



IRISH RUGBY FOOTBALL UNION
ANTI-DOPING REPORT 2016/2017

**#KEEP
RUGBY
CLEAN**

WORLD RUGBY™ ANTI-DOPING



ANTI-DOPING REPORT 2016/2017

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INTRODUCTION PHILIP BROWNE

The IRFU continues to invest in education and awareness campaigns around the dangers of doping in sport. We operate a zero tolerance policy to cheating within rugby and must remain vigilant in our efforts to safeguard our players and educate them about the importance of clean sport. The professional game is a very different environment to the amateur participation side of the sport but education and awareness across the full spectrum of the game is essential in maintaining Irish rugby's strong anti-doping record.

As always we are grateful to Sport Ireland for their support and professional delivery of the anti-doping programme and the IRFU along with the other rugby bodies will continue to invest in additional testing though Sport Ireland's User-Pays programme. We are committed to keeping rugby clean and will continue to place a strong emphasis on our anti-doping programme.



Ireland players support #KeepRugbyClean campaign in New Jersey – June 2017

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 and National School and Club U18, U19, and U20s squads, Provincial Academies, Provincial A teams*
- Rigorous adherence of the Sport Ireland Therapeutic Usage Exemption (TUE) application protocols
- Appointment of an Anti-Doping Officer a mandatory element of Ulster Bank League participation

IRFU ANTI-DOPING EDUCATION 2017

- Team Doctors for National and Provincial Squads hosted educational workshop with information wallet cards provided to all contracted players
- IRFU anti-doping tutors (trained by Sport Ireland) delivered **25** workshops for Age-Grade elite players in national and provincial squads – male & female at U20, U19 and U18 level
- **1500** Sport Ireland anti-doping information wallet cards distributed to clubs in the Testing Pool (Ulster Bank League Divisions 1a, 1b, 2a)
- Squads competing in World Rugby events completed online 'Keep Rugby Clean' course
- **3** IRFU Workshops delivered on request for Ulster Bank League teams, (in Ulster and Connacht)
- Education pack sent to Mens 7s squad
- **3** staff briefings to National Talent Squad, Exiles and Connacht staff
- **2** workshops for parents of under-age representative squads, Munster U-18 girls and Connacht U17 regional development squad, with a focus on IRFU's 'Eat to Compete' online resources and Sport Ireland 'Med-Checker' App
- **400** packs distributed to secondary schools in October 2016 including poster, quizzes and leaflets for use by teachers or rugby coaching personnel

2016 / 2017 AWARENESS INITIATIVES

Over the course of the 2016/17 season the IRFU through its various representative teams has continued to show leadership and support of World Rugby's anti-doping "Keep Rugby Clean" programme. The national team utilised its Summer Tour of the USA and Japan to generate awareness across the IRFU's social media channels while other representative teams including the Ireland U20s, Ireland Women XV and Ireland Women and Men's 7s also showed their support of the "Keep Rugby Clean" programme.

Players from Clontarf and Cork Constitution, the clubs who competed in the Ulster Bank League final also participated in a photo-call to raise awareness on the eve of their showdown at the Aviva Stadium in May 2017 where the IRFU's Media Team also wore "Keep Rugby Clean" t-shirts at the televised game.

2016/17 SEASON TESTING

Irish rugby players were tested on **308** occasions during 2016. **113** of these tests were funded through Sport Ireland with the remaining **195** tests funded by the IRFU and other rugby bodies through Sports Ireland's User Pays Programme. In 2015 there was a **23% year on year increase** in the number of tests undertaken driven by additional World Rugby testing of the national men's squad pre and during Rugby World Cup 2015 (110 tests) and the Ireland's Sevens representative sides competing in World Rugby events (44 tests).

2016 saw a further **10% increase** on the record high level of testing recorded in 2015. The increase in 2016 is again driven by tests funded through Sport Ireland's User Pays programme with investment by the IRFU and other rugby bodies **increasing the number of tests paid for by rugby bodies from 166 to 195.**

In comparing the testing carried out over the 2016/17 season with the last non RWC year (2014/15) there has been a **14% increase** in testing of the Ireland team. There was an **18% increase** in out-of-competition testing of provincial squads and a **7% increase** in testing at national U20 level. There were decreases in the number of tests at provincial academies and across the sevens programme which is a result of these players being captured elsewhere in the system such as with senior provincial squads, via the AIL, in the U20s representative programme and the fact that it was a non-Olympic year.



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. **71%** of all User-Pays testing in Ireland in 2016 was funded by rugby

SPORT IRELAND & TESTING THROUGH USER-PAYS PROGRAMME

SEASON	SPORT IRELAND TOTAL	USER PAYS IRFU	USER PAYS EPCR / ERC	USER PAYS 6 NATIONS	USER PAYS WORLD RUGBY	USER PAYS TOTALS	TOTAL TESTS
2016	113	32	12	24	127	195	308
2015	114	32	16	8	110	166	280
2014	102	32	16	20	58	126	228
2013	85	20	29	16	41	106	191
2012	81	36	12	16	24	88	169
2011	84	32	24	12	31	99	183

TESTING STATS FOR 2016/17 SEASON

SEASON	SENIOR XV	EMERGING IRELAND / A	NATIONAL U20	UNDER AGE /SCHOOLS	ERC/PRO12	AIL CLUB	WOMEN XV	PROVINCIAL SQUADS	PROVINCIAL ACADEMIES	7'S	TOTAL
TOTAL IN-COMPETITION & OUT-OF-COMPETITION TESTING IN IRISH RUGBY 2011 - 2016											
2016/17	32	0	29	12	24	8	4	46	10	31	196
2015/16	94	2	27	16	24	4	2	39	35	42	285
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

TUEs EXPLAINED

A TUE (Therapeutic Use Exemption) permits an athlete to use a prescribed medicine or treatment method while within the in-competition window. Athletes can only get a TUE if there is no unfair advantage from taking the substance or using the method.

A doctor must apply for a TUE on behalf of the athlete to Sport Ireland's Anti-Doping Unit. The application is reviewed by Sport Ireland's panel of independent medical experts and a decision to grant or deny the TUE is made and communicated to the athlete. Athletes are not permitted to undergo the course of treatment until a TUE has been granted.

In the case of a medical emergency a retrospective TUE can be applied for after the fact and Sport Ireland's medical panel will review the treatment administered to the athlete.

TUEs AND IRISH RUGBY

The IRFU is signed up to Sport Ireland's Anti-Doping Programme – as such all Testing and TUE applications in Irish Rugby are handled independently by Sport Ireland's Anti-Doping Unit. Sport Ireland's TUE policy applies to the following players involved in rugby in Ireland:

- Senior professional players
- Academy players
- Female players in the high performance stream (XVs and 7s)
- Ulster Bank Leagues players – Div1a to Div2c. (UBL players must have an up-to-date medical file managed by their team doctor which can be reviewed should a retrospective TUE be required)
- Underage Players in sub-academy and representative sides

There were 11 TUEs granted to rugby players in 2016.

SEASON	TUEs GRANTED to Irish Rugby	TOTAL TUEs GRANTED by Sport Ireland across all sports	TOTAL TUE APPLICATIONS received by Sport Ireland from all sports
TUEs GRANTED BY SPORT IRELAND			
2016	11	40	71
2015	12	43	75
2014	18	45	75
2013	7	25	65
2012	7	35	61
2011	12	51	94

71% OF ALL USER-PAYS TESTING IN IRELAND IN 2016 WAS IN RUGBY

RUGBY WAS THE MOST TESTED SPORT IN IRELAND IN 2016 WITH 308 TESTS



Ireland Womens 7s at World Series tournament Japan 2017



Clontarf and Cork Con captains support #KeepRugbyClean campaign



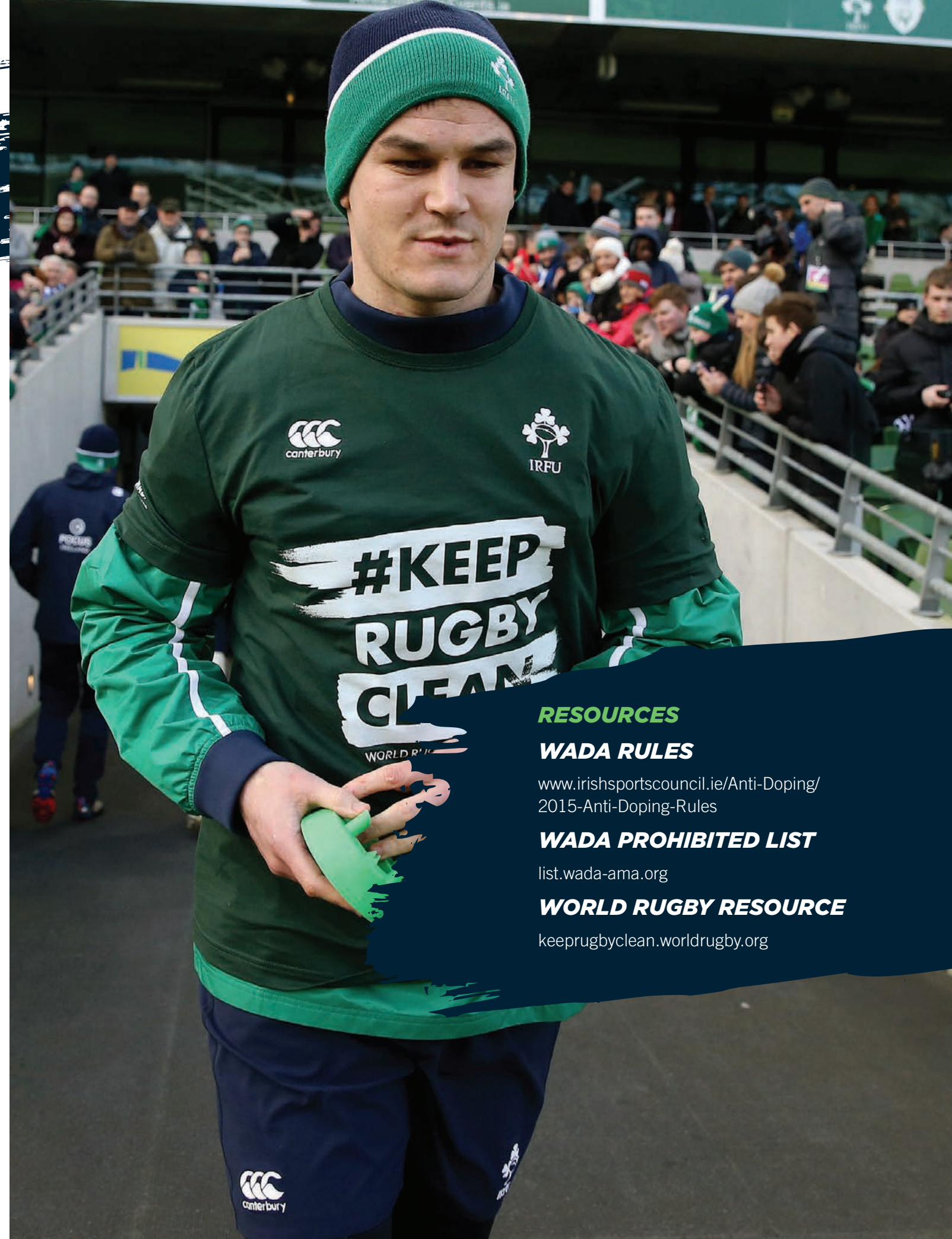
Ireland U20s at 2017 World Championships in Georgia

SPORT IRELAND TOTALS

TESTING	URINE	BLOOD	TOTAL
2016/17	75	38	113
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	TOOTALS
TESTING	URINE	URINE	URINE	URINE	BLOOD	TOTAL
2016/17	32	12	24	110	17	195
2015/16	32	16	8	91	19	166
2014/15	32	16	20	50	8	126
2013/14	20	28	16	33	8	106
2012/13	36	12	16	18	6	88
2011/12	32	24	12	24	7	99



RESOURCES

WADA RULES

www.irishsportsCouncil.ie/Anti-Doping/2015-Anti-Doping-Rules

WADA PROHIBITED LIST

list.wada-ama.org

WORLD RUGBY RESOURCE

keeprugbyclean.worldrugby.org



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