

implementation process to be put into place. For this purpose 'Rugby' was the non-elite part of the game.

The Council approved the time line over the current four-year cycle from April 2004 until RWC 2007, and also the time line over the four-year cycle commencing with RWC 2007. Details are set out in Appendix 3 of the minutes of the 2004 Annual Meeting previously distributed to Unions. The necessary consequential amendments to Bye-Law 9 have also been agreed and circulated to Unions

#### ALTERATIONS TO THE REGULATIONS RELATING TO THE GAME

The Council, at its Special and Annual Meetings in April 2004 approved a number of amendments to Regulations 5, 17 and 21, which are set out in appendices 1 and 7 of the minutes of the above meetings. Unions were consulted on the above changes and notified accordingly of the Councils decisions.

At a Special Meeting in November 2004 the Council, having considered responses from Unions, approved further proposals to alter Regulation 21 together with a number of proposed amendments in respect of Regulations 5 & 17. Details of these amendments are set out in appendices 1 & 2 of the minutes of these meetings.

The Council has also requested the Executive Staff to review the provisions of Regulations 4, 17 and 22 with reports and proposed amendments for consideration at a

Special Meeting in April 2005. Details of the proposals will be circulated to Unions for comment in the normal manner.

#### MEDICAL

The Medical Advisory Committee met on two occasions in 2004 with the Council, at its Annual and Interim Meetings in April and November respectively, having considered and adopted the majority of the recommendations of these meetings which included the following;

- Proposed appointment of an IRB Medical Officer
- Approval of the Boston-Area Collegiate Rugby Injury Surveillance Study
- Approval of proposed Conference to discuss rugby epidemiology and professional international injury data management.

All recommendations which are of common interest to other IRB Committees are, in the first instance referred to these Specific Committees prior to consideration by Council. The resultant decisions are recorded in the minutes of the above meetings which have been previously circulated to all Unions and Regional Associations.

#### IRB ANTI DOPING PROGRAMME

In 2004 the IRB conducted a total of 829 doping controls, this included 379 In Competition Tests and 450 Out of Competition Tests.

The breakdown of the IRB's Doping Control Programme for 2004 was as follows:

Level of Player	In Comp	OOC	Total Tests	Results/Offences	Substance	Outcome
IRB Sevens	196	167	363	5 Findings	Cannabis	3 months
					Cannabis	2 months
				Admission	Anabolic Agent	1 Year (Player)
				Administration	Anabolic Agent	2 Years (Physio)
			Supply	Anabolic Agent	10 Year (Doctor)	
U19's WC	95	92	187	Negative	-	-
U21's WC	64	-	64	Negative	-	-
Other International	24	191	215	2 Findings	*Salbutamol	Warning
					*Salbutamol	3 months
<b>TOTAL</b>	<b>379</b>	<b>450</b>	<b>829</b>		-	-

\* Salbutamol is permitted via inhalation for the treatment of asthma or exercise induced asthma/broncho spasm when the Player and their prescribing doctor complete an abbreviated Therapeutic Use Exemption (TUE) form. In both of these cases no abbreviated TUE was submitted.

**In Competition (In Comp)** means a drug test, which takes place after a Player's participation, or scheduled participation, in a Match.

**Out of Competition (OOC)** means any doping control which is not In Competition.

### Member Union Doping Control Programmes

The role that Member Unions play is crucial in the combined effort and fight against doping in rugby and this continues to increase year by year. The history to date of combined Member Unions total doping controls conducted are as follows:

- 2000: **1888 tests**
- 2001: **2169 tests**
- 2002: **2234 tests**
- 2003: **2519 tests**

Test statistics of Member Unions for 2004 are currently being compiled.

The total number of anti doping rule violations returned as a result of testing undertaken by the IRB, National Anti Doping Agencies, Member Unions / Tournament Organisers in 2004 as a result of their own Anti Doping Programmes is as follows:

Union/Club	Level of Player	Test Date	Substance / Violation	Class	Sanction Received
Netherlands	Pending	14/01/2004	Cocaine & THC	Stimulant & Cannabis	Pending
Netherlands	Pending	14/01/2004	THC	Cannabis	Pending
Spain - Atletico Bera Bera	Division Honor	24/01/2004	Salbutamol	Beta 2 Agonist	3 months
Spain - CAU Valencia	Division Honor B	25/01/2004	Salbutamol	Beta 2 Agonist	3 months
England - WRFU	Manager - National Womens	15/02/2004	Obstruction	NA	4 months
Wales - Newport	Premier Division	24/03/2004	Refusal	NA	12 months
France	2nd Div	24/03/2004	THC	Cannabis	2 months
South Africa	Currie Cup - Leopards	26/03/2004	THC	Cannabis	Warning
Italy - Modena	A1 C'ship	28/03/2004	THC	Cannabis	4 months
France	1st Div	29/03/2004	THC	Cannabis	2 months
Wales - Tredegar	1st Div	31/03/2004	Refusal	NA	2 years
Wales - Tredegar	1st Div	31/03/2004	Obstruction	NA	2 years
Wales - Llanharan	P'Ship	10/04/2004	Ephedrine	Stimulant	Warning
Wales - Brynmawr	1st Div	17/04/2004	Ephedrine	Stimulant	Warning
Wales - Newport	Premier Division	03/11/2004	Ephedrine	Stimulant	Warning
Italy - Riviera del Brenta	A C'Ship	18/04/2004	THC	Cannabis	6 months
Italy - CUS Roma	A C'Ship	18/04/2004	Hydrochlorthiazide, Amyliride	Masking Agent / Diuretic	2 months
Spain - VRAC Madrid	Division Honor	25/04/2004	THC	Cannabis	3 months
Netherlands	Pending	25/05/2004	THC & Cocaine	Cannabis & Stimulant	3 months
Netherlands	Pending	25/05/2004	Cocaine & Methylendioxy-methamphetamine	Stimulant	3 months
Netherlands	Pending	25/05/2004	THC & Methylendioxy-methamphetamine	Cannabis & Stimulant	3 months
South Africa	Serving prior sanction	24/06/2004	Nandralone	Anabolic Agent	Life (2nd offence)
South Africa	Schoolboys	12/07/2004	THC	Cannabis	6 months
France	National 7's	17/07/2004	THC	Cannabis	2 months
France	Pending	18/08/2004	Indapamide	Masking Agent	Pending
New Zealand	NPC Div 2	21/08/2004	THC	Cannabis	Warning
Belgium	Pending	07/09/2004	Amphetamine	Stimulant	Pending
South Africa	Division 1	24/09/2004	Testosterone	Anabolic Agent	2 years
Marocco	National 7s	25/09/2004	THC	Cannabis	3 months
Namibia	National 15s	25/09/2004	Salbutamol	Beta 2 Agonist	Warning
Zimbabwe	National 15s	25/09/2004	Salbutamol	Beta 2 Agonist	3 months
Netherlands	Pending	01/10/2004	Methylendioxy-methamphetamine	Stimulant	Pending
Spain	Division A	03/10/2004	THC	Cannabis	Pending
Netherlands	Pending	07/10/2004	THC and Terbutaline	Cannabis / Beta 2 Agonist	Pending
Czech Republic	Division 1	16/10/2004	THC	Cannabis	6 months
England	National League 3 North	06/11/2004	Cocaine	Stimulant	2 years
France	Division 3	14/11/2004	THC	Cannabis	3 months

Union/Club	Level of Player	Test Date	Substance / Violation	Class	Sanction Received
France	Division 3	14/11/2004	THC	Cannabis	2 months
France	Division 3	14/11/2004	THC	Cannabis	2 months
Poland	Division 1	20/11/2004	Ephedrine	Stimulant	6 months
France	Federal 1	21/11/2004	Heptaminol	Stimulant	6 months
Italy	U21	05/12/2004	THC	Cannabis	2 months
Italy	A Series	05/12/2004	THC	Cannabis	2 months
England	National Div 3 North	11/12/2004	Ephedrine	Stimulant	3 months
France	Federal 1	14/12/2004	THC	Cannabis	2 months

### Implementation of the

#### World Anti Doping Agency (WADA) Code

The IRB incorporated the mandatory provisions of the WADA Code into IRB Regulation 21, effective from 1 June 2004. An education paper on the major changes in particular to the Therapeutic Use Exemption process and the IRBs Out of Competition doping control programme was developed for all Member Unions to assist with the transition and their adherence to the new administration processes.

#### IRB Anti Doping Advisory Committee

The IRB's Anti Doping Advisory Committee (ADAC) met twice during 2004 at the IRB offices in Dublin. The Committee is made up off anti doping experts and includes a mix of medical, legal and rugby administrators.

The ADAC plays a crucial role in providing advice to the Board on anti doping matters and committee members also sit on judicial and appeal committees on behalf of the Board when an IRB anti doping rule violation has occurred. ADAC members are also involved in the review of the final decisions of Member Unions who have dealt with an anti doping rule violation under their jurisdiction on behalf of the Board.

The ADAC is comprised of the following committee members:

- Dr Syd Millar – Chairman of IRB
- Dr Roger Evans – Wales
- Tim Gresson – New Zealand
- Dr Ismail Jakoet – South Africa
- Prof Ichiro Kono – Japan
- Graeme Mew – Canada
- Dr Barry O'Driscoll – Ireland
- Gregor Nicholson – Scotland
- Bill Nolan – IRB Council Member – Scotland

#### IRB Anti Doping Seminar

The presentation of the third IRB Anti Doping Seminar to approximately 750 players and officials prior to the IRB U/19 World Championships in Durban, South Africa was a great success in delivering the anti doping message to the future stars of the game. Speakers included the IRB's Anti Doping Manager, Tim Ricketts and Dr Ismail Jakoet. The

seminar covered the procedures associated with a test, the harm associated with taking prohibited substances, the prohibited list and the dangers of supplementation.

The education seminar was followed by a vigorous testing programme of 188 tests, which all returned negative results and set a record for the most number of samples collected in one day by the IRB. The programme consisted of both on arrival testing and In Competition testing which gave the Players an insight as to what they could expect in the future.

#### Out of Competition Testing

The IRB launched its global no notice Out of Competition (OOC) testing programme in 2004 and signed a testing agreement with Anti Doping International (ADI) for the management of the IRB's OOC testing programme. The programme became the main focus of the IRB's drug testing campaign targeting the 20 Member Unions that participated in the RWC2003 and the 24 Member Unions who qualified for the RWC2005 Sevens.

The applicable Unions provided player whereabouts information to the IRB on each individual Player who was part of their national squad along with national and club training details. This information was passed onto ADI for the coordination with anti doping agencies around the world to conduct the tests. Member Unions gave their full support to this programme. Testing occurred for the first time by the IRB in Georgia, Russia, Romania, Kenya, Tunisia and the remote islands of Fiji, Tonga and Samoa.





Under the IRB Anti Doping Regulations a Player may be tested Out of Competition anywhere at anytime. No notice testing means that an authorised Doping Control Official may show up unannounced at anytime to a players training venue or residential address and request that a sample be provided for doping control. This type of testing carries the strongest deterrence effect against the use of performance enhancing drugs.

The French Ministry for Sport conducted a number of Out of Competition tests on behalf of the IRB in 2004 not only on French national squad players but also on a number of foreigners playing professional club rugby in France. This included players from Argentina, Canada, Italy, Georgia and Romania.

#### Oceania Pilot Project with WADA

The IRB teamed up with WADA, the Australian Sports Drug Agency, the New Zealand Sports Drug Agency and the Oceania National Olympic Committees to put in place a team of Doping Control Officers on each of the main rugby islands in the Pacific which would make anti doping education and testing more accessible to the various international and national sports bodies.

Doping control staff were recruited from the Pacific Islands of Fiji, Papua New Guinea, Samoa and Tonga through their National Olympic Committee and training was then provided by the Australian and New Zealand Sport Drug Agencies. WADA then was able to use the IRB's Out of Competition testing programme as part of the training for the newly trained Doping Control Officers in Fiji, Samoa and Tonga.

This project has opened up the barriers that existed in these islands which required the IRB and other sporting bodies to 'fly in' doping control teams to conduct testing which was an expensive exercise.

#### Therapeutic Use Exemptions (TUEs)

The IRB put in place a Therapeutic Use Exemption Committee (TUEC) to oversee the handling of all TUEs from International Level Players who are part of the IRB's Registered Testing Pool or who participate in an IRB organised tournament or match.

In 2004 the IRB received 485 abbreviated TUEs which are only applicable for inhaled Beta 2 Agonists including Salbutamol, Salmeterol, Terbutaline and Formoterol or Glucocorticosteroids that are administered via local or intra articular injections, topically, aural, ophthalmic or rectally.

A Player who requires the use of any other prohibited substance must apply to the IRB's TUEC using a standard TUE application for exemption. The IRB received four standard TUE applications, which were approved by the IRB TUEC in 2004 for the following prohibited substances.

- Oral Glucocorticosteroids: 3
- Insulin: 1

The application forms for either an abbreviated or standard TUE can be found on the anti doping section of the IRB website under schedule 3 or 4 depending on the substance and route of administration a Player is seeking exemption for.

Due to the non-compliance by two players in respect of the abbreviated TUE process the IRB reprimanded one Player and gave the other a 3 month sanction for failing to submit an abbreviated TUE application within the required time frame.

#### TRANSLATION SERVICES

##### General Policy

The IRB official languages are English, French and Spanish and administrative and technical documentations are available in these three languages but the IRB had in the past sensitive and important documents (for instance the anti-doping education brochure for the U19) translated into a number of other languages. Furthermore, following a request by FIRA AER, the IRB is to produce the Laws of the Game (and the Charter) in Russian for development and training purposes.

##### Meetings

Simultaneous interpretation or support translation services were offered to the IRB Member Unions Representatives, during meetings (including the Interim Council Meeting, the Council Meeting and the Regional Meeting in Dublin) and conferences. The IRB also provides translation and linguistic support for training sessions (Referees, Coaches, Assessors, etc.) and the Train the Trainer session for the RDMs.

##### Tournaments

All tournaments manuals (IRB Sevens, RWC7s and RWC 2007 Qualifiers, U21 and U19 Championships) are available in the three official languages for the participating unions.

##### Technical Resources

The Train the Trainer resources are being finalised in French and Spanish while the guide Rugby Refereeing in Practice