



SPÓRT
ÉIREANN
FRITHDHÓPÁIL

SPORT
IRELAND
ANTI-DOPING

BRIEF GUIDE TO ANTI-DOPING

**UPDATE
FOR 2024**

**2024 Prohibited List:
Tramadol prohibited
in-competition**

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NEW

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NOTE:

From January 2018, intravenous infusions and/or injections of more than a total of 100 mL per 12 hour period are prohibited except for those legitimately received in the course of hospital treatments, surgical procedures or clinical diagnostic investigations.

Check your Medication

Search for active ingredients, formulation names...

Search

REMEMBER:

medcheck.sportireland.ie

is where athletes can check the status in sport of medication purchased in Ireland

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SECTION 1:

What's New for 2024: Tramadol has been added to Prohibited List for 2024



NEW

Major modification concerning tramadol for 2024

- WADA's Executive Committee endorsed the recommendation, by the List Expert Advisory Group, to **prohibit the narcotic tramadol in competition, effective 1 January 2024**.
- Research conducted by WADA identified a potential for a **performance enhancing benefit** from tramadol use.
- WADA research also described the use of Tramadol as significant in sport (some sports particularly high use e.g. cycling (prohibited since 2019), rugby and football).
- WADA also expressed concerns from an **athlete welfare** perspective:
 - a. Use is dose-dependent and therefore there is a higher risk of dependency.
 - b. Tramadol is an opiate; excessive use can result in opiate use disorder.
 - c. It is a controlled drug in many countries due to the risk of overdose.
- The washout period for tramadol is 24 hours.

[2024 Prohibited List](#)



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SECTION 1:

Remember:

Dried Blood Spot Testing was introduced in 2023



NEW

NOTE - WILL NOT REPLACE VENOUS BLOOD DRAW

What is it?

- Sampling technique where small volumes of capillary blood are collected via puncture/incision of the skin.
- Similar to 'heel prick' method used to collect capillary blood samples from babies.
- DBS has been researched in the field of anti-doping since 2000.
- The technical document was approved by WADA in 2021 (TD2021DBS).

Advantages of DBS

- Minimally invasive
- Easier sample collection
- More time efficient
- Lower transport costs
- Easier to store
- Sample stability

Sample Collection Equipment

Tasso - Devices with integrated micro-needle(s) to collect on upper arm



Sample Collection Process:
[TASSO Demonstration](#)

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SECTION 2: Overview



Sport Ireland is the organisation responsible for the management of the Irish Sports Anti-Doping Programme on behalf of the National Governing Bodies (NGBs) of Sport in Ireland. This document is designed as a brief overview of key aspects of Anti-Doping.

You should also check out:

www.sportireland.ie/anti-doping

for comprehensive information or the Anti-Doping Rules of your International Federation (if applicable).



Sport NI is committed to Clean Sport and fully supports Sport Ireland anti-doping programme. The Pure Winner initiative continues to educate and inform athletes, coaches and athlete support personnel on their rights and responsibilities, and aims to create a strong clean sport culture by empowering athletes to be 'Pure Winners'.

Website: www.sportni.net

Telephone: +44 (0) 7583037137

Email: anti-doping@sportni.net

Twitter: @PureWinnerNI



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SECTION 3:

Irish Anti-Doping Rules

ADRVs WADA Code 2021

- 1) Presence of a prohibited substance in your sample
- 2) Use or even attempted use of a banned substance or method
- 3) If you refuse to provide a sample after you have been notified
- 4) For athletes on the registered testing pool, the accumulation of either three missed tests or filing failures over the course of 12 months
- 5) Tampering with or interfering with any stage in the doping control process
- 6) If you are found with a banned substance or method
- 7) Selling a banned substance or anything associated with a banned method
- 8) Giving an athlete a banned substance or supporting or encouraging them in doping
- 9) Helping to cover up another person's ARDV
- 10) Working with an ASP who is currently banned from sport
- 11) Threatening another person or discouraging that person from reporting to authorities of information relating to an ADRV, non-compliance with the Code or other doping activity.

[Anti-Doping Rules | Sport Ireland](#)



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SECTION 4: The Prohibited List

The complete and current list can be found at www.sportireland.ie/anti-doping



DID YOU KNOW?
Recreational drugs including
Cannabis and cocaine are prohibited
and tested for in-competition

Prohibited substances in-and out-of-competition

S0: Non-Approved Substances

S1: Anabolic Agents

- a) Anabolic Androgenic Steroids (AAS)
- b) Other Anabolic Agents e.g. Tibolone, ligandrol

S2: Peptide hormones, growth factors, related substances and mimetics

S3: Beta-2 agonists

S4: Hormone and metabolic modulators

S5: Diuretics and masking agents Prohibited substances in-competition

S6: Stimulants

- a) Non-specified stimulants
- b) Specified stimulants

S7: Narcotics

S8: Cannabinoids

S9: Glucocorticoids



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The Prohibited List contd.

Others:

P1 Beta-blockers (Prohibited substances in particular sports - Consult the relevant sport for its individual prohibited list)

Prohibited methods in-and out-of-competition

M1: Manipulation of blood and blood components

M2: Chemical and physical manipulation

M3: Gene and cell doping

Resources to check over-the-counter and prescribed medications to see if they are prohibited in sport:

Republic of Ireland:

medcheck.sportireland.ie

Northern Ireland, Canada, UK, USA,
Switzerland, Japan and Australia:

[Global DRO](#)

Rest of the World

globaldro.com/home/other-countries



[Read about the latest update to the Prohibited List](#)



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SECTION 5: Treatment Guidelines



The Sport Ireland Anti-Doping website ([Athlete Zone | Sport Ireland](#)) contains information on the treatment guidelines for some common illnesses and conditions.



REMEMBER:

If you require to take medication for any illness/condition you must check the status in sport for that medication

Recommended Precautions:

- Do not take any medications given to you by others without checking them first and establishing if they are permitted in your sport
- Some medications are available in different combinations; e.g. Anusol Suppositories are permitted, Anusol HC Suppositories are prohibited in-competition



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Treatment Guidelines contd.

When Travelling:

- Seek appropriate medical assistance if you require medications when overseas. Use of foreign medications is at the athlete's own risk. Don't assume that brand names available abroad are the same as those at home
- If you suffer from a pre-existing condition (e.g. epilepsy, asthma, diabetes, hayfever), take a supply from Ireland of any medications you may need
- Consider taking common medications with you (e.g. painkillers, cold tablets, upset stomach medications)



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SECTION 6: Therapeutic Use Exemption (TUE)



WHEN TO APPLY FOR A TUE

All RTP athletes need to apply for a TUE for medications containing substances on the Prohibited List

In-Competition
Use

TUE Required

RTP athletes need to apply for a TUE as soon as possible. Non-RTP athletes may apply for a post test TUE.

Out-of-
Competition
Use (During the
Washout Period)

TUE may be
Required
(athlete/physician
should prepare
medical file)

Athlete should
only submit TUE
application in
event of AAF

Out-of-
Competition Use
(Prior to Washout
Period)

Highly unlikely
TUE Necessary
(prepare medical
file)

Athlete should
only submit TUE
application in
event of AAF



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TUE contd.

If your medication is prohibited, you should check with your doctor if an alternative permitted treatment can be used. If there is no permitted alternative you may need to apply for a TUE before using the substance (a Pre-Test TUE) OR in some cases, as long as you have a medical file in place for a TUE, you may take the substance, and if required apply for a Post-Test TUE.

View full details on [Sport Ireland TUE Policy and the TUE application process](#)

Athletes who compete at International Level should check, and comply with, the TUE requirements of their International Federation.



SECTION 7: Supplements Guidelines



REMEMBER - Strict Liability

There are no guarantees that any dietary supplements are safe. Before taking any dietary supplements please assess the following:

- **The Need:** seek nutrition advice from a professional sports dietician
- **The Risk:** If you choose to take a supplement you should assess the associated risks and make an informed decision. Please see risk minimisation guidelines below
- **The Consequences:** Consider the consequences of consuming a supplement containing a banned substance. Potentially this could result in a 4 year ban

Contaminated Products

The issue of contaminated products has been acknowledged in the WADA Code. If an athlete can establish no significant fault or negligence then the WADA sanction can range from a reprimand to a maximum of 2 years.



Supplements Guidelines contd.

Before taking any dietary supplements please ensure you have evidence of the following:

- Proof that you have undertaken a thorough internet research of any supplement products before it is consumed. (Search should include the name of the product and the ingredients/substances listed.
- Any further investigations you have carried out with evidence of same
- Screen shots should be taken and the results saved in a folder. All saved information should be backed up.

Informed Sport (sport.wetestyoutrust.com) is a risk minimisation tool that can be used to access supplements that have been batch tested.



WARNINGS:

- Some vitamin, herbal and nutritional substances/supplements may also contain prohibited substances (link to supplement guidelines)
- Nutritional supplements designed to increase energy and/or aid weight loss, particularly commonly used pre workout supplements, may contain methylhexanamine or other prohibited stimulants
- Do not be misled by the term natural
- Beware of products specifically marketed as sports supplements
- Remember – A prohibited substance may be referred to by a different name on the list of ingredients, or perhaps not listed at all
- Refer to the Sport Ireland's Supplements and Sports Food Policy for more information available at www.sportireland.ie/Anti-Doping



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SECTION 8:

Sample Collection Procedures



REMEMBER - Dried Blood Spot Testing continues to be rolled out in Ireland in 2024

The sample collection procedure at a glance:



1. Athlete Selection

Testing takes place in two situations – in-competition and out-of-competition.

a) In-Competition

- Selection may be random or targeted such as finishing position, jersey numbers, and discipline or targeted for a particular reason.
- Athletes who have not taken part in the competition, e.g. reserves or non-starters, are still subject to doping control.

b) Out-of-Competition

- Testing takes place anytime, anywhere with no advance notice.
- Out-of-Competition is usually for athletes on the Registered Testing Pool (RTP), or teams/national squads on the National Testing Pool (NTP).



Sample Collection Procedures

2. Athlete Notification

- A Doping Control Officer (DCO)/Chaperone will notify you if you have been selected for testing – either urine, blood or both.
- DCO/Chaperone will explain your rights and responsibilities and ask you to sign the Doping Control Form.
- You must report immediately to the Doping Control Station.
- The DCO/Chaperone will stay at your side at all times until the process is finished.

3. Sample Collection

- One or more urine samples and/or blood samples will be collected from you.
- Testing by other anti-doping authorities may be slightly different; if you have any concerns with the process, record it on the doping control form.
- The DCO/Chaperone will guide you through a process of selecting equipment, provision of the urine/blood sample and sealing the sample for the lab.
- You should declare all medications and supplements taken in the previous 7 days on the Doping Control Form.

4. Sample Analysis

- Samples are sent to a WADA accredited laboratory for analysis.

5. Results Management

- The laboratory sends the result to Sport Ireland who will then forward the result to your National Governing Body (NGB).
- It is the responsibility of your NGB to notify you of the result in writing.
- If you have not received your result from your NGB within 6 weeks of the sample collection, please contact your NGB for the result.





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