Anti-Doping Violation</b>	A breach of this policy as defined in Section 11.
<b>Meet Director</b>	An individual responsible for organising and hosting an APL-sanctioned competition.
<b>Minor</b>	Any competitor under the age of 18 years.
<b>Sample / Specimen</b>	A urine sample provided by a competitor for the purposes of drug testing.
<b>A Sample</b>	The primary urine sample collected for drug testing purposes.
<b>B Sample</b>	The backup urine sample collected alongside the A sample, retained for confirmation analysis if requested.
<b>Adverse Analytical Finding (AAF)</b>	A report from a APL-appointed laboratory identifying the presence of a prohibited substance in an athlete's sample.
<b>APL Anti-Doping Panel</b>	The panel of APL-appointed representatives responsible for determining anti-doping violations and imposing sanctions under this policy.
<b>Authorised Representative</b>	A person authorised by the APL to conduct out-of-competition testing on behalf of the APL.

Term	Definition
<b>Provisional Suspension</b>	A temporary suspension from APL competition imposed on an athlete pending the outcome of an anti-doping determination.
<b>Drug Testing Chain of Custody Form</b>	The SMRTL Drug Testing Chain of Custody Form completed at the time of sample collection, including the Donor Affidavit signed by the athlete confirming they provided the specimen.

### 3. SCOPE

This policy applies to all APL members, regardless of whether they compete in drug-tested or untested divisions. It applies in a paid or unpaid/voluntary capacity and covers:

- APL Competitors;
- APL Referees; and
- APL Meet Directors.

This policy applies to all APL-sanctioned competitions. Individual sections that apply only within drug-tested competitions are identified as such.

### 4. MEMBERSHIP AGREEMENT

#### 4.1 Condition of Membership

This policy is a mandatory condition of APL membership. By applying for, renewing, or holding an APL membership, every member agrees to be bound by this policy in full. This applies to all members regardless of whether they compete in tested or untested divisions.

#### 4.2 Effective Date

This policy takes effect for all members from the date it is published. Existing members are bound by this policy from that date.

#### 4.3 Future Updates

APL may update this policy from time to time. Members will be notified of any updates. Continued membership following notification constitutes acceptance of the updated policy.

#### 4.4 Member Acknowledgment

By accepting or renewing APL membership, each member acknowledges that:

- They consent to drug testing in accordance with this policy whilst competing an APL sanctioned drug-tested event;
- Selecting the untested pathway at a competition where both pathways were available results in permanent ineligibility for APL drug-tested competition (see Section 6); and
- Competing in APL drug-tested competition while using S1 or S2 substances, or publicly admitting to such use as a tested athlete whilst competing at or between APL-sanctioned drug-tested events, results in a permanent Lifetime Ban from all APL-sanctioned competitions (see Section 13.4).

### 5. ELIGIBILITY FOR DRUG-TESTED COMPETITION

#### 5.1 General Eligibility

An athlete is eligible to compete in APL drug-tested competitions provided they:

- Are not currently using a prohibited substance or method;
- Are not currently serving a suspension from any APL-sanctioned competition;
- Have not received a Lifetime Ban (All Competition) or a Lifetime Tested Ban;

- (d) Have not received a suspension from another sporting federation for use of any substance prohibited by the APL (see Sections 5.2 and 5.3)
- (e) Have not previously elected the untested pathway at an APL-sanctioned competition where a tested division was also available within the same competition (see Section 6).

## 5.2 Athletes with Prior Suspensions from Other Federations (Non-S1/S2)

Any athlete who has received a suspension from another sporting federation for use of a substance prohibited by the APL where that substance is not in Sections S1 or S2 of the APL Banned Substance List is permanently restricted to competing in APL untested competitions only. This applies:

- (a) Regardless of whether the suspension has been served or is currently active;
- (b) Regardless of the length of the original suspension; and
- (c) Serving the suspension elsewhere does not restore eligibility for APL drug-tested competition.

## 5.3 Athletes with S1 or S2 Violations from Other Federations

Any athlete who has been suspended or banned by another federation for use of any substance in Sections S1 or S2 of the APL Banned Substance List is permanently ineligible to compete in any APL-sanctioned competition, including untested divisions. This applies regardless of whether the suspension has been served. See Section 13.4.

# 6. ELECTION OF TESTED AND UNTESTED PATHWAYS

## 6.1 APL's Dual-Pathway Model

The APL offers athletes the opportunity to compete in either a drug-tested or untested division where both are available at an APL-sanctioned competition. Athletes are free to choose either pathway. However, this choice can carry consequences that are potentially permanent.

## 6.2 Consequences of Electing the Untested Pathway

If an athlete elects to compete in the untested division at an APL-sanctioned competition **where a tested division was also available**, the athlete becomes ineligible to compete in the drug-tested division at any APL competition. This applies:

- (a) Regardless of the reason for the athlete's pathway selection, subject to Sections 6.5 and 6.7;
- (b) Whether or not the athlete was using a prohibited substance at the time; and
- (c) To all future APL drug-tested competitions.

*Important: This permanent ineligibility is not an anti-doping violation, not a disciplinary sanction, and is not based on any suspicion of prohibited substance use. It is the consequence of the athlete exercising their right to choose between the two pathways offered by APL. Athletes affected by this section retain full eligibility to compete in APL untested competitions.*

## 6.3 Where Only One Pathway Was Available

Section 6.2 does not apply where only an untested division was available at the competition in question. An athlete who competed in an untested competition where no tested division was offered is not affected by this section.

## 6.4 Examples

**Example 1:** A competition offers both Tested and Untested divisions. An athlete enters the Untested division. Result: that athlete is permanently ineligible to compete in APL drug-tested competition in the future.

**Example 2:** A competition offers only an Untested division. An athlete competes. Result: no effect on that athlete's future tested eligibility.

## 6.5 Retrospective Application

This policy applies retrospectively. Any athlete who has previously elected to compete in the untested division at an APL-sanctioned competition where a tested division was also available is permanently ineligible to compete in APL drug-tested competition from the date this policy takes effect.

*\*An athlete who believes their prior untested election made before the publication of this policy was a genuine administrative error or isolated mistake, and not a deliberate choice to avoid drug testing due to the use of substances on the APL Banned Substance List, may apply in writing to the APL for reinstatement to tested competition eligibility. The APL has full discretion to grant or refuse any such application and is not obligated to provide reasons for its decision. Reinstatement, granted, does not affect the application of any other provision of this policy to that athlete. This exception does not apply to any untested election made on or after the date this policy is published.*

## 6.6 Determining Pathway Availability

The APL will maintain records of which divisions were available at each APL-sanctioned competition. In any dispute about whether a tested division was available at a particular competition, the APL's records are determinative.

## 6.7 Involuntary Reassignment to the Untested Division

A competitor who is involuntarily reassigned to the untested division regardless of the reason, including a drug testing administration issue, a competition scheduling matter, or any other circumstance outside the athlete's control is not considered to have elected the untested pathway. Section 6.2 does not apply to involuntary reassignment.

Only a voluntary decision by the athlete to enter the untested division at registration constitutes an election of the untested pathway for the purposes of Section 6.2.

# 7. THERAPEUTIC USE EXEMPTIONS (TUE)

## 7.1 General TUE Process

An athlete who requires the use of a prohibited substance for a documented and legitimate medical reason may apply for a Therapeutic Use Exemption (TUE) using the APL TUE Application Form. Applications will be reviewed by the APL on a case-by-case basis. Approval is not guaranteed.

## 7.2 Pre-Competition TUE Applications

Athletes are encouraged to apply for a TUE before competing wherever possible. A pre-competition TUE application must be submitted to the APL using the APL TUE Application Form, accompanied by supporting medical documentation. The APL will review the application and notify the athlete of the outcome prior to competition where time permits.

If the APL has not notified the athlete of the outcome of a pre-competition TUE application before the competition takes place, the athlete may compete at their own risk. If the TUE is subsequently granted, the result stands. If the TUE is refused, any positive test result arising from use of the substance in question will stand and the applicable sanctions under Section 13 will apply.

## 7.3 Retrospective TUE Applications

The APL accepts retrospective TUE applications in circumstances where an athlete was unable to apply in advance. Retrospective applications may be considered where:

- (a) An urgent medical situation required the use of a prohibited substance and there was insufficient time to apply before competition;
- (b) The athlete was unaware at the time of competition that the prescribed substance was

prohibited; or

(c) The athlete has received a positive test result and applies for a retrospective TUE in response.

A retrospective TUE application must be submitted using the APL TUE Application Form as soon as practicable following the competition, or within 7 days of being notified of a positive test result, whichever applies. Applications must include full supporting medical documentation. The APL will review the application and determine whether the TUE is granted. If granted, the positive test result will be set aside. If refused, the positive test result stands and the applicable sanctions under Section 13 apply.

#### **7.4 Substances for Which No TUE Will Be Granted**

The APL does not permit TUEs for any substance listed in the following sections of the APL Banned Substance List:

- S0 — Non-Approved Substances;
- S1 — Anabolic Agents; and
- S2 — Peptide Hormones, Growth Factors, Related Substances and Mimetics.

This means, without limitation, that the following are not permitted in APL drug-tested competition regardless of prescription or medical necessity:

- Testosterone and all testosterone-based therapies (TRT);
- All anabolic steroids;
- Growth hormone and related peptide hormones; and
- Any other S0, S1, or S2 substance.

An athlete who is currently using any S0, S1, or S2 substance is not eligible to compete in APL drug-tested competition. There are no exceptions to this rule.

#### **7.5 TUE Applications for Other Substances**

An athlete who requires a prohibited substance not listed in S0, S1, or S2 may apply for a TUE using the APL TUE Application Form. Supporting medical documentation is required. TUE approvals are granted at the APL's discretion.

## **8. WHO MAY BE TESTED**

### **8.1 In-Competition Testing**

All competitors registered in an APL-sanctioned drug-tested competition are subject to drug testing. By registering for such a competition, a competitor provides additional specific consent to drug testing at that event, in addition to the consent given at membership sign-up.

A minimum of ten percent (10%) of competitors at each drug-tested competition will be tested, rounded up to the nearest whole number, with a minimum of 1 competitor regardless of field size. The APL reserves the right to test additional competitors at its discretion.

### **8.2 Out-of-Competition Testing Pool**

The APL may conduct out-of-competition testing on any member who has previously competed in, or is registered to compete in, an APL drug-tested competition. The APL will notify any member selected for out-of-competition testing using their contact details on record.

## 9. OUT-OF-COMPETITION TESTING

### 9.1 APL's Right to Test Out of Competition

The APL has the right to conduct drug testing outside of APL-sanctioned competitions at any time throughout the calendar year. Out-of-competition testing may occur without prior notice.

### 9.2 Member Obligations

Members subject to out-of-competition testing under Section 8.2 are required to:

- (a) Be available for testing when contacted by the APL or its authorised representative via the contact details on record with the APL;
- (b) Provide a sample within a reasonable time of notification, ordinarily within 60 minutes of being notified, unless the APL agrees otherwise in writing; and
- (c) Not evade, obstruct, or refuse out-of-competition testing.

If the APL is unable to make contact with a member using the contact details on record, the APL will make a minimum of two attempts across two separate days before treating non-response as a failure to comply. Members are responsible for keeping their contact details current with the APL.

### 9.3 Failure to Comply

A failure to comply with out-of-competition testing obligations will be sanctioned as follows:

- (a) An athlete who is not currently registered for an upcoming APL drug-tested competition and refuses out-of-competition testing will be sanctioned under Section 13.1
- (b) An athlete who is currently registered for an upcoming APL drug-tested competition and refuses out-of-competition testing will be treated as a Refusal to Submit to Testing under Section 11.1 and sanctioned accordingly.
- (c) An athlete who deliberately evades or obstructs out-of-competition testing without outright refusal will be treated as equivalent to a refusal and sanctioned under (a) or (b) above as applicable.

## 10. TESTING OF MINORS

### 10.1 Definition of Minor

The APL considers any competitor under the age of 18 years to be a minor.

### 10.2 Minimum Age for Testing

Competitors must be a minimum of 16 years of age to be subject to drug testing at APL-sanctioned drug-tested competitions.

### 10.3 Mandatory Requirements When Testing a Minor

The following requirements must be met when drug testing a minor at an APL-sanctioned drug-tested competition:

- (a) The APL Drug Testing Certified personnel conducting the test must hold a current, valid Working with Children Check.
- (b) A parent or guardian must be present and accompany the minor at the time of notification.
- (c) A parent or guardian must be present and accompany the minor throughout the entire sample collection process.
- (d) The parent or guardian must sign the relevant sections of the Drug Testing Form as well as the minor.

If no parent or guardian is available at the time of notification, the test may be deferred for a reasonable period to allow one to attend. If a parent or guardian cannot be arranged, the athlete

will not be tested at that session. This will be recorded as an APL administrative matter and will not be treated as a violation on the athlete's part.

Detailed collection procedures for minors are set out in the separate APL Drug Testing Procedures document.

## 11. ANTI-DOPING VIOLATIONS

### 11.1 Administrative Violations

The following constitute administrative violations for competitors at APL-sanctioned drug-tested competitions:

- (a) Failure to Appear — failing to remain at the competition venue after a drug-tested competition to determine if selected for testing, or failing to appear after notification of selection;
- (b) Refusal to Submit to Testing — any act that prevents a valid test from being completed, including refusing to provide a urine sample, refusing to sign the Drug Testing Form, or any other conduct that invalidates or prevents the testing process; and
- (c) Failure to Cooperate — obstructive or uncooperative conduct during the testing process that does not ultimately prevent a valid test from being completed.

The APL will determine the appropriate sanction for each violation having regard to all relevant circumstances. The range of applicable sanctions is set out in Section 13.1.

### 11.2 Sample Integrity Violations

The following constitute sample integrity violations at APL-sanctioned drug-tested competitions:

- (a) Tampering — any deliberate interference with the sample collection, storage, or dispatch process;
- (b) Sample Substitution — attempting to provide a sample that is not the competitor's own urine; and
- (c) Adulteration — adding any substance to a sample or the collection environment with intent to affect the test result.

Sample integrity violations are sanctioned under Section 13.3.

### 11.3 Positive Test - General Prohibited Substances

A competitor in an APL-sanctioned drug-tested competition who tests positive for a substance on the APL Banned Substance List (other than S1 or S2 substances) commits an anti-doping violation. Sanctions are set out in Section 13.2.

### 11.4 Positive Test - S1 or S2 Substances

A competitor in an APL-sanctioned drug-tested competition who tests positive for any substance in Sections S1 or S2 of the APL Banned Substance List commits the most serious category of anti-doping violation under this policy and triggers an immediate Lifetime Ban (All Competition) under Section 13.4.

### 11.5 Admission of Use During Tested Competition

An athlete who makes a written or public admission of S1 or S2 substance use whilst competing at or between APL-sanctioned drug-tested events will be treated as equivalent to a positive test for that substance. This triggers an immediate Lifetime Ban (All Competition) under Section 13.4.

This rule is not triggered by an athlete announcing that they are beginning to use a prohibited substance and transitioning to the untested pathway. In that circumstance, the pathway selection rules in Section 6 apply.

For an admission to activate this provision, it must be direct and unambiguous, for example, a written statement, a recorded interview, or a social media post made by the athlete in their own name. Third-party reports, hearsay, or comments made in private without the athlete's knowledge of being recorded will not ordinarily be sufficient. The APL will determine on a case-by-case basis whether an admission meets this standard before activating this provision.

### 11.6 Anti-Doping Violations from Other Organisations

**(a)** An anti-doping violation for use of a non-S1/S2 substance prohibited by the APL, imposed by another sporting federation and formally recognised by the APL, will be treated as a violation under this policy. Where the affected member competes only in APL untested competitions, the restriction in Section 5.2 applies and no additional sanction is imposed unless the member also competes or attempts to compete in APL drug-tested competition.

**(b)** A violation involving an S1 or S2 substance from another organisation, where the violation has been established and is recognised by the APL, triggers the Lifetime Ban (All Competition) in Section 13.4, regardless of the sanction imposed by that other organisation and regardless of the division in which the member competes.

**(c)** A member who received a suspension from another federation involving a non-S1/S2 substance and who subsequently competed in an APL drug-tested competition while still serving that suspension commits a separate anti-doping violation under this policy.

Before formally recognising a violation from another organisation, the APL will notify the affected member in writing and provide a reasonable opportunity for the member to submit relevant information. Recognition takes effect from the date of the APL's written determination.

### 11.7 Meet Director Violations

A Meet Director who fails to correctly and safely facilitate drug testing in accordance with this policy and the separate APL Drug Testing Procedures document commits a violation subject to the sanctions in Section 13.5.

## 12. RESULTS MANAGEMENT

This section sets out the process that applies when a potential anti-doping violation is identified, from notification through to the imposition of a sanction.

### 12.1 Notification of Adverse Analytical Finding

When the APL receives an Adverse Analytical Finding (AAF) from a APL-appointed laboratory, the APL will notify the affected athlete in writing. The notification will:

- (a)** Identify the substance or substances detected;
- (b)** Confirm the competition and date of sample collection;
- (c)** Inform the athlete of their right to request B sample analysis within 7 days;
- (d)** Advise whether a provisional suspension has been imposed; and
- (e)** Inform the athlete of their right to submit a written response to the APL Anti-Doping Panel within 14 days.

### 12.2 Laboratory

APL samples are analysed by the Sports Medicine Research and Testing Laboratory (SMRTL), a WADA-accredited laboratory located in Salt Lake City, Utah, USA. The APL reserves the right to use an alternative APL-appointed laboratory where necessary.

### 12.3 B Sample Analysis

**(a)** An athlete who receives notification of an AAF has the right to request analysis of their B sample by submitting a written request to the APL within 7 days of the notification date.

**(b)** The cost of B sample analysis is the responsibility of the athlete. If the B sample does not confirm the AAF, the APL will reimburse the full cost to the athlete.

- (c) If the athlete waives their right to B sample analysis, or does not submit a written request within 7 days, the determination process proceeds on the basis of the A sample result.
- (d) If the B sample analysis does not confirm the A sample result, the AAF is disregarded, no sanction is imposed, and any provisional suspension is lifted immediately with all affected results reinstated.

#### 12.4 Provisional Suspension

- (a) Where an athlete has received an AAF for any substance in Sections S1 or S2 of the APL Banned Substance List, the APL may impose a mandatory provisional suspension from the date of notification, pending the outcome of B sample analysis and the Panel determination.
- (b) For violations other than S1 or S2, provisional suspension is at the APL's discretion.
- (c) If a provisional suspension is imposed and the B sample does not confirm the A sample result, the suspension is lifted immediately, all affected results are fully reinstated, and the athlete is not subject to any further consequences arising from that test.

#### 12.5 Standard of Proof

The APL Anti-Doping Panel must be comfortably satisfied that a violation has occurred before imposing any sanction. This standard is higher than a balance of probabilities but does not require proof beyond reasonable doubt.

#### 12.6 APL Anti-Doping Panel

- (a) The APL Anti-Doping Panel consists of 5 members appointed by the APL.
- (b) A minimum of 3 panel members constitutes a quorum for determining a violation and imposing a sanction.
- (c) Decisions are made by simple majority.
- (d) A panel member must not participate in any case in which they have a direct personal or financial interest in the outcome, or a relationship with the affected member that a reasonable person would consider likely to compromise their impartiality. In such circumstances the panel member must recuse themselves from that case.
- (e) Recusal of a panel member does not prevent the remaining members from constituting a quorum, provided at least 3 members remain available.

#### 12.7 Panel Determination Process

- (a) Before a sanction is imposed, the affected member will be given 14 days from the date of the violation notification to submit a written response to the Panel.
- (b) The Panel will consider the laboratory result, the B sample result if applicable, any TUE application, and the member's written response before making its determination.
- (c) The Panel will issue its written determination within 30 days of the close of the response period.
- (d) The determination will specify the violation found, the sanction imposed, the date from which it takes effect, and the member's right of appeal under Section 14.

## 13. SANCTIONS

The following sanctions apply to violations of this policy. Where a range is provided, the APL will have regard to the member's history, level of culpability, and cooperation when determining the appropriate sanction.

### 13.1 Administrative Violations

Violation	Sanction
Failure to Appear	Sanction at APL discretion. Minimum: results reclassified as untested for that event; tested division records voided; no suspension (Section 6.7 applies). Maximum: results fully disqualified; suspension of up to 2 years from all APL competition, or treatment as a positive test under Section 13.2 or 13.4.
Refusal to Submit to Testing	Disqualification of results and records; immediate Lifetime Ban (All Competition) permanent ban from all APL-sanctioned competitions, including both tested and untested divisions.
Failure to Cooperate	Disqualification of results and records; suspension of 3 months to 2 years at APL discretion. (Time-limited suspension only, not a Lifetime Ban.)
Refusal of Out-of-Competition Testing (not registered for upcoming tested competition)	Permanent Lifetime Tested Ban - permanent ineligibility to compete in any APL drug-tested competition. Eligibility to compete in untested competitions is unaffected.

Reclassification of results as untested under this section does not constitute an election of the untested pathway for the purposes of Section 6.

### 13.2 Positive Test - General Prohibited Substances

Violation	Sanction
Positive test for a non-S1/S2 prohibited substance	Disqualification of competition results and records; suspension of 6 months to 2 years depending on the substance and circumstances.

### 13.3 Deliberate Circumvention of Testing

Any deliberate act intended to prevent a valid test result including tampering, sample substitution, or adulteration will be treated with the same gravity as Refusal to Submit to Testing.

Violation	Sanction
Tampering, sample substitution, or adulteration	Disqualification of results and records; immediate Lifetime Ban (All Competition) from all APL-sanctioned competitions, including both tested and untested divisions.

### 13.4 Lifetime Ban - S1 and S2 Violations

*Any athlete competing in APL drug-tested competition who tests positive for any substance in Sections S1 or S2 of the APL Banned Substance List, or whose S1/S2 violation is established through admission (Section 11.5) or recognised from another federation (Section 11.6(b)), will receive an immediate and permanent Lifetime Ban from all APL-sanctioned competitions, including both tested and untested divisions. This sanction is not subject to reduction and cannot be appealed on grounds of substance, dosage, or proportionality.*

### 13.5 Meet Director Sanctions

Violation	Sanction
Failure to correctly facilitate drug testing (first instance)	Ineligible to host APL drug-tested competitions for 12 months; required to re-apply for APL Drug Testing Certification
Failure to correctly facilitate drug testing (repeat instance)	Ineligible to host APL drug-tested competitions for 2 years, or Lifetime Tested Ban at APL discretion
Serious or deliberate failure to facilitate drug testing	Permanent ban from hosting any APL-sanctioned competition

### 13.6 Additional Consequences

In addition to the sanctions above, the APL may:

- (a) Remove any APL records set by the member during the period of any violation;
- (b) Disqualify results from any competition where a violation occurred; and
- (c) Require repayment of prize money or awards received during any period of violation.

### 13.7 Notification of Sanction

All sanctions will be communicated to the affected individual in writing by the APL. The written notification will specify the violation, the sanction imposed, the date from which it takes effect, and the individual's right of appeal under Section 14.

## 14. APPEALS

### 14.1 Right of Appeal

A member who has received a sanction under Section 13 is entitled to appeal that sanction. An appeal must be based on one or more of the valid grounds set out in Section 14.2. Simple disagreement with the outcome is not a ground for appeal.

### 14.2 Valid Grounds for Appeal

An appeal may only be submitted on the following grounds:

- (a) Procedural Error — a material error was made in the application of this policy or the separate APL Drug Testing Procedures document that affected the outcome;
- (b) Factual Error — the decision was based on facts that were incorrect or were not properly established;
- (c) New Evidence — evidence was not available at the time of the original decision and could not reasonably have been obtained earlier; or
- (d) Disproportionate Sanction — the sanction imposed is clearly disproportionate to the violation, having regard to the categories in Section 13.

Section 14.2(d) does not apply to Lifetime Bans imposed under Sections 13.1, 13.3, or 13.4. Those bans may only be appealed on grounds of procedural or factual error.

### 14.3 How to Submit an Appeal

- (a) An appeal must be submitted in writing to [hr@aplpowerlifting.com](mailto:hr@aplpowerlifting.com) within 30 days of the date of the sanction notice.
- (b) The appeal must clearly identify: (i) the sanction being appealed; (ii) the ground(s) relied upon; and (iii) all supporting information and evidence.
- (c) Incomplete or late appeals will not be accepted.

### 14.4 APL Appeal Review

- (a) Appeals will be reviewed by a panel of at least 3 members of the APL Anti-Doping Panel who did not participate in the original determination. Panel members who sat on the original case are excluded from any appeal arising from that case.
- (b) If fewer than 3 non-conflicted Panel members are available, the APL will appoint one or more substitute reviewers for that appeal only.
- (c) The appeal panel will provide a written determination within 30 days of receiving a complete appeal.
- (d) During the appeal period, the original sanction remains in full force.
- (e) The appeal panel's determination is final within the APL's own processes. Nothing in this policy limits any rights a member may have under general law.