



RETIREMENT NOTIFICATION FORM

ATHLETE INFORMATION (to be completed in CAPITAL LETTERS)

First name: _____ Last name: _____

Nationality: _____ Date of Birth: _____

National Federation: _____

Address: _____

Telephone number: _____ Email address: _____

ATHLETE DECLARATION

I voluntarily declare I have decided to permanently retire from sport and not to compete in any International Competitions. Therefore, I request for my name to be removed from FIL Registered Testing Pool.

I am also aware that any Whereabouts Failure recorded against me before the retirement will be extended for the whole period of retirement.

I also hereby confirm that I have read and understood Article 5.7 of the FIL Anti-Doping Rules as set out below.

ATHLETE'S SIGNATURE _____

DATE _____

5.7 Retired Athletes Returning to Competition

5.7.1 An Athlete in FIL's Registered Testing Pool who has given notice of retirement to FIL may not resume competing in International Events or National Events until he/she has given FIL written notice of his/her intent to resume competing and has made him/herself available for Testing for a period of six months before returning to Competition, including (if requested) complying with the whereabouts requirements of Annex I to the International Standard for Testing and Investigations. WADA, in consultation with FIL and the Athlete's National Anti-Doping Organization, may grant an exemption to the sixmonth written notice rule where the strict application of that rule would be manifestly unfair to an Athlete. This decision may be appealed under Article 13. Any competitive results obtained in violation of this Article 5.7.1 shall be Disqualified.

5.7.2 If an Athlete retires from sport while subject to a period of Ineligibility, the Athlete shall not resume competing in International Events or National Events until the Athlete has given six months prior written notice (or notice equivalent to the period of Ineligibility remaining as of the date the Athlete retired, if that period was longer than six months) to FIL and to his/her National Anti-Doping Organization of his/her



intent to resume competing and has made him/herself available for Testing for that notice period, including (if requested) complying with the whereabouts requirements of Annex I to the International Standard for Testing and Investigations.

Please return the completed and signed form to fil@ita.sport