

2022
ANTI-DOPING
HANDBOOK



World Rugby House,
8-10 Pembroke Street Lower, Dublin 2, Ireland

Tel. +353-1-2409-200
Email. info@world.rugby



KEEPING RUGBY CLEAN AND FREE FROM DOPING REQUIRES A SHARED COMMITMENT FROM EVERYONE IN THE GAME.

World Rugby's anti-doping education and awareness programme protects the sport by helping players and team staff to train, compete and recover safely and in line with anti-doping regulations.

The testing programme identifies doping, and gives all players the chance to show they are clean.

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For more information regarding Anti-Doping, please consult World Rugby's Anti-Doping website: world.rugby/keep-rugby-clean



YOUR RIGHTS AS A PLAYER

Athletes' anti-doping rights act

The Act aims to ensure that your rights are clearly defined and followed by organisations to whom you have anti-doping responsibilities like World Rugby and your National Anti-Doping Organisation (NADO).

These rights are as follows:

1. Equality of opportunity
2. Equitable and fair testing programmes
3. Medical treatment and protection of health rights
4. Right to justice
5. Right to accountability
6. Whistleblower rights
7. Right to education
8. Right to data protection
9. Right to compensation
10. Protected Person's rights
11. Rights during a sample collection session
12. Right to B sample analysis.

For more details see:

<https://www.wada-ama.org/en/resources/anti-doping-community/athletes-anti-doping-rights-act>

WHAT DO WE ASK OF YOU?

Values

Values matter in Rugby, and for our sport to thrive we need to protect its reputation. Doping can seriously damage the image of the game for players, fans, sponsors and grassroots participation. So when you are chosen for a doping control, or asked to attend an anti-doping education session, remember that this is how we support you in being a clean player. It's how we Keep Rugby Clean.

Speaking up

World Rugby and NADOs can't test everyone every day, so it's important that when you see or suspect possible doping behaviour, you report it confidentially. We know this can be difficult, especially in a team sport, but sometimes it's the only way for some types of doping to be exposed. The reporting lines operated by the World Anti-Doping Agency (WADA), World Rugby and NADOs are designed to offer you full protection, so you will not face any consequences for reporting genuinely suspected doping, whether or not it turns out not to be a violation. The following are the reporting addresses for WADA and World Rugby, and your NADO will usually have one on the homepage of their website.

World Rugby: email confidential@world.rugby

WADA: <https://speakup.wada-ama.org/>

EDUCATION

As a player you have the right to be educated on anti-doping matters throughout your career. It is essential that you take seriously any learning opportunity you are given. It's the only way that we can help you to try and avoid accidentally breaking the rules.

PROMOTION

World Rugby need Keep Rugby Clean (KRC) supporters (any player or support staff) and brand ambassadors (international and elite players) to help us promote our clean rugby message. Please consider helping us by becoming a KRC supporter (which means basic support, e.g. social media promotion) or a KRC brand ambassador (which means more active involvement with World Rugby's education and promotion). Send a message to keeprugbyclean@world.rugby and we'll get in touch.

RESEARCH

World Rugby may sometimes ask you to complete anonymous research questionnaires about anti-doping. These may arrive via your union or via organisations such as International Rugby Players (IRP). Please carefully consider participating in such research, as this is the best way for us to understand your needs, and make our anti-doping programme more effective.

WADA

WADA are an international organisation funded by governments and the international sport movement to set the rules and framework for anti-doping across sport worldwide. These rules are contained in the World Anti-Doping Code (WADC). The WADC ensures that athletes in all sports are treated the same in terms of their rights and responsibilities, the rules that they need to follow, and the consequences if they break the rules. World Rugby rules and procedures comply with the WADC.

THE WORLD ANTI-DOPING CODE PROHIBITED LIST

This is the list of the substances and methods that are prohibited in rugby, and all sports. You must not use anything on the List if you want to avoid an Anti-Doping Rule Violation (ADRV) and remain a clean player. The list is usually updated annually on 1st January, and sometimes changes are made during the year.

The Prohibited List can be accessed here:

<https://www.wada-ama.org/en/content/what-is-prohibited>



DOPING CONTROL PROCEDURES

Sample collection

Doping control involves the collection of a blood or urine sample from a player by a trained doping control official. Often, both types of sample are collected at the same control. It's sometimes referred to as a 'drug test'. Players and teams are never given advanced warning of a control.

You can be asked to submit to a control at any time and any location (such as at your home, overnight address, or hotel), and samples are analysed for a wide range of doping substances. It's a chance

to show that you are competing clean, and it's also one of the most effective methods of detecting those who are cheating. This section explains the process.

Who can test me?

You might be tested by any of these organisations:

1. World Rugby
2. The NADO of your home country
3. The NADO of any country in which you are staying/visiting
4. The organizing body of an event in which you are competing (such as the competition organiser, or the IOC for the Olympic Games).

Any of these organisations may also appoint a private test collection company to collect samples.

How does the process work?

1 Notification



The Players to be tested are usually selected in advance by the anti-doping organisation who planned the test. A doping control official (a Chaperone or Doping Control Officer (DCO)) will notify you that you have been selected.

If the test is after a match, the doping control official will usually notify you as you enter the tunnel. If the test is at training, the official must observe you while you train, but they will usually wait until you have completed your session before they notify you. Never ignore an official who is trying to notify you.

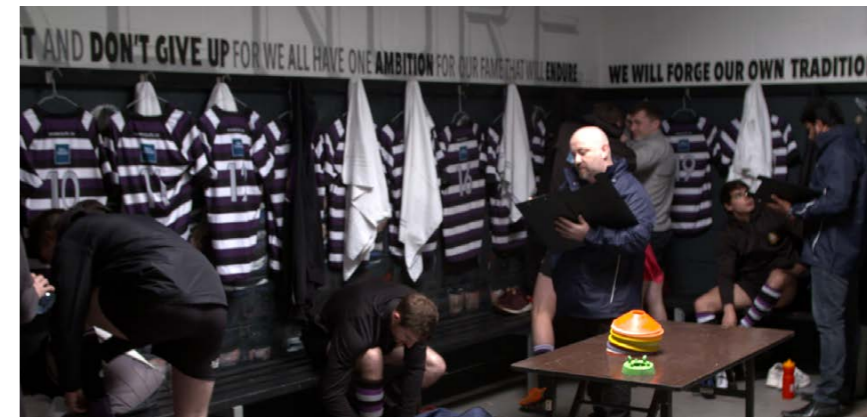
The doping control official should always carry identification (showing their name and photograph, and an expiry date). This may be an identification card from the anti-doping organisation or a driver's license, health card, passport, event accreditation or something similar. They should also have documentation showing which organisation has appointed them. You can check this when you are notified.

The official will inform you of your rights and responsibilities, and will ask you to sign a Doping Control Form (DCF) to confirm your agreement to complete the test. You must complete a test when asked to do so. Failure to submit to a doping control is an Anti-Doping Rule Violation, with a possible sanction of four years. The official will give you a copy of the form as your record of notification.

The official will ask you to show them some identification to confirm that they have the correct player. This should be a photo ID, but if you don't have one with you, you can show an official photo from your team website. A member of your team staff can also formally confirm your identity to the official if necessary. The official will then escort you to the Doping Control Station (DCS) where testing takes place. You can ask a representative and/or interpreter to go with you. Minors should always take a representative with them.

If the test is conducted at a private address or hotel, you will usually be notified at the door of your house/room, and the official will identify an appropriate location to complete sample collection.

2 Being chaperoned



Once you are notified, it is your responsibility to stay within direct view of the doping control official who is observing you (this person is known as your 'chaperone'). The chaperone will stay at a reasonable distance from you, but you must always ensure that you do not leave their sight. This is particularly important if you are both in a busy area such as a changing room. Never leave or go into another room without taking them with you.

3 Reporting for testing



You should report to the DCS with your chaperone as soon as possible, but the chaperone may allow you to delay reporting (or temporarily leave the DCS under observation) to complete any of the following activities. You must always stay in direct view of your chaperone, and report within one hour of being notified:

- i. Attend a victory ceremony
- ii. Fulfil media commitments
- iii. Perform a warm-down or take an ice bath
- iv. Receive any necessary medical attention
- v. Attend a post-match team meeting in your changing room
- vi. Change out of your playing kit
- vii. Locate a representative and/or interpreter
- viii. Obtain relevant identification
- ix. Complete a training session if selected for out of competition testing
- x. Any other reasonable circumstances as determined by the DCO (and which shall be documented).

You cannot shower until you have completed the entire doping control process. However, if you are wet after a match or training, you can change clothes under observation of your chaperone.

Once you are notified, the first urine you pass must be collected by the doping control official.

The urine testing process

4 Hydrating (and dilute samples)

You need to rehydrate after a match or training, but be careful how much you drink. Over-hydrating can make your urine sample too dilute, and you might be asked to produce additional samples until you reach the right level. Two bottles of 500ml liquid is usually enough to drink between the end of training or competition and providing your sample. If it's taking you a long time to feel ready to produce your sample, just sit and wait. Drinking more and more water won't make it arrive any quicker and you increase the risk of a dilute sample.

There should always be sealed bottles of water provided for you in the DCS. Always choose your own bottle, and never accept one that is handed to you by someone else. If a pen is available, write your name on your bottle so that you know which is yours and always take it with you when you leave the room. Never return to finish a bottle that you have left unattended in the waiting room. Choose a new sealed bottle, and put your half-finished one in the waste bin.

You can rehydrate with your own choice of drink, but ensure that there is no chance anyone could have tampered with the contents of your bottle beforehand.

You are not permitted to consume alcohol from the point of notification until you complete your sample. We know this might seem unfair if you have just won a big match but it's the rules!

5 Selection of collection vessel



When you are ready to produce your sample, you will choose one sealed collection vessel. This will hold your sample, so make sure it is clean and the packaging is intact. Also make sure you are given a choice of vessel. Never accept one that is handed directly to you.

6 Provision of sample



Sample provision will take place in a private toilet. You must produce your sample in full view of a doping control official of the same gender, and the official must watch the urine directly leave your body. You will be asked to remove your clothing from your knees to your midriff and from your hands to your elbows.

You should also wash your hands without soap before and after providing your sample. You may also be given the option to wear gloves instead. These will be provided by the doping control official.

7 Volume of urine

You must produce a sample of at least 90ml (more is fine). If you provide less than 90ml, this is called a Partial sample and it will be temporarily sealed, and documented on your DCF, according to the process in section 11 below. When you are ready to produce more urine, your next sample will be added to your Partial sample until the total reaches 90 mls. Once you have provided a sample you must never discard it unless you are specifically advised to do so by a DCO.

8 Selection of sample collection kit



You will be asked to choose a sealed sample collection kit. This contains the bottles that your sample will be stored in, so be sure that the security on the packaging is intact. Again, make sure you are given a choice of kit and never accept one that is handed directly to you.

Open the kit, remove the A and B bottles and verify that the numbers on the bottles are the same. The DCO will ask you to place the bottle cap upside down on the table and discard the red rings inside.

9 Splitting and sealing the sample



The DCO will instruct you to pour a specific amount of urine from your collection vessel into the B bottle, and then the A bottle. You will be asked to leave some urine in the collection vessel. The bottles can now be sealed. The DCO will check that both bottles have been sealed correctly before you place them in an individual tamper-proof plastic bag and return them to their storage box.

10 Measuring Specific Gravity (SG)



The leftover urine will be measured for SG to ensure the density of the sample is suitable for analysis. If the sample is too dilute, you may be asked to provide additional samples.

11 Sealing a partial sample

If your sample is less than 90 mls, you will be asked to select a sealed sample collection kit (as per section 5) and pour the sample into one of the bottles. Then you will be asked to place a plastic stopper on top before returning the sample bottles to their box. Next you will place the box inside a large tamper-proof plastic bag with a unique number that will be recorded on your DCF. Either you or the DCO must keep the partial sample under your control once it is sealed.

When you make your next attempt to produce a sample (to reach a total of 90 mls), the new urine will be added to this partial sample.

Some organisations also use a partial sample system that seals the sample directly in the collection beaker. This is also a secure method of partial sample storage. Just always satisfy yourself that your sample is sealed and stored in a way that would not allow it to be tampered with.

The blood testing process

As with a urine test, once you are notified, report with your doping control official to the DCS. Urine and blood samples are often taken at the same doping control.

1 Preparation

You must be seated and still for ten minutes before your blood sample is collected. Depending on the type of test, if you've exercised before being notified, you may be asked to rest under supervision of the doping control official for up to two hours before the sample is collected.

The official or a Blood Collection Officer (BCO) may also ask you some questions about whether you have had any blood-related medical processes recently. Make sure you have the telephone number of your doctor in case you need to ask them any questions.

2 Selection of sample collection kit

Next you will choose your collection equipment. Make sure you are given a choice and that it's securely sealed. The equipment will usually include the needle, the vials for collection (tubes called 'vacutainers'), the numbered labels that identify your sample, and collection bottles for sealing your sample.

3 Sample provision

The BCO will identify which arm your blood will be collected from. Your skin will be cleaned with a sterile swab and a tourniquet may be applied. Next the BCO will find a suitable vein, usually at your elbow joint, and insert the butterfly needle. If the BCO can't insert the needle after 3 separate attempts, blood collection is abandoned, but you may still need to provide a urine sample.

Once the needle is in, up to four vials (from your selected kit) will be attached in turn. These fill automatically with your blood. Don't worry, you won't feel anything as they are changed over.

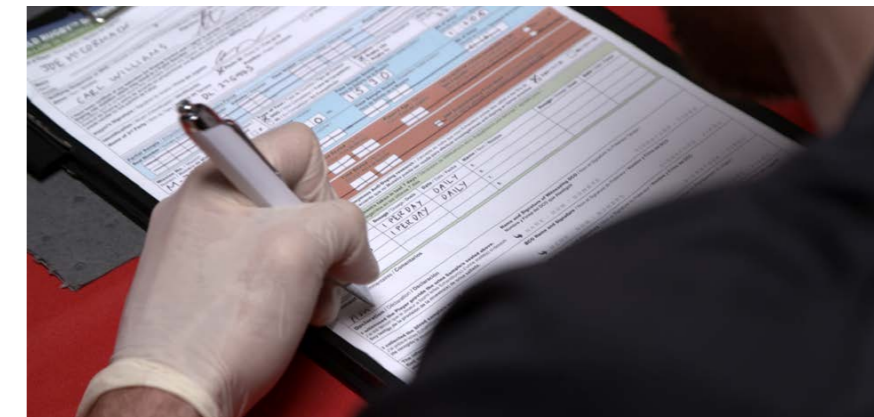
4 Sealing the samples

The BCO labels each vial with a code number that matches the collection bottles in the kit you selected. You'll be asked to place each tube in the corresponding bottle and securely seal each one. Check that the bottle numbers match the ones on your DCF.

Your samples will then be placed in a refrigerator or cool box until the test mission is over and they can be taken to the laboratory for analysis.



The paperwork



Once you have sealed your final sample, you will be asked to document any medications or supplements you have taken in the last seven days, and you can also comment on the doping control process (good or bad!). Finally you, the DCO (and your representative if you have one with you) will be asked to sign the DCF to confirm that all information is correct.

Your DCF is the written record of your test, so it's very important that the information contained on it is accurate. Always check the form carefully before you sign.

The DCO will then give you a copy of the DCF and if you have completed all your tests then you are free to go. If you still have a urine or blood test to complete, stay in the DCS and await further instructions.

Laboratory analysis

Your samples are sent to a World Anti-Doping Agency (WADA) Accredited Laboratory for analysis. This usually takes a few weeks depending on the analysis. Results are notified to the anti-doping organisation who planned the control, but you will only normally be informed if your result comes back positive.

FREQUENTLY ASKED QUESTIONS ABOUT THE DOPING CONTROL PROCESS

Why collect blood (and not saliva, breath, or another method)?

The analysis of blood helps detect additional prohibited substances and methods to those identified in urine. It takes time to make sure that a test is safe and accurate, and only methods using blood and urine are currently accepted for anti-doping.

What is an athlete biological passport (ABP)?

This is a record taken over time from your doping control samples which monitors changes in certain biological markers in your body (steroidal – which is collected in urine, and haematological – which is collected in blood). It is used to identify potential doping. If a player suddenly showed a level that was outside their normal parameters, this may be investigated as evidence of a possible doping offence.

What is dry blood spot testing (DBS)?

Dry blood spot testing is a method of blood collection which is designed to be simpler to collect and transport than a standard blood sample (which requires refrigeration). A device is attached to your upper arm and blood is automatically withdrawn by the device. The blood is then blotted onto a card, which is sealed and sent to the laboratory for analysis. DBS is being used more widely across sport as method of sample collection, and will often (but not always) be used alongside traditional urine tests.

What if I'm afraid of needles?

BCOs are experienced and trained to make the process as easy as possible. If you are prone to fainting or are scared of needles, you can bring a representative with you to the DCS. Being scared of needles is not considered grounds to refuse a blood test.

When can I resume physical activity after a blood test?

The volume of blood collected is very small so should not prevent you from exercising, however it is recommended that you avoid strenuous activity using the arm from which the blood was drawn for at least 30 minutes after sample collection. This will minimise bruising.

Why are samples collected into different coloured vials?

Blood samples are often analysed in different ways. Sometimes the analysis looks directly for prohibited substances in the blood, sometimes it looks for biological markers, and sometimes it's used to add to your biological profile. The colour on the vial relates to the type of analysis.

MEDICATIONS AND TREATMENT METHODS

Before taking any medication (even if it has been prescribed to you by a doctor) you must always check to ensure it does not contain a prohibited substance. Use the Global Drug Reference Online at www.globaldro.com (which allows you to check medication purchased in a range of countries), or consult your NADO who should be able to advise you how to check medications purchased in your country.

Always tell your doctor or pharmacist that you are an elite athlete who is subject to doping control and the Prohibited List. They must try and give you a permitted medication, but if they have to give you a medication that's on the Prohibited List, they can help you complete a TUE (see below).

Some treatment methods are also prohibited, and you should check the Prohibited List with your doctor in advance of treatment.

Are medicines the same all over the world?

Be careful if you need to buy medicines overseas, as often the brand that you use at home may contain different ingredients if you buy it in a different country. Try to take any regular medicines you may use with you when you travel, but check with your doctor or team staff that the product is not subject to restrictions in the country you are visiting.

Should I keep a record of what I have recently taken?

Yes, it's important to keep a list of any medications you are taking (or have recently taken) as you will be asked to document these (the product, the dose, and when you have taken it) if you are chosen for a doping control. It can be a good idea to keep a list or photos of your medications on your phone.

THERAPEUTIC USE EXEMPTIONS (TUE)

What is a TUE?

A TUE approval is a certificate that allows you to use a prohibited substance or treatment method for a legitimate medical reason, for a specified duration. If you're prescribed anything on the Prohibited List, you must get a TUE approved before you use it, otherwise you risk being suspended for an ADRV.

When should I apply for a TUE?

1. When your doctor diagnoses a condition that can only be treated with a prohibited substance. You must get a TUE approval before treatment starts.
2. When you are given a prohibited substance in a medical emergency, or for an acute medical condition. Here, a TUE approval can be obtained retroactively (after the event). However, your doctor must provide clear evidence to show why the emergency treatment was needed.

- When exceptional circumstances mean there wasn't enough time or opportunity to submit an application before treatment, or before a doping control.

Except for medical emergencies, new applications, renewals, and applications for recognition of an existing TUE granted by another NADO should be submitted as soon as possible, and at least 30 days in advance of any match or tournament you may be involved in.

Who is responsible for obtaining TUE approval?

Only you and your treating doctor (together) can complete and submit your TUE. You are ultimately responsible for having a valid TUE when you play rugby.

What are the criteria for granting a TUE?

A TUE will only be granted if your doctor can show that:

- The prohibited substance or method is needed to treat a diagnosed medical condition supported by medical evidence.
- Use of the prohibited substance is unlikely to enhance your performance beyond what might be expected by a return to normal health after treating a legitimate medical condition.
- There is no reasonable permitted alternative treatment.
- Your medical need is not due to prior use of a prohibited substance.

Which players should submit TUEs to World Rugby?

You should submit your TUE as a soon as possible to World Rugby if you are included in or participating in:

- Any World Rugby Testing Pool
- Rugby World Cup Tournaments or Qualification Matches (15's and 7s, Men's and Women's)
- World Rugby U20 tournaments
- World Rugby Sevens World Series (Men's and Women's)
- All other World Rugby tournaments.

Download the form at www.world.rugby/keep-rugby-clean and complete it with your doctor. Submit by email to World Rugby at tue@world.rugby or by fax to +353 1 240 9289. All other players should consult their NADO. If your country doesn't have a NADO, applications can be submitted to World Rugby.

NADO TUEs

World Rugby will recognise existing TUEs granted by NADOs if they meet the WADA criteria for granting a TUE. If you have a valid NADO TUE and need to apply to World Rugby for recognition, submit the TUE and supporting documents to tue@world.rugby. World Rugby reserves the right to review all applications, and in some cases may request some additional medical details from you or your doctor before making a decision.

How do I know if my application has been approved?

World Rugby will send you a Certificate of Approval via your Union. This specifies the medication, administration route, dose and expiry date. You must comply with all treatment conditions for your TUE to remain valid.

When should I reapply?

If you receive ongoing treatment (e.g. for a chronic or longstanding condition, such as asthma or diabetes) you need to reapply before your current TUE expires, or if you change the dosage.

What supporting information is needed?

Your application must include a statement from your doctor, showing why you need to use the banned substance, and giving a comprehensive medical history. This must include documentation from the doctor who originally gave your diagnosis, and the results of all relevant examinations, laboratory investigations and imaging studies (e.g. blood tests, X-rays and MRI). Your doctor should consult WADA resources for TUE applications, which outline the supporting information required for the most common conditions.

What if my TUE is denied?

If the criteria are not met, or the medical information to support your application is incomplete, your TUE may be denied. If this happens, you and your doctor will be asked to provide more information.

Decisions made by the World Rugby Therapeutic Use Exemption Committee (TUEC) are reviewed by WADA. If WADA upholds or reverses a World Rugby TUEC decision, this can be appealed to the Court of Arbitration for Sport (CAS) or World Rugby.

NUTRITIONAL AND DIETARY SUPPLEMENTS

Nutritional or dietary supplements may help compliment your diet in some circumstances, but be careful as supplement use is one of the most common reasons for ADRVs in rugby. The supplement industry is not regulated like medicines are. Anyone can start a supplement company, and they can put anything in their products including prohibited substances. Sometimes all the ingredients are not listed on the label, so even if you check carefully you can never be 100% sure.

How do I know whether I need supplements?

The only way to be completely safe is not to take any supplements, but if you do think you need one, always start with a full nutritional and lifestyle needs consultation with a specialist who is independent of any supplement companies (someone who won't suggest a supplement just because they can sell it to you!). If they do advise you to take a supplement, this should be for a specific duration and you should be regularly monitored to ensure it is giving you the correct nutritional benefit. It's also your responsibility to make sure any supplement is safe, even if it's given to you by an expert.

How do I know which ones work?

Independent scientific evidence shows that many supplements don't work. The ones that do are only effective if used when directed by a nutrition specialist to address a particular need. If you don't get professional advice first, you're just guessing and probably not getting the gains that you think you are.

How do I know which ones are safe?

The biggest risk with supplements is that they can become contaminated with prohibited substances during manufacture. This can be done intentionally or accidentally. A product could also contain prohibited ingredients that are not listed on the label, or ingredients listed under an alternate name to the one stated on the Prohibited List.

Products that promote weight loss and weight/mass gain, stimulants, and pre-workouts are particularly risky, and be aware that products marketed under the same brand in different countries may contain different ingredients

What should be my steps to minimize risk?

Always research the product and the manufacturer carefully. Good supplement manufacturers send their products to be tested by independent batch testing sites like Informed Sport. These sites will tell you which batch of a product has been tested. This reduces the risk of using the specific batch, but it doesn't eliminate risk completely. No one can give you a 100% guarantee that a supplement is safe.

Beware of companies who claim that their product is 'natural', '100% safe' or approved by someone like WADA. This will never be true. Endorsement by a sports organisation or team makes no difference to how safe the product is either. If it looks too good to be true, it probably is.

Risk minimisation checklist

1. Don't use a supplement unless you have a clear dietary need, identified by an expert.
2. Read the label of the supplement very carefully and check each ingredient to ensure that it is not a substance (or a type of substance) on the Prohibited List. Remember that not all substances contained in the product might be listed.
3. Avoid purchasing supplements over the internet. If you do, check that the supplier has a physical contact address, and that they have not previously been implicated in a doping case. If the site seems to be promoting bodybuilding, 'shredding' or 'rapid gains', it's probably risky.
4. Don't share supplements with other Players, and don't use any product given to you by team mates, friends, other athletes, or a friend at the gym. They are not experts, and they may not be subject to the same anti-doping rules as you are.
5. Only use supplements where you know the specific batch you are taking has been tested by an independent batch testing site. Beware supplement manufacturers who have the batch testers' logo on their site, but may not test all their products.

Remember these steps only reduce risk, and do not eliminate it completely. It's your responsibility, no one else's. If you're not sure the supplement is safe, don't take it.



Strict liability

You are solely responsible for any Prohibited Substance found in your body (no matter where it came from, or who may have advised you to take it). This rule is known as 'strict liability'. Even if you took the substance accidentally (such as via a medication or contaminated supplement), or if you were given it by your doctor, coach or team-mate, you would still be committing an offence and you would face a long suspension from rugby. Take care with any substance you consume.

ANTI-DOPING RULE VIOLATIONS

How might I commit a doping violation?

Testing positive for a prohibited substance is not the only way you can commit an ADRV. There are 11 different violations. These apply to players and support personnel including coaches, managers, and medical staff. The violations are:

1. If your sample contains a prohibited substance.
2. If you use, or try to use a prohibited substance or method.
3. If you evade, refuse or fail to submit to a test.
4. If your whereabouts information is false or inaccurate, or if you are repeatedly not present at your stated time(s) and/or location(s).
5. If you try to subvert the doping control process with behaviour such as hindering sample collection or falsifying anti-doping documents.
6. If you have a prohibited substance or method on your person, and you don't have a related TUE, or acceptable justification.
7. If you traffic/deal (or attempt to traffic/deal) a prohibited substance or method, including supplying to another player.
8. If you administer (or attempt to administer) a prohibited substance or method.
9. If you encourage or help someone else to dope. This is known as complicity.
10. If you associate with someone who you know is serving a doping suspension (or doping-related criminal offence), in a professional or sport-related capacity (eg. receiving training or coaching advice).
11. If you discourage someone from reporting doping via threats or intimidation, or if you retaliate against someone who has reported doping.

What happens if I commit a violation?

You will be provisionally suspended from all Rugby-related activities including matches and training, until your case is heard by an independent Judicial Committee. If your case involves a positive test, you have the right to have your B sample analysed.

Usually players are notified via the anti-doping results contact at their Union. Your union may offer you support in understanding the process, and in finding legal representation. If not, you should contact the Players Union in your country (if you have one).

You will be entitled to present your case to the Judicial Committee, who will then decide on any sanction. Their decision is published on the World Rugby website. You have a right of appeal if you do not agree with the decision in the first instance.

How long would I be suspended from rugby?

In general, the standard starting sanction for an ADRV is four years which depends on the substance and the type of violation. The sanction may also be reduced or extended depending on the individual circumstances of each case. Previous World Rugby case decisions can be found at [world.rugby/keeprugbyclean](https://www.world.rugby/keeprugbyclean).

What other consequences are there?

Reputation: Suspension has a significant effect on your playing career, and it will also isolate you from the sport. You are likely to be labelled a cheat or dooper (often for the rest of your career/life), even if your offence was accidental. Once your name is published in the media your reputation will always be tarnished.

Friends, Family and Relationships: A suspension for doping can also affect your personal life and relationships. Friends and family may lose respect for you, and in a team sport, you are likely to also lose the respect and friendship of your peers or team mates as their reputation may also be damaged through their association with you.

Financial: There are also financial consequences, as your playing contract may be cancelled, along with any personal sponsorship as companies no longer want to be associated with you.

WHEREABOUTS

What is 'whereabouts'?

Whereabouts is information that players submit about their daily location and activity. It's used to locate you for no-notice testing, which is crucial to the effectiveness of an anti-doping programme.

Who needs to provide it?

Whereabouts is intended for elite-level players, and if you are included in a whereabouts pool, you will be notified of your responsibilities via your union. This will include details of what information you have to submit, when you have to submit and update it, and to which organisation.

Your union and/or club will usually submit collective match, travel and training activity for your team (though you can do this yourself if you choose to), but you are still responsible for the accuracy of all the information you are required to submit.

Where do I submit my whereabouts information?

Players included in World Rugby testing pools (TP) must submit whereabouts to World Rugby. Players in a NADO testing pool must submit to the NADO. Players in an RTP must submit via the WADA ADAMS system.

How often must I file my whereabouts?

Submissions must be made before the start of each quarter. World Rugby will send reminders via your Member Union in the month prior to the relevant quarters below:

Quarter 1: January 1 to March 31

Quarter 2: April 1 to June 30

Quarter 3: July 1 to September 30

Quarter 4: October 1 to December 31

Can someone else file my whereabouts on my behalf?

Yes, but you remain responsible for ensuring that your submission is accurate and on-time, and for being available at your specified locations/times.

How do I make changes to my whereabouts during the quarter?

Your whereabouts must be accurate at all times. TP players should submit changes or updates to World Rugby via whereabouts@world.rugby. Include your name, Union and what the change of location, date or time is. RTP players should submit updates via ADAMS.

What is a whereabouts failure?

These are specific to RTP players and there are two types – a Filing Failure and a Missed Test. If your submission is late, incomplete or inaccurate you can incur a Filing Failure. If a DCO is unable to locate you during your 60 minute timeslot you can incur a Missed Test. Committing 3 x whereabouts failures in 12 months can result in a sanction of 1–2 years.

What is a testing pool failure?

These apply only to TP players. If submissions are late, inaccurate, or lead to a DCO being unable to locate you for testing, you can incur a Testing Pool Failure. Multiple violations in a 12-month period can result in you being elevated to the RTP. You may also be charged by World Rugby for the test costs related to any failure.

Do my whereabouts failures expire?

Yes, each Whereabouts or Testing Pool Failure expires after 12 months from the date it was committed. A player included in, or elevated to an RTP starts with zero whereabouts violations.

What is a 60 minute time slot, and do I need to stay in the location for the full hour?

In the RTP you must identify a specific 60 minutes every day where you can be located for testing. In the TP, you must provide this for any periods when you are away from organised team activities (e.g. during the off season, holiday or periods of injury). You must be available for the whole 60 minutes, but you may be tested at any time inside or outside the time slot.



All the information contained in this handbook as well as additional resources can be found at:

world.rugby/keeprugbyclean

This document is an educational guide. In the event of any inconsistency World Rugby Regulation 21 shall take precedence.

