



# Scottish Rugby

## ANTI-DOPING POLICY

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## FOREWORD

The benefits of participation in sport are widely recognised, not just in terms of health but in building confidence, teamwork and friendships. Scottish Rugby's Values of **Leadership, Engagement, Achievement, Enjoyment and Respect** apply across all areas of our sport, from mini rugby through to our international teams.

We all have a responsibility to look after the participants in our game, with their wellbeing and safety being at the centre of everything we do. Scottish Rugby's aim is that everyone who is involved with our sport has a positive experience and goes on to achieve their full potential both within the game and in life.

Scottish Rugby takes the issue of doping in sport extremely seriously. Taking prohibited substances can seriously affect the health and wellbeing of those who take them and their use has the potential to adversely affect fair competition and the reputation of our game. In view of this Scottish Rugby has adopted the attached Anti-Doping Policy and associated Regulation, SDR 21.1 Anti- Doping.

To support our Policy and Regulation, we will provide advice and guidance to players, clubs and to the volunteers who are the heartbeat of our game. We will also monitor best practice in this area and will, where necessary and appropriate, update our Policy and Regulation accordingly.

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## POLICY STATEMENT

Scottish Rugby considers that:

- doping represents a threat to the health and wellbeing of those who participate in rugby and to fair and sporting competition;
- through their actions, players and others can influence the lives and behaviours of others; and
- the use of prohibited substances and methods can bring the sport into disrepute.

Scottish Rugby wishes to prevent doping by those participating in rugby. It has therefore adopted a Regulation (*SDR 21.1 : Anti Doping*) with a view to protecting the health and wellbeing of players and to protect the image of the game.

All those under the jurisdiction of Scottish Rugby must comply with *SDR 21.1 : Anti Doping*.

### Key principles:

- **Primary responsibility for the health and wellbeing of each player lies with the individual player.**

- **Participants in the game are obliged to comply with the UK Anti-Doping Rules.**

- **Participants in the game are also obliged to comply with World Rugby's Regulations Relating to the Game, including, where applicable, World Rugby Regulation 21 (Anti-Doping).**

- **Scottish Rugby has adopted a Regulation (*SDR 21.1 : Anti-Doping*) in relation to the testing of players for WADA Prohibited Substances and Methods (both in and out-of-competition), the investigation and pursuit of any other potential anti-doping rule violation, and the subsequent sanctioning of offenders. This Regulation conforms with the WADA Code, the UK Anti-Doping Rules and World Rugby's Regulation 21 (Anti-Doping).**

- **Scottish Rugby believes that best practice is represented by SDR 21.1, the UK Anti-Doping Rules and World Rugby Regulation 21.**

- **The welfare and safety of the player is paramount.**

- **UKAD and World Rugby recognise the World Anti-Doping Agency ("WADA") and have adopted the World Anti-Doping Code (the "Code") and implemented their own Code-compliant rules.**

## Scottish Rugby Core Values

Scottish Rugby is the Governing Body of the sport of Rugby Union in Scotland and promotes these core values from our National Teams through to grassroots rugby.

Our core values are:

**LEADERSHIP**

**ENGAGEMENT**

**ACHIEVEMENT**

**ENJOYMENT**

**RESPECT**

## ROLES AND RESPONSIBILITIES

To ensure an environment in which all participants can enjoy their rugby, everyone involved in the game must work together. It is EVERYONE'S responsibility to contribute to the wellbeing of players.

### Scottish Rugby will:

- Appoint a Chief Medical Officer to oversee best practice in the medical support of players at all levels.
- Develop and publish an anti-doping regulation, *SDR 21.1 : Anti-Doping*, and ensure that the Regulation and any associated guidance is regularly reviewed and updated.
- Require that member clubs comply with the Regulation.
- Provide education materials, advice and assistance in relation to the Regulation to players and their clubs.
- Manage and respond to referrals and/or concerns in an efficient and fair manner.
- Support World Rugby and UKAD as necessary when they take disciplinary action against those who breach the Regulation.

### Member Clubs will:

- Ensure that their players, coaches, medics and other club officials are aware of Scottish Rugby's Regulation *SDR 21.1 : Anti- Doping*.
- Ensure that players and club officials comply with the terms of the Regulation and any associated guidance.
- Report any suspected breaches of the Regulation to Scottish Rugby.

### Players, Coaches and Team Medics will:

- Take responsibility for their own safety and that of other players. Specifically, players shall take responsibility for anything they consume or that is found to be in their body.
- Abide by the terms of Scottish Rugby's *SDR 21.1 Anti-Doping* and any associated guidance.
- Ensure that the game is played in accordance with Scottish Rugby's Core Values.

## DEFINITIONS

### ANTI-DOPING OFFICER

Means the person, having appropriate knowledge and expertise, who is appointed by Scottish Rugby to act on its behalf in this capacity in matters arising under this Regulation.

### CHIEF MEDICAL OFFICER (CMO)

The person, having appropriate knowledge and expertise, who is appointed by Scottish Rugby to act on its behalf in this capacity in matters arising under this Regulation.

### SCOTTISH RUGBY

Means Scottish Rugby Union, a company incorporated in Scotland with registered number SC748672 and Scottish Rugby Union Limited, a company incorporated in Scotland with registration number SC132061, and their successors from time to time.

### NATIONAL ANTI-DOPING PANEL

Means the national tribunal and appellate body, being independent of sporting governing bodies, responsible for determining anti-doping proceedings in the UK.

### UK ANTI-DOPING

Means the organisation responsible for protecting sport in the United Kingdom from doping, being a non-departmental public body of the Department for Digital, Culture, Media and Sport.

### WADA

Means the World Anti-Doping Agency.

### WORLD RUGBY

The international governing body for the sport of Rugby Union.

# SCOTTISH DOMESTIC REGULATION 21.1 : ANTI-DOPING

## 1. Position Statement

- 1.1 Scottish Rugby considers that:
  - 1.1.1 doping represents a threat to the health and wellbeing of those who participate in the game of rugby football and to fair and sporting competition;
  - 1.1.2 through their actions, players and others associated with the game have the ability to influence the lives and behaviours of others; and
  - 1.1.3 the use of prohibited substances and/or methods can bring the sport into disrepute.

## 2. Objectives

- 2.1 Scottish Rugby wishes to prevent the use of prohibited substances and/or methods and the commission of any other anti-doping rule violation by those participating in rugby, and has therefore developed this Regulation (SDR 21.1 : Anti-Doping) with a view to:
  - 2.1.1 protecting the health and wellbeing of players and others; and
  - 2.1.2 protecting and promoting the image of the game of rugby football.
- 2.2 These objectives shall be effected through:
  - 2.2.1 educating those involved in the game about the dangers of doping;
  - 2.2.2 providing positive examples for young players and others in the rugby community;
  - 2.2.3 providing effective deterrents to the use of doping; and
  - 2.2.4 protecting and promoting the image and interests of the game, its clubs, teams, sponsors and other stakeholders as a sport free of doping.

## 3. Application

- 3.1 The Scottish Rugby Union is bound by the UK National Anti-Doping Policy and as such is required to implement anti-doping regulations within Scottish rugby that are in conformity with the UK Anti-Doping Rules.
- 3.2 The Scottish Rugby Union is a Member Union of World Rugby and as such is also required to implement anti-doping regulations within Scottish rugby that are in conformity with the World Rugby anti-doping regulations.

## 4. World Anti-Doping Code

- 4.1 UKAD and World Rugby are signatories to the World Anti-Doping Code (the "Code") and have both implemented Code-compliant anti-doping regulations.
- 4.2 UKAD and World Rugby have also incorporated the WADA International Standards including the Prohibited List International Standard (the "Prohibited List") into their respective anti-doping regulations.
- 4.3 The UK Anti-Doping Rules, World Rugby Regulation 21, the International Standards and the Prohibited List may be amended from time to time. It is each Person's responsibility to ensure they are aware of the most current version of each and to comply with them.
- 4.4 Unless otherwise specified, defined terms used in this Regulation 21.1 have the meaning given to them in the Code.



## 5. Adoption of the UK Anti-Doping Rules

- 5.1 Scottish Rugby adopts the UK Anti-Doping Rules published by UK Anti-Doping (or its successor) as amended from time to time and incorporates them in their entirety into this Regulation 21.1 with the additional provisions set out below.
- 5.2 The UK Anti-Doping Rules apply to all Anti-Doping Activities (including Testing, investigations and Results Management) carried out by UK Anti-Doping, or any Delegated Third Party acting on its behalf, in respect of persons under the jurisdiction of Scottish Rugby.
- 5.3 The Scottish Domestic Regulation 21.1 should therefore be read in conjunction with the UK Anti-Doping Rules and supplements the provisions of that document. References in the UK Anti-Doping Rules to “Athletes” shall be deemed for the purposes of this Regulation 21.1 to be to “Players”; and references to “NGB” shall be to Scottish Rugby.

## 6. World Rugby Regulation 21

- 6.1 As a member of World Rugby, Scottish Rugby is also bound by World Rugby Regulation 21 and hereby adopts and incorporates World Rugby Regulation 21 in its entirety into this Regulation 21.1.
- 6.2 World Rugby Regulation 21 applies to all Anti-Doping Activities (including Testing, investigations and Results Management) carried out by World Rugby, or any Delegated Third Party acting on its behalf, in respect of persons under the jurisdiction of Scottish Rugby.
- ~~6.3~~ References to ‘NADO’ in the World Rugby Regulation 21 shall be read as ‘UK Anti-Doping’. In the event of a discrepancy or conflict between the UK Anti-Doping Rules and World Rugby Regulation 21, or where a different approach is taken, the different approach mandated by the UK Anti-Doping Rules shall apply.

~~6.46.3~~

## 7. Disciplinary Regulations

- 7.1 All Players, Player Support Personnel and other persons within Scottish Rugby’s jurisdiction are deemed to be bound by and therefore are obliged to comply with the UK Anti-Doping Rules, World Rugby Regulation 21 and Scottish Domestic Regulation 21.1 (together herein referred to as “the Regulation”).
- 7.2 Player Support Personnel who are Using Prohibited Substances or Prohibited Methods without valid justification are prohibited from providing support to Players under the authority of World Rugby or Scottish Rugby. Breach of this prohibition may be treated as Misconduct under Scottish Rugby’s Disciplinary Rules and sanctioned accordingly.

## 8. Retirement from the Game

- 8.1 All those registered as being an “active” player on Scottish Rugby’s player registration system shall be subject to the full provisions of Scottish Rugby’s Anti-Doping Regulation (SDR 21.1).
- 8.2 Individuals registered / previously registered but who are currently shown “inactive” on the player registration system shall also be subject to the full provisions of SDR 21.1 unless they have formally retired from the game.
- 8.3 A player may formally “retire” from the game as a player by:
  - 8.3.1 writing to the Scottish Rugby Anti-Doping Officer confirming their full name, player registration number and their intended date of retiral (“Retirement Date”); AND
  - 8.3.2 ensuring that their Player Registration on Scottish Rugby’s player registration system is inactivated.
- 8.4 The effective date of the player’s retirement as a player shall be the later of (1) the notified Retirement Date and (2) the date on which the player becomes “inactive” on the player registration system.

### **Retirement during a Period of Anti-Doping Ineligibility**

- 8.5 Any player wishing to retire from the game whilst subject to a period of ineligibility arising from an Anti-Doping Violation must additionally notify UK Anti-Doping of their intention to retire.

### **Withdrawal of Retirement Notice**

- 8.6 A player may withdraw their notice of retirement at any time by writing to the Scottish Rugby Anti-Doping Officer, but may not

participate in any match until a period of 6 months has elapsed from that date. During this period the player shall make themselves available for Testing as may be required by Scottish Rugby, World Rugby or UK Anti-Doping.

7-28.7 Scottish Rugby, in consultation with World Rugby, UKAD and WADA where appropriate, may grant an exemption or partial exemption to the 6-month period prior to resumption of participation in matches.

## 8.9. Disciplinary Matters

8-19.1 Disciplinary proceedings brought in relation to matters for which UKAD has Results Management responsibility under this Regulation shall be referred to and heard and determined by a National Anti-Doping Panel (NADP) first instance tribunal. The post-hearing review proceedings shall be referred to and heard and determined by an NADP appeal tribunal. References in the Regulation to 'disciplinary body', 'Judicial Committee', and 'Post-Hearing Review Body', shall be read accordingly.

9.2 Acts of Misconduct related to anti-doping which do not amount to an Anti-Doping Rule Violation may be prosecuted and sanctioned under the Misconduct provisions of the Scottish Rugby Disciplinary Rules.

8-29.3 Notwithstanding anything else in this Regulation, any failure or refusal to co-operate with an anti-doping investigation shall constitute a separate or additional act of Misconduct for the purposes of this Regulation.

## 9.10. Further Information

9-110.1 Participants and their connected parties are encouraged to contact Scottish Rugby's Anti-Doping Officer if they are unclear as to any aspect of the Regulation.

## CONTACT US

Advice with regard to SDR 21.1 (Anti-Doping) may be obtained by contacting Scottish Rugby's Anti-Doping Officer. Advice in relation to prohibited substances or any associated medical queries may be addressed to Scottish Rugby's Chief Medical Officer.

### RICHARD MCGHEE

#### Anti-Doping Officer

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### DR David Pugh

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## USEFUL LINKS

UKAD Anti-Doping Rules <https://www.ukad.org.uk/about/anti-doping-rules>

World Rugby Regulation 21 <https://www.world.rugby/handbook/regulations/reg-21/reg-21>

## RAISING A CONCERN

Where a concern arises in the relation to the participation of a player who may be doping, or where there is concern that best practice may not be followed, the matter may be referred to Scottish Rugby Union's Anti-Doping Officer or the Chief Medical Officer.

Alternatively, the matter may be referred to Protect Your Sport. This can be done by email to ([protectyoursport@reportdoping.com](mailto:protectyoursport@reportdoping.com)), telephone (08000 32 23 32), WhatsApp (+44 (0) 7587 634711) or online at [www.protectyoursport.co.uk](http://www.protectyoursport.co.uk). Further information can be found at [www.ukad.org.uk/protect-your-sport](http://www.ukad.org.uk/protect-your-sport).

## POLICY AMENDMENT PROCESS

Changes to SDR 21.1 Anti-Doping shall be approved by the Scottish Rugby Limited Board.



**SCOTTISH RUGBY**

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