



**Canada Rugby League Association
(CRLA)**

Anti-Doping Policy

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FOREWORD

This guide aims to support Players and their support personnel in finding relevant and up to date information relating to anti-doping.

The CRLA is committed to the principles of clean sport for the following reasons:

- To uphold and preserve the ethics of the Game
- To safeguard the physical and mental health of Players
- To ensure that all Players have an opportunity to compete equally

To underpin that commitment, the CRLA will:

- Educate and inform Players about the dangers of drugs and consequences of taking drugs or breaching the Anti-Doping Regulations
- Comply with the World Anti-Doping Code
- Test Players to confirm they train and play clean

This booklet will either provide, or direct you to, the information you need on the rights and responsibilities of Players and Support Personnel taking part in rugby league in relation to the World Anti-Doping Code (the Code) and the CRLA Anti-Doping Regulations.

At the heart of the Code is the desire to achieve a level playing field on which Players in all sports can compete with confidence and natural sporting ability. It is there to preserve sport by harmonising the anti-doping rules and regulations across all sports in all countries.

The CRLA wants to ensure that all Players in this country at all levels have been given all the support they need to perform to the very best of their ability. We want to ensure that all our Players are able to make well informed and positive decisions.



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1. ANTI-DOPING RULES

All sports including Rugby League are governed by a set of anti-doping rules called the World Anti-Doping Code (the Code).

The Code is the basis of the World Anti-Doping Programme and the CRLA Anti-Doping Regulations are compliant with the Code. The Code aims to harmonise the rules and regulations governing anti-doping for all Players, in all sports, throughout the world. A fundamental principle of the Code is to protect the rights of all Players committed to competing in sport cleanly and fairly.

Players are bound by the rules of the Code as a condition of their participation in the sport of rugby league.

Player Support Personnel are expected to abide by the rules of the Code by virtue of their involvement in rugby league and are subject to the CRLA Anti-Doping Regulations.

An important principle of the Code and the Regulations is that of 'strict liability'. This means that players are solely responsible for any banned substance found in their body - regardless of how it got there, or if there was an intention to cheat.

2. 2015 WORLD ANTI-DOPING CODE

The 2015 World Anti-Doping Code came into effect on 1st January 2015 and made some significant changes to the Anti-Doping Rules.

3. CANADIAN ANTI-DOPING POLICY

The CRLA has signed up to the Canadian National Anti-Doping Policy and the CRLA Anti-Doping Regulations reaffirm the CRLA's commitment to upholding the principles of the Code. The CRLA supports the world class anti-doping programme that CADP delivers and complies with the Code while sustaining systems that are applicable to the structure and varying needs of Players in the sport of rugby league.



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3.1 Anti-Doping Rule Violations (ADRVs)

In order not to break the rules, players need to make sure you know what they are. Under the Code and the CRLA Anti-Doping Regulations, you don't need to test positive to break an anti-doping rule so it is important that you understand and are aware of the following Anti-Doping Rule Violations:

- **PRESENCE** - A prohibited substance and/or prohibited method is found in your bodily specimen, including blood and urine.
- **USE** - You use or attempt to use a prohibited substance or prohibited method.
- **REFUSAL** - You avoid or refuse to undertake a drugs test.
- **WHEREABOUTS FAILURE** - You fail to provide your whereabouts details (National Registered Testing Pool players only) for out of competition testing or give inaccurate whereabouts details leading to a missed test. Any combination of three strikes within 12 months is an ADRV.
- **TAMPER** - You tamper or attempt to tamper with any part of the doping control process.
- **POSSESSION** - You possess prohibited substances and/or methods.
- **ADMINISTER** - You administer or attempt to administer a prohibited substance and/or prohibited method to any Player, or assist, encourage, aid, abet or cover up an anti-doping rule offence.
- **TRAFFICKING** - You traffic prohibited substances.
- **COMPLICITY** - You are involved in an ADRV committed by another person, such as helping to cover up an ADRV or helping another player avoid detection. Sanctions for Complicity are likely to be the same as the sanction for the ADRV that person was complicit in.
- **PROHIBITED ASSOCIATION** - You associate with a person, for example a coach or Doctor, who is serving a suspension for a doping offence or who has been found guilty of a criminal or disciplinary offence equivalent to a doping offence, for example providing banned substances. You will be informed if you are associated with such a person and you must end the association or face a sanction of up to a 2-year ban.

All support personnel can be sanctioned for the following ADRVs – Trafficking, Possession, Use, Administering, Tampering, Complicity and Prohibited Association. All support personnel should ensure they are familiar with the ADRVs that affect them as some can carry a lifetime ban from sport. The CRLA strongly advises that all support personnel are fully aware of their anti-doping responsibilities.

To learn more about the rules and procedures you need to adhere to, visit the websites listed at the end of this document.

4. SANCTION



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Cheating involving serious doping substances (e.g. steroids, Human Growth Hormone) will be sanctioned with 4-year bans, unless the player can prove that use was not intentional.

Positive tests for stimulants (e.g. Methylhexanamine, Ephedrine) will be sanctioned with 4-year bans if someone can prove use was intentional, otherwise a 2-year ban will apply.

Recognition has been given to the fact that some players test positive after taking a Contaminated Product (e.g. supplements). If a player can prove 'no significant fault or negligence' (included in this is a requirement for players to carry out a "reasonable internet search" to check the product is free from banned substances) then the sanction can range from a reprimand to 2-years. Players need to ensure they have substantial proof of the checks they have performed and can demonstrate that they had no intention to cheat.

Refusal or evading sample collection can be sanctioned with up to a 4-year ban.

Substantial assistance has been further incentivised. Admitting a violation or providing assistance which leads to the discovery of other violations can lead to reduced sanctions, up to the elimination of any sanction.

The statute of limitations is 10 years.

EDUCATION

There is now a separation between 'education' and 'information'.

Information programmes should contain basic anti-doping information.

Education programmes should focus on prevention and be values based. Clubs are obliged to ensure all players at all levels are educated by an approved Educator.

5. INTERNATIONAL STANDARDS

The Code is supported by 5 International Standards that outline mandatory systems and processes for testing and investigations, the therapeutic use of a prohibited substance or method, the Prohibited List, WADA accredited laboratories and privacy.

6. PLAYER RESPONSIBILITIES

Your role as a Player carries with it many responsibilities, and your responsibility to compete cleanly and fairly is fundamental. Be responsible: Under the rules of the World Anti-Doping Code and the CRLA Anti-Doping Regulations you are ultimately responsible for any prohibited substance found in your system. This is referred to as STRICT LIABILITY.



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6.1 STRICT LIABILITY

Strict Liability means that the absence of a warning or a guarantee as to the safety of a product from a manufacturer does not reduce the seriousness of the doping offence. Players are personally responsible for any substance found in their specimen.

You are responsible for whom you trust to take advice from about substances, medication and supplements and you are accountable for those you entrust with access to your food and drink. This means that if you take medication from your doctor (GP or club doctor) and do not check whether it is permitted you are at fault if you provide a positive sample. Likewise, if you take a supplement that is contaminated, even after getting a guarantee from the manufacturer or anyone else, you are still responsible for choosing to use that product.

Players have 5 key responsibilities they must fulfill:

- Stay up to date with the latest Prohibited List of Substances and Methods.
- Check the status of any substance before you use it. Note: It is considered an anti-doping offence if a Prohibited Substance is found in your system - regardless of how it came to be there.
- Inform all medical personnel responsible for your health and well being that you compete under specific anti-doping rules and ensure that medical treatment received does not violate anti-doping rules.
- Submit a Therapeutic Use Exemption (TUE) for any prohibited substance and/or method you are prescribed for a legitimate medical condition.
- Undertake thorough research of any product prior to use.

7. PLAYER SUPPORT PERSONNEL RESPONSIBILITIES

In your role as Player Support Personnel either Coaching or Medical Staff, you have a responsibility to ensure that you fully understand and promote the rules of anti-doping - so you can guide your Players through a clean and successful rugby league career.

Player Support Personnel have a highly influential and important role. Your views and actions could have great impact on decisions taken by your Players and it is therefore vital that you set a positive and moral example by consistently enforcing clean anti-doping messages. Remember that it is your job to support and lead your Players, and you need to take responsibility for setting and enforcing the rules.

Player Support Personnel should:



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- Make it clear to all Players that doping in Rugby League is simply not acceptable and not necessary in order to win
- Ensure your Players understand the Anti-Doping Regulations of the CRLA, including the prohibited substances and methods, testing procedures and therapeutic use exemption applications
- Be aware of your role in the testing procedures so you can support your Players during the testing process
- Encourage and remind your Players to provide accurate and up-to-date whereabouts information (if they are required to do so)
- Safeguard the health of your players by emphasizing the risks associated with Prohibited Substances.

If you are supporting a Player, you should not:

- Ignore possible evidence of doping in your team; instead take positive action and speak to the CRLA.
- Avoid enforcing rules or enforce the rules selectively.
- Ignore doping because the team needs a particular Player.
- Ignore drug misuse by Player Support Staff.

Under the rules of the Code and the CRLA Anti-Doping Regulations, if you administer or attempt to administer a prohibited substance and /or prohibited method to any Player, or assist, encourage, aid, abet or cover up an anti-doping rule offence - you are committing an ADRV and may have a sanction of four years or a life ban from sport.

8. SUBSTANCE INFORMATION

Many medications that you may need to take for common illnesses, such as asthma or hayfever, contain prohibited substances.

It is vital that you do not accidentally take a prohibited substance, the consequences are too great. For a first offence, the usual sanction is a 2-year ban from sport (including training and competing), depending upon the substance and individual circumstances.

Ignorance is no excuse!

You are responsible for checking the status of any substance before you use it. If you unknowingly take a banned medication you will still face a sanction.



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The Prohibited List (the List) outlines which substances and methods are prohibited in competition and/or out of competition.

A new version of the List comes into effect every January. However, it may be changed from time to time so it is important that you check for changes on a regular basis.

Unless reported otherwise, any new version of the List will come into effect three months after its publication by the World Anti-Doping Agency (WADA).

If you are consulting this Directory you should check the WADA website (www.wada-ama.org) to be sure you are referring to the correct version of the Prohibited List when checking ^[1]_[SEP] your medication.

The most current Prohibited List is always available on WADA's website: www.wada-ama.org

You can also find out the status of a substance according to the rules by logging on to the Global Drug Reference Online website (GlobalDRO) at www.globaldro.com. This site only includes licensed medications and drugs; it does not include supplements as these are subject to different regulations.

The CRLA will always endeavour to keep club medical staff up to date with any changes in the WADA regulations.

9. PROHIBITED SUBSTANCES

- Anabolic Agents
- Peptide Hormones
- Growth Factors and Related Substances Hormone and Metabolic Modulators^[1]_[SEP]
- Beta-2 agonists
- Diuretics and other Masking Agents
- Stimulants (eg. methylhexanamine and pseudoephedrine)
- Narcotics
- Cannaboids
- Glucocorticosteroids



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9.1 PSEUDOEPHEDRINE

Pseudoephedrine was added to the WADA Prohibited List as of 1st January 2010. This means that any player who provides a sample containing Pseudoephedrine is likely to face at least a ban. Pseudoephedrine is commonly found in cold remedies so be careful which remedies you take when you have a cold. Consult club medical staff before taking any cold remedies. Many cold remedies do not contain Pseudoephedrine and these are often more effective. Therapeutic Use Exemptions will not be granted for cold remedies containing Pseudoephedrine.

Over-using Pseudoephedrine can lead to:

- Fast, pounding or uneven heartbeat
- Increased blood pressure
- Severe dizziness
- Easy bruising and bleeding
- Flu-like symptoms; chills, fevers, aches
- Anxiety and restlessness
- Unusual weakness

9.2 METHYLHEXANEAMINE

Methylhexaneamine has been found in a number of supplements recently and is a Prohibited Substance and as such could carry a 2-year ban for any player who provides a sample containing it.

Methylhexaneamine is commonly referred to by a number of alternative names including, but not limited to, forthan, forthane, floradrene, geranamine, dimethylamylamine, DMAA, dimethylpentylamine, 1,3-dimethylamylamine, geranium oil, geranium extract or pelargonium gravelons. **Please note that not all of these synonyms appear on www.globalDRO.com.**

In 2012 the MHRA (the organisation which regulates medicines) ruled that supplements containing methylhexaneamine were unlicensed medical products and as such cannot be sold in the Canada as they are potentially dangerous and can have serious side-effects.

The type of supplements that are more likely to contain Methylhexaneamine are those supplements which are designed to increase energy or aid weight loss. There is no guarantee that supplements are drug free, and the CRLA and CADP recommend that any player who is considering the use of a supplement assess the need, risks, and consequences of doing so. The Informed-Sport programme evaluates supplement manufacturers for their process integrity, and screens supplements and ingredients for the presence of some prohibited substances; go to www.informed-sport.com for more information. It is also recommended that you keep records of all the checks you carry out before taking any medications or supplements.



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Please be aware that under the principles of Strict Liability contaminated supplements are not a valid defence for a player who tests positive; Players are solely responsible for any substance found in a sample they provide.

9.3 – NON-APPROVED SUBSTANCES

It is prohibited to take any substances that are undergoing pre-clinical or clinical development and are therefore not officially allowed for human therapeutic use.

NB. This list is subject to change and should be read in conjunction with the current WADA Prohibited List www.wada-ama.org.

9.4 HEALTH RISKS

One of the criteria for WADA to include a particular substance on the Prohibited List is that a substance does or may cause a risk to health. The use of a Prohibited Substance can seriously damage health and all players should be aware of these risks.

10. PROHIBITED METHODS

- Manipulation of Blood and Blood components Chemical & physical manipulation^[1]
- Gene doping