

# Keep Rugby Clean

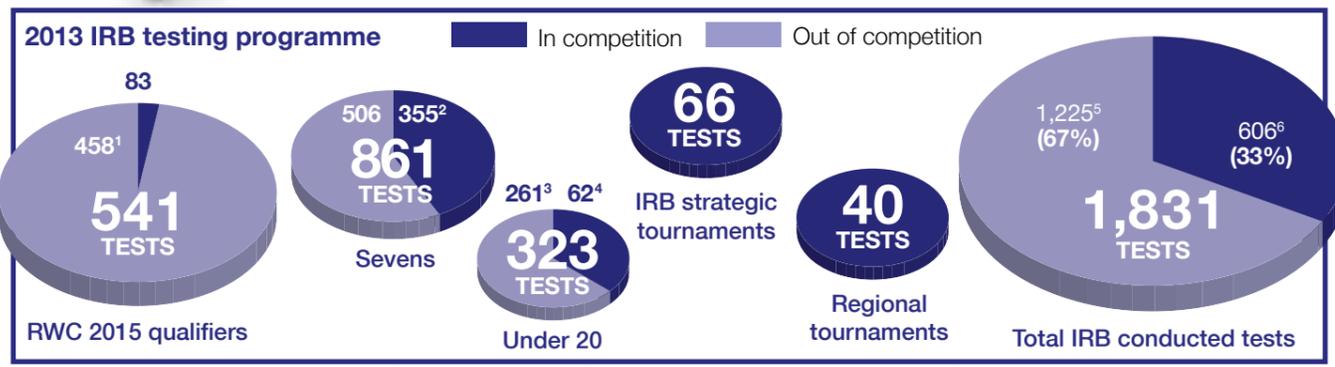
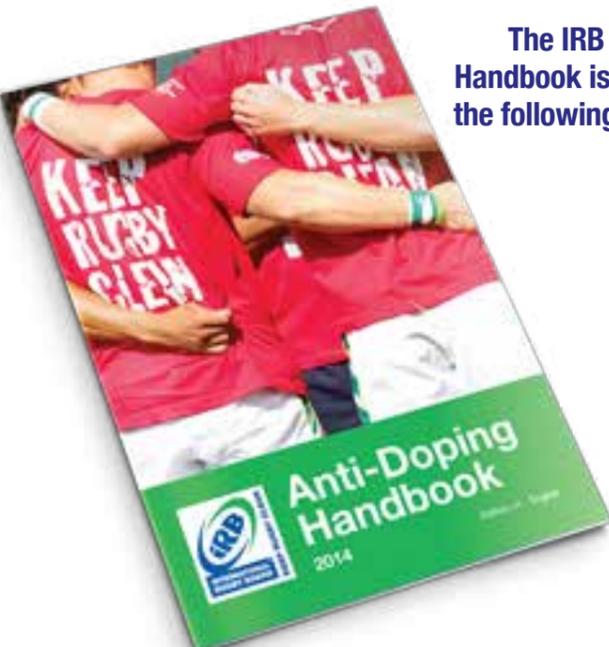
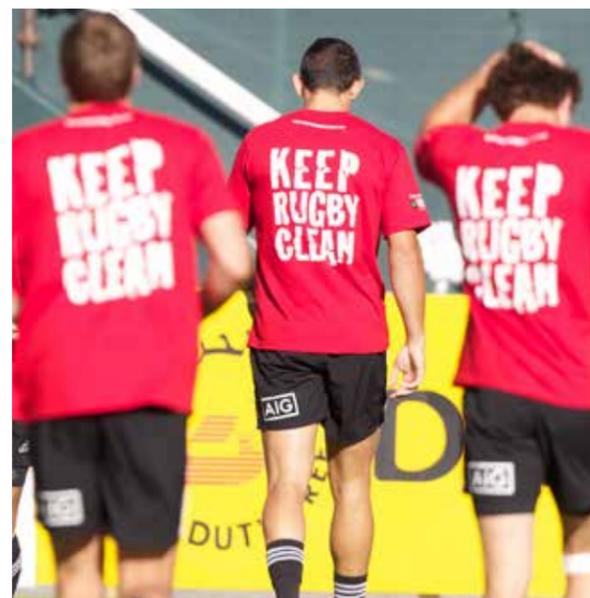
More than 1,800 tests produced the lowest number of Anti-Doping violations since 2005

2013 marked something of a changing of the guard with IRB Anti-Doping Manager Tim Ricketts taking up the role of Deputy Director of Standards and Harmonisation at the World Anti-Doping Agency (WADA).

The strong programme he started over a decade ago has continued to grow and culminated in another record year for the IRB with a total of 1,831 tests yielding only three Anti-Doping rule violations, the lowest number since 2005.

The IRB Anti-Doping Handbook is available in the following languages:

- Chinese
- English
- French
- Georgian
- Italian
- Japanese
- Portuguese
- Romanian
- Russian
- Spanish



<sup>1</sup> Includes 70 blood tests <sup>2</sup> Includes 34 blood tests <sup>3</sup> Includes 3 blood tests <sup>4</sup> Includes 4 blood tests <sup>5</sup> Includes 73 blood tests <sup>6</sup> Includes 38 blood tests

DEVELOPMENTS IN ANTI-DOPING

The IRB's blood testing programme continued to expand and was introduced successfully to Rugby World Cup Sevens 2013 in Moscow where 34 blood and 99 urine samples were collected.

2013 also saw the 2015 World Anti-Doping Code ratified in Johannesburg, introducing harsher sanctions for cheaters and two new Anti-Doping rule violations to better encompass the athlete entourage. The new Code also places particular emphasis on values-based education and prevention programmes with a focus on young people.

Education and awareness has always been a key component in the IRB's Anti-Doping programme. Continuing in that vein, the IRB launched its Anti-Doping e-learning programme in June, coinciding with *Keep Rugby Clean* Day at the IRB Junior World Championship 2013 in France. The e-learning

programme, along with all the other Anti-Doping resources, can be found at [www.keeprugbyclean.com](http://www.keeprugbyclean.com).

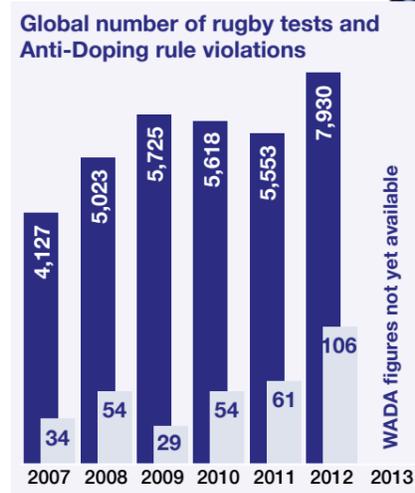
**Compulsory requirement**  
 Since October, the IRB Anti-Doping e-learning programme has become a compulsory requirement for all players and management participating in all IRB and regional tournaments. It is vital that Anti-Doping awareness and education is promoted at every level of the Game, not just by the IRB but also by Regional Associations, educators, coaches and support personnel.

The IRB Anti-Doping staff have been working closely with the Regional Associations towards transferring Anti-Doping responsibilities onto them and a number of regional tournaments were identified as being a priority for testing and Anti-Doping education in 2014.

The IRB hope that every region will be in a position to independently administer

their education and testing programmes by 2015. The Anti-Doping regionalisation project was fully supported by the IRB Regional Advisory Committee in November. The IRB will continue to assist the implementation of the testing programme across every region when required.

*Keep Rugby Clean* Day was also successfully debuted at the Dubai round of the 2013/14 HSBC Sevens World Series, where USA flyer Carlin Isles (pictured below) was unveiled as the newest *Keep Rugby Clean* Ambassador. "I am passionate about playing Rugby Sevens for my country on the world stage and feel blessed to have been given this opportunity," said Isles. "In international sport it is important for us as athletes to know that we are competing against other clean athletes, and it is reassuring for us to know that people are out there constantly making sure that is the case."



IRB Anti-Doping cases in 2013

Member Union	Substance/Violation	Sanction
Scotland	Methandienone and Stanozolol	2 years
Namibia x 2	Methylhexanamine	6 months



**40%**

INCREASE IN TRAFFIC TO THE TRILINGUAL KEEP RUGBY CLEAN WEBSITE (42,000 HITS IN 2013)