



At any time during the process it is suggested to consult a lawyer. A list of legal representatives and pro bono lawyers is available at the following link:

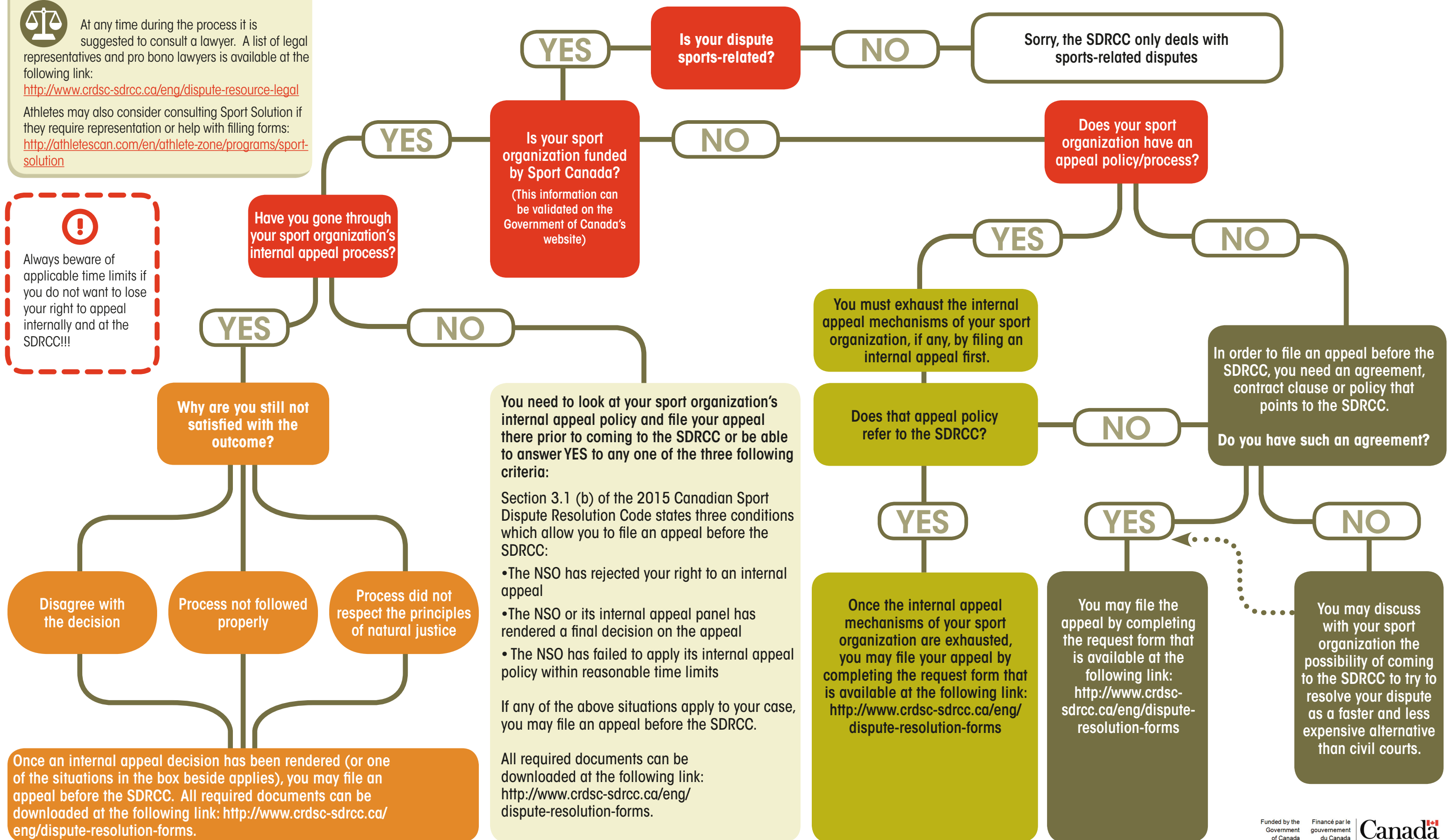
<http://www.crdsc-sdrcc.ca/eng/dispute-resource-legal>

Athletes may also consider consulting Sport Solution if they require representation or help with filling forms:

<http://athletescan.com/en/athlete-zone/programs/sport-solution>



Always beware of applicable time limits if you do not want to lose your right to appeal internally and at the SDRCC!!!



You need to look at your sport organization's internal appeal policy and file your appeal there prior to coming to the SDRCC or be able to answer YES to any one of the three following criteria:

Section 3.1 (b) of the 2015 Canadian Sport Dispute Resolution Code states three conditions which allow you to file an appeal before the SDRCC:

- The NSO has rejected your right to an internal appeal
- The NSO or its internal appeal panel has rendered a final decision on the appeal
- The NSO has failed to apply its internal appeal policy within reasonable time limits

If any of the above situations apply to your case, you may file an appeal before the SDRCC.

All required documents can be downloaded at the following link: <http://www.crdsc-sdrcc.ca/eng/dispute-resolution-forms>.

Once an internal appeal decision has been rendered (or one of the situations in the box beside applies), you may file an appeal before the SDRCC. All required documents can be downloaded at the following link: <http://www.crdsc-sdrcc.ca/eng/dispute-resolution-forms>.