



ANTI-DOPING REPORT 2023-2024

INDEX

	Page
1. FOREWORD	3
2. ANTI-DOPING POLICY	4
3. TESTING PROGRAMME	4
4. TEST STATISTICS 2023-24	4
5. RESULTS MANAGEMENT	5
6. EDUCATION	5
7. WHEREABOUTS	5
9. ILLICIT DRUGS POLICY	5
8. REPORTING A CONCERN	6
 Appendix 1 – Anti-Doping Rule Violations	 7
Appendix 2 – Useful Contacts	7

1. Foreword

Scottish Rugby is committed to the fight against doping in sport. Doping is wholly against the integrity of our game and runs counter to Scottish Rugby's core principles of *Leadership, Engagement, Achievement, Enjoyment* and *Respect*.

Anecdotal evidence suggests that the threat of doping continues to increase, with the prevailing “gym culture” and the increased availability of prohibited substances continuing to provide many challenges.

To counter this threat Scottish Rugby has adopted a three-pronged approach:

- Our Union has adopted clear policies in respect of *Anti-Doping*, the *Use of Supplements* and the taking of *Illicit Substances*. These policies are available on our website and are regularly publicised in our club communication ezine. Additionally, as part of our SCRUMS player registration system, each year players are required to confirm that they are aware of our policies and that they will comply with them.
- Anti-doping education and support is made available to all players and club officials. All professional, semi-professional and representative players receive mandatory anti-doping education. Education is available to clubs at all other levels and via our website. All involved with our game are encouraged to make use of this service.
- Scottish Rugby works hand in hand with UK Anti-Doping (UKAD), World Rugby and other Unions in order to minimise the risk of doping in our game. Scottish Rugby is compliant with the *UKAD Assurance Framework*.

Scottish Rugby recognises the importance of testing to both protect the integrity of our competitions and to act as a deterrent to those tempted to dope. Two players in Scotland are currently suspended following positive tests.

Finally, whilst doping can affect fair competition, it can also seriously affect the health of those who dope. Intelligence on doping therefore not only protects the integrity of our game but also the health and well-being of those who might be tempted to dope. Scottish Rugby encourages anyone with intelligence as to any potential doping offence to contact UKAD or ourselves, and to work with Scottish Rugby and the relevant authorities to keep rugby clean.

Graham A Ireland
Head of Regulation

2. Anti-Doping Policy

Scottish Rugby’s domestic anti-doping regulation, *SDR 21 Anti-Doping*, is built around the dual requirements of the UK Anti-Doping Rules and World Rugby’s Anti-Doping Regulation.

Scottish Rugby’s Anti-Doping regulation, links to the UK Anti-Doping Rules, World Rugby’s Anti-Doping Regulation and the WADA Code and a variety of training materials are available from the “Regulations” section of the Scottish Rugby website. All involved in rugby are encouraged to familiarise themselves with the relevant rules and regulations.

3. Testing Programme

Drug testing in Scottish rugby is carried out on Scottish Rugby’s behalf by UKAD, both as part of UKAD’s ‘public interest’ programme and also in accordance with Scottish Rugby’s own domestic testing programme. At international and professional level testing is also carried out by World Rugby, including on behalf of the Six Nations and EPCR.

Players at all levels of the game can be tested. Testing can happen at any location and at any time. Increasingly our testing policy has shifted towards an intelligence led basis rather than simple random testing (though we believe that it remains important to achieve a spread of testing across the whole country and across league levels). Testing is routinely conducted after matches, at training and, where appropriate, can take place unannounced at a player’s home. Both blood and urine testing are undertaken.

4. Test Statistics 2023-24

A total of 349 player tests were undertaken during the period (during the 2022/23 season 276 tests were undertaken, with 161 of those tests conducted ‘out-of-competition’ and 115 ‘in-competition’). This increase in testing is accounted for in part by a significant increase in the number of blood tests conducted.

Authority	UKAD	World Rugby	Total
Number of tests	177	172	349
Nature of Test:			
<i>In Competition</i>	49	74	123
<i>Out of Comp.</i>	128	98	226
Sample Type:			
<i>Urine</i>	148	138	286
<i>Blood and Urine</i>	29	34	63
Findings: ^(Note 1)			
<i>Adverse</i>	0	0	0
<i>Atypical</i>	0	1	0

Note

(1) An “**Adverse**” finding indicates a failed test. An “**Atypical**” finding is not a doping violation but indicates a test result outwith normal parameters, often requiring further medical investigation.

5. Results Management

Scottish Rugby has delegated responsibility for results management and the prosecution of charges for Anti-Doping Rule Violations to UKAD. Cases brought by UKAD are heard before the UK *National Anti-Doping Panel* (NADP), the government funded independent tribunal responsible for dealing with Anti-Doping cases.

Two players remain suspended in consequence of violations occurring in prior years. Details of these doping violations are provided in Appendix 1.

6. Education

Scottish Rugby recognises the importance of education in establishing an environment which influences doping free behaviour amongst players and minimises the risk of inadvertent doping. Educational resources have been provided on the Scottish Rugby [website](#) to assist players, player support personnel and clubs and to help them make informed choices in compliance with the anti-doping regulations, including:

- Advice on medication, supplements, Therapeutic Use Exemptions, prohibited substances and methods and illicit drugs;
- Advice on rule violations, strict liability and the testing process; and
- Links to World Rugby’s educational resources: [World Rugby – Keep Rugby Clean.](#)

There are also links to all of the relevant regulations, including:

- [World Anti-Doping Code](#)
- [UK Anti-Doping Rules](#)
- [World Rugby Regulation 21 \(Anti-Doping\)](#)
- [Scottish Rugby’s Anti-Doping Regulation \(SDR 21.1: Anti-Doping\)](#)
- [Prohibited Substances and Methods 2024](#)

During season 2023/24 Scottish Rugby ran 18 education sessions with 597 players attending. Anti-doping education sessions were provided across the game as follows:

- **National Squads:** *Clean Sport* education sessions were delivered to all of Scotland’s representative squads.
- **Professional Teams:** *Clean Sport* education sessions were delivered to both Scottish professional teams. Players and rugby support staff were also required to complete the World Rugby “*Keep Rugby Clean*” module.
- **Super Series Clubs:** Each Super Series club received a *Clean Sport* education session and all Super Series players and rugby support staff were required to complete the World Rugby “*Keep Rugby Clean*” module. In addition, a member of each club medical team was required to complete the *UKAD Anti-Doping Advisor* course and thereafter take responsibility for anti-doping activity within their club.

- **Clubs at other levels:** Scottish Rugby encourages those involved in the game at all levels to complete Scottish Rugby's "Clean Sport" module. This is a requirement for Head and Assistant Coaches in the Premiership and National Leagues. Clean Sport messages were sent through the Scottish Rugby's *Club Communications* ezine during both Clean Sport Week and Protect Sport Week run by UKAD.

7. Whereabouts

At the present time 25 Scotland senior international players are members of World Rugby's *International Testing Pool*. UKAD operates an additional *Domestic Testing Pool* which currently includes a further 20 players. All of these players are required to provide "whereabouts information" (including the player's home address and club training schedules), in order that they can be available for out-of-competition testing.

World Rugby also operates a Team Testing Pool in respect of Scotland Women and the male and female national Sevens squads.

8. Illicit Drugs Policy

Scottish Rugby considers that:

- Illicit Drug use represents a threat to the health and wellbeing of those who participate in rugby;
- through their actions, players and others can influence the lives and behaviours of others; and
- the use of Illicit Drugs can bring the sport into disrepute.

Scottish Rugby operates a specific Illicit Drugs Regulation (*SDR 21.2: Illicit Drugs*) with a view to protecting the health and wellbeing of players and protecting the image of the game. All those under the jurisdiction of Scottish Rugby are required to comply with SDR 21.2.

Under this Regulation primary responsibility for the health and wellbeing of each player lies with the individual player. Whilst Anti-Doping offences remain sanctionable under SDR 21.1 (*Anti-Doping*), where appropriate additional out-of-competition testing may be undertaken in relation to certain Illicit Drugs. Illicit Drug offences will be sanctioned in accordance with SDR 21.2 (*Illicit Drugs*).

9. Reporting a Concern

Intelligence is a crucial element in the process of preventing doping in sport. Since 2016, nearly half of all UKAD Anti-Doping Rule Violations and two-thirds of doping violations within Scottish Rugby have been identified as a result of intelligence received.

If you are concerned that doping may be taking place you can share your concerns, in confidence, with UKAD by calling 08000 32 23 32, emailing pys@reportdoping.com or by reporting on-line at <https://forms.theiline.co.uk/ukad> . Alternatively, please contact Scottish Rugby's Anti-Doping Officer, Richard McGhee (E: richard.mcghee@sru.org.uk T: 07764 178961).

Appendix 1: Anti-Doping Rule Violations

The following Scottish Rugby Union players are currently under suspension in relation to anti-doping offences:

Season	Name	Club	Violation	Sanction
2018/19	Darren Eales	Preston Lodge RFC	Presence of a Prohibited Substance (Stanozolol - steroid). (Second ADRV)	8 years (from 23/02/19 to 22/2/27)
2021/22	Douglas Steele	Marr RFC	Presence of a Prohibited Substance (Dehydrochloromethyltestosterone and oxandrolone -steroids)	3 years (from 12/05/2022 to 11/05/2025)

For full details of the anti-doping offences please refer to the Rule Violation section of the UKAD website.

Appendix 2: Useful Contacts

1. Scottish Rugby

Position	Name	Email	Telephone
Anti-Doping Officer	Richard McGhee	richard.mcghee@sru.org.uk	07764 178961
Chief Medical Officer	Dr David Pugh	david.pugh@sru.org.uk	0131 346 5152
Anti-Doping Education	Richard Wood	richard.wood@sru.org.uk	0131 346 5019

2. UKAD

Report Doping in Sport: Telephone 08000 32 23 32, email pys@reportdoping.com or go on-line to <https://forms.theiline.co.uk/ukad>