



IRISH RUGBY FOOTBALL UNION
ANTI-DOPING REPORT 2015/2016

**#KEEP
RUGBY
CLEAN**

WORLD RUGBY™ ANTI-DOPING



ANTI-DOPING REPORT 2015/2016

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INTRODUCTION
PHILIP BROWNE

The IRFU has a zero tolerance policy to cheating within rugby and is committed to delivering ongoing education in the area of anti-doping. Through Sport Ireland's User-Pays programme the IRFU and other rugby bodies are supplementing the work being done to deliver a robust testing programme. Although rugby has a strong anti-doping track record it is important that we remain vigilant and demonstrate the core values of our game, **INTEGRITY, RESPECT** and **EXCELLENCE**, with an ongoing commitment to promotion of clean participation in our sport. We are grateful to Sport Ireland for their support, professionalism and expertise. As a sport our message is clear – if you are doping there is no place for you in rugby.



World Rugby Social Media Campaign #KeepRugbyClean IRFU ANTI-DOPING

IRFU ANTI-DOPING STRATEGY

The IRFU works closely with Sport Ireland to deliver a comprehensive and robust anti-doping programme for Rugby in Ireland.

The IRFU's anti-doping strategy, delivered in partnership with Sport Ireland, focuses on the following areas:

- In and out of competition testing of professional rugby players in Ireland
- Investment in additional testing to augment Sport Ireland testing through their User Pays programme
- Mandatory anti-doping education for all professional players in Ireland
- Mandatory anti-doping education for all representative underage players in Ireland
- Targeted testing of young players on the player pathway to professional rugby i.e. Provincial & National School and Club U18, U19 & U20s squads, Provincial Academies, Provincial A teams
- Appointment of an Anti-Doping Officer a mandatory element of Ulster Bank League participation

IRFU ANTI-DOPING EDUCATION 2016

- Team Doctors for National and Provincial Squads hosted Educational workshop with information wallet cards provided to all contracted players
- **5** workshops for elite development squads (men and women), at U20s, U18s and U17s level ahead of the start of the 2015/16 season. Education provided to 20 underage representative squads.
- **18** Regional workshops for development squads – players between 16-18years of age. Workshops promoting World Rugby's Keep Rugby Clean campaign and highlighting the IRFU's 'Eat to Compete' sports nutrition education for young players and parents.
- **1500** Sport Ireland anti-doping information wallet cards distributed to clubs in the Testing Pool (Ulster Bank League Divisions 1a, 1b, 2a)
- IRFU Workshops delivered on request for Ulster Bank League teams, (3 to-date in 2016).
- **350** schools received pack designed for secondary school pupils including poster, quizzes and leaflets for use by teachers or rugby coaching personnel.
- **6** tutors trained in conjunction with Sport Ireland to deliver rugby specific modified WADA education programme

TESTING AT RWC15

World Rugby in partnership with UK Anti-Doping took a total of **468** samples from across all **20** participating teams at Rugby World Cup 2015. In a targeted and intelligence-led programme **200** in-competition samples were collected, whilst **268** samples were collected out-of-competition. No adverse analytical findings have been recorded.

All samples taken were analysed at the WADA-accredited laboratory at the Drug Control Centre, King's College, London. Tests included a mix of urine (**317**) and blood (**151**).

While at RWC15 **Ireland players were in-competition tested 24 times.**

The tournament testing plan was built on World Rugby's existing anti-doping programme which has seen over **1,300** blood and urine tests undertaken across the teams between January and September of 2015.

Rugby World Cup 2015 also featured rugby's biggest-ever #KeepRugbyClean anti-doping education programme with more than **600** players and **500** team officials undertaking mandatory education prior to the start of the tournament.

2015 / 2016 AWARENESS INITIATIVES

Over the course of the 2015/16 season the IRFU through the national team supported a number of anti-doping education initiatives via World Rugby's "Keep Rugby Clean" programme. At Rugby World Cup 2015 in London, the Ireland team wore Keep Rugby Clean t-shirts during their warm-up at Wembley Stadium ahead of their Pool D group game against Romania and ahead of the 2016 RBS 6 Nations Championships the Ireland team again wore "Keep Rugby Clean" t-shirts at an open session at the Aviva Stadium in Dublin in front of **5,000** supporters. Clontarf and Cork Constitution captains participated in an awareness drive of the "Keep Rugby Clean" campaign on the eve of the Ulster Bank League Final at the Aviva Stadium in May 2016. The Ireland Men's and Women's 7s squads participated in the Keep Rugby Clean campaign at their respective Olympic Repechage tournaments in Monaco and Dublin as did the Ireland U20 squad at the U20 World Championship in Manchester.

TESTING IN IRELAND EXPLAINED

Sport Ireland manages the National Testing Programme for National Governing Bodies of Sport in accordance with the WADA International Standard of Testing. Under the National Testing Programme both urine and blood testing are completed. Testing can be completed either in-competition or out-of-competition.

In-Competition Testing is "the period commencing twelve (12) hours before a competition in which the athlete is scheduled to participate through the end of such competition and the sample collection process related to such competition." In-competition takes place after the athlete has finished competing for the day.

Out-of-Competition Testing is "any period which is not in-competition." Out-of-competition testing usually takes place at the residence or training grounds of athletes on the Registered Testing Pool or the training grounds of teams.

USER-PAYS SYSTEM EXPLAINED

User-Pays testing is testing conducted in addition to the National Testing Programme on a contract basis for either National Governing Bodies or other Anti-Doping Organisations or for any major International Events taking place in Ireland.

The IRFU is one of a small number of sporting organisations to invest annually in the user-pays system and this investment is augmented by other rugby governing bodies such as World Rugby, 6 Nations and European Professional Club Rugby who also carry out in-competition and out-of-competition testing of Irish professional rugby players across the season. **73%** of all User-Pays testing in Ireland in 2015 was in Rugby

2015/16 SEASON TESTING

There were a total of **267** tests completed across Irish Rugby during the 2015/16 season. This represents an increase of almost **40%** on the previous season and while RWC15 accounts for an increase of around **240%** in testing of the Senior Ireland team there was also a significant increase in testing of Ireland's Sevens players (**43 tests**) who competed in numerous World Rugby and Olympic qualifying competitions.



Clontarf and Cork Constitution captains show their support for the Keep Rugby Clean campaign ahead of their clash in the Ulster Bank League Final at the Aviva Stadium

SPORT IRELAND & USER PAYS TESTING 2012-2016

SEASON	SPORT IRELAND TOTAL	USER PAYS IRFU	USER PAYS EPCR / ERC	USER PAYS 6 NATIONS	USER PAYS WORLD RUGBY	USER PAYS TOTALS	TOTAL TESTS
2015/16	114	32	16	8	110	166	280
2014/15	102	32	16	20	58	126	228
2013/14	85	20	29	16	41	106	191
2012/13	81	36	12	16	24	88	169
2011/12	84	32	24	12	31	99	183

TESTING STATS FOR 2015/16 SEASON

SEASON	SENIOR XV	EMERGING IRELAND / A	NATIONAL U20	UNDER AGE REP	ERC/PRO12	AIL CLUB	WOMEN	PROVINCIAL SQUADS	PROVINCIAL ACADEMIES	7'S	TOTAL
TOTAL IN-COMPETITION & OUT-OF-COMPETITION TESTING IN IRISH RUGBY 2011 - 2016											
2015/16	94	2	27	16	24	4	2	39	18	43	267
2014/15	28	2	24	14	24	4	19	57	19	n/a	191
2013/14	23	2	18	19	20	8	16	61	10	n/a	177
2012/13	23	n/a	22	n/a	38	14	4	64	11	n/a	176
2011/12	73	n/a	12	n/a	6	19	2	36	6	n/a	154

BREAKDOWN OF BLOOD & URINE TESTING

SPORT IRELAND TOTALS			
TESTING	URINE	BLOOD	TOTAL
2015/16	75	39	114
2014/15	62	40	102
2013/14	69	16	85
2012/13	64	17	81
2011/12	66	18	84

USER PAYS TOTALS						
SEASON	IRFU	EPCR/ERC	6N	WR	WR	TOTAL
TESTING	URINE	URINE	URINE	URINE	BLOOD	
2015/16	32	16	8	91	19	166
2014/15	32	16	20	50	8	126
2013/14	20	28	16	33	8	105
2012/13	36	12	16	18	6	88
2011/12	32	24	12	24	7	99

Ireland Men's Sevens player Tom Daly supporting Keep Rugby Clean at Olympic Repechage in Monaco



Ireland fans showing support at Aviva Stadium



73% OF ALL USER-PAYS TESTING IN IRELAND IN 2015 WAS IN RUGBY

RUGBY WAS THE MOST TESTED SPORT IN IRELAND IN 2015 WITH 280 TESTS



Ireland U20's show support of Keep Rugby Clean during Pool Stages of U20 World Championships in Manchester



Ireland squad show their support for the campaign at a training session at Wembley Stadium for Rugby World Cup 2015

POSITIVE TESTS IN IRISH RUGBY

SEASON	POSITIVE RESULTS	DETAILS	LEVEL OF PARTICIPATION & OFFENSE	BAN PERIOD
2015/16	0	n/a	n/a	-
2014/15	0	n/a	n/a	-
2013/14	0	n/a	n/a	-
2012/13	1	Positive test for a non-performance enhancing drug	Club player cannabis use	3 Months
2011/12	1	Positive test for a non-performance enhancing drug	Club player mis-use of supplement containing banned substances	12 Months
2010/11	0	n/a	n/a	-
2009/10	0	n/a	n/a	-
2008/09	1	Positive test for a non-performance enhancing drug	Club player use of an unregistered inhaler	Warning
2007/08	1	Positive test for a non-performance enhancing drug	Club player cannabis use	2 Months
2006/07	0	n/a	n/a	-



RESOURCES

WADA RULES

<http://www.irishsportsCouncil.ie/Anti-Doping/2015-Anti-Doping-Rules/>

WADA PROHIBITED LIST

<http://list.wada-ama.org/>

WORLD RUGBY RESOURCE

<http://keeprugbyclean.worldrugby.org/>



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@IRISHRUGBY