



The Principle of Strict Liability

In anti-doping, the principle of Strict Liability applies – if it is in the athlete's body, the athlete is responsible for it.

This means that every athlete is strictly liable for the substances found in their urine and/or blood sample collected during doping control, regardless of whether the athlete intentionally or unintentionally used a prohibited substance or method. Therefore, it is vital that athletes and Athlete Support Personnel know the rules and understand their responsibilities under the Code.

Athletes must know and understand the Prohibited List and with the risks associated with supplement use. More information on the Prohibited List, medications and supplements is available in the Prohibited List, Medications & Supplements section (<https://www.ihf.info/anti-doping/documents/399>).