



**Rugby AU Semi-Professional Supplements Policy**

Effective from 7 March 2018

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Moore Park  
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## 1. Position statement

- 1.1. Rugby Australia Ltd (**Rugby AU**) acknowledges the use of Supplements in Rugby and is committed to establishing best practice protocols based on the core principles of player safety, evidence-based science and compliance with the World Anti-Doping Agency (**WADA**) Prohibited List.
- 1.2. There is no expectation or requirement that any individual associated with Rugby must use Supplements.
- 1.3. Rugby AU approves of the appropriate use of Supplements in accordance with this Policy to support a nutritional program and promotes the 'food first' message, which is that a person is more likely to benefit from a health and performance focused, outcome driven meal plan, which should be established with the assistance of an accredited practising dietitian.
- 1.4. Supplements may assist a Player to achieve peak performance, although this varies between individuals. However, limitations to the regulation of the Supplement industry mean that:
  - 1.4.1. marketing hype may exaggerate the benefits of Supplements; and
  - 1.4.2. there is currently no guarantee that any particular Supplement is totally free from substances on the WADA Prohibited List.
- 1.5. If a Player uses Supplements in an unregulated manner, they may:
  - 1.5.1. risk committing a 'doping' offence such as an offence under the Rugby AU Anti-Doping Code (**Doping Offence**);
  - 1.5.2. compromise their health or performance;
  - 1.5.3. waste time and money on products that have no measurable benefit on their performance; and/or
  - 1.5.4. set a poor example for other members of the community.
- 1.6. Each Player is solely responsible for any substances on the WADA Prohibited List (or traces of them) found to be present in their body and for their possession, use, attempted use, trafficking or attempted trafficking of the substances or methods on the WADA Prohibited List. If a Player wishes to use Supplements, the best way to mitigate the risks associated with them is to comply with this Policy.
- 1.7. This Policy should not be considered as a substitute for seeking the professional advice of an accredited practising dietitian or doctor, who can provide the latest information on the risks and benefits of using a particular Supplement and if applicable, recommend an appropriate protocol for using that Supplement.
- 1.8. Rugby AU supports and has adopted the Australian Institute of Sport (**AIS**) Supplementation Group Classification System (in a form that is most relevant to Rugby at Schedule 1 of this Policy) which provides expert classification of Supplements and is subject to ongoing research, continual review and change.

## 2. Objectives – why does this Policy exist?

- 2.1. This Policy has been developed by Rugby AU with the objective of:
- 2.1.1. encouraging safe and healthy practices for all participants in their use of Supplements;
  - 2.1.2. protecting the health and well-being of Players in their use of Supplements;
  - 2.1.3. providing all Players with access to expert information on nutrition and Supplements and allowing them to make informed decisions on Supplement use;
  - 2.1.4. educating all Players on the risks of Supplement use;
  - 2.1.5. minimising the risk of Supplement use by Players leading to an inadvertent Doping Offence or Players' health and/or performance being compromised;
  - 2.1.6. ensuring that the provision of Supplements to Players and use of Supplements by Players optimizes the benefits of those Supplements and is safe and consistent, regardless of personnel changes within a Semi-Professional Club (SPC);
  - 2.1.7. establishing a Supplement provision protocol that must be followed by Players and SPCs which will ensure a safe and consistent approach to the provision of supplements to Players and use of Supplements by players, whilst maintaining confidentiality; and
  - 2.1.8. establishing and enforcing a minimum standard of qualification for those persons responsible for Supplement provision and advice in semi-professional Rugby.

## 3. Application – who does this Policy apply to?

- 3.1. All Players and SPCs must comply with this Policy, and a person will also be required to comply with this Policy if they work within an SPC.
- 3.2. This Policy will not apply to a Player in respect of their use of a Supplement in order to treat a medical condition, under the direction of a medical practitioner registered in Australia and in accordance with the Rugby AU Semi-Professional Medical Policy.
- 3.3. This Policy is effective on and from 7 March 2018 and is in force for the duration of the Competition.

## 4. Supplements – what can I use?

- 4.1. In this Policy, Supplements are classified into eight groups (Group A – Sports Foods, Medical Supplements and Performance Supplements, Group B – Sports Foods, Medical Supplements and Performance Supplements, Group C and Group D) according to their effectiveness and safety, as set out in the AIS Sports Supplement Framework (adapted for Rugby) in Schedule 1.

## Group A – Sports Foods

- 4.2. (Rugby AU Semi-Professional Policy)** A Player may use a Group A Sports Food on the following conditions:
- 4.2.1. they use it in support of a nutrition program that emphasises appropriate timing, quantity and choice of meals and snacks emphasising Whole Foods;
  - 4.2.2. they are educated about the appropriate use of the Supplement and its place in an appropriate sports nutrition program; and
  - 4.2.3. they have carefully considered the risk of any inadvertent Doping Offence as a result of using the Supplement. In doing so, the Player should consider the reputation of the manufacturer (e.g. consider whether it is a Sports Food Manufacturer or a Supplement Company) and the controls the manufacturer has in place.
- 4.3. (Process)** A Player does not require any permission to use a Group A Sports Food.
- 4.4. (Rationale)** According to the AIS, Sports Foods:
- 4.4.1. provide a useful and timely source of energy and nutrients in an athlete's diet; and/or
  - 4.4.2. have been shown in scientific trials to benefit performance, when used according to a specific protocol,

## Group A – Medical Supplements

- 4.5. (Rugby AU Semi-Professional Policy)** A Player may use any Group A Medical Supplement, on the following conditions:
- 4.5.1. Either:
    - a) they have received permission to do so and advice in relation to using that Supplement from their SPC Doctor; or
    - b) they have received permission to do so and advice in relation to using that Supplement from their SPC Sports Dietitian (provided that the SPC Sports Dietitian has consulted the SPC Doctor);
  - 4.5.2. they use it in support of a nutrition program that emphasises appropriate timing, quantity and choice of meals and snacks emphasising Whole Foods, developed by their SPC Sports Dietitian or SPC Doctor;
  - 4.5.3. they are educated about the appropriate use of the Supplement and its place in an appropriate sports nutrition program; and
  - 4.5.4. they have carefully considered the risk of any inadvertent Doping Offence as a result of using the Supplement. In doing so, the Player should consider the reputation of the manufacturer (e.g. whether they are a well-recognised pharmaceutical manufacturer) and the controls the manufacturer has in place.
- 4.6. (Process)** If a Player wishes to use a Group A Medical Supplement, they must first:
- 4.6.1. receive permission from their SPC Doctor to use the Supplement, only

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use that Supplement as directed by their SPC Doctor and, if Supplements are provided through their SPC, only source that Supplement from their SPC Doctor; or

- 4.6.2. receive permission from their SPC Sports Dietitian (provided that the SPC Sports Dietitian has consulted the SPC Doctor), only use that Supplement as directed by their SPC Sports Dietitian and, if Supplements are provided through their SPC, only source that Supplement from their SPC Sports Dietitian; or
- 4.6.3. receive written permission from their SPC Doctor to source that Supplement from a third-party provider and only source and use that Supplement as directed by their SPC Doctor.

**4.7. (Rationale)** According to the AIS, Group A Medical Supplements:

- 4.7.1. provide treatment for clinical issues, including diagnosed nutrient deficiencies, and/or enhance overall health status.

**Group A Performance Supplements**

**4.8. (Rugby AU Semi-Professional Policy)** A player may use any Group A Performance Supplement on the following conditions:

- 4.8.1. they have received permission to do so and advice in relation to using that Supplement from their SPC Sports Dietitian or SPC Doctor;
- 4.8.2. they use it in support of a nutrition program that emphasises appropriate timing, quantity and choice of meals and snacks emphasising Whole Foods, developed by their SPC Sports Dietitian or SPC Doctor;
- 4.8.3. they are educated about the appropriate use of the Supplement and its place in an appropriate sports nutrition program;
- 4.8.4. they have carefully considered the risk of any inadvertent Doping Offence as a result of using the Supplement; and
- 4.8.5. the Group A Performance Supplement is strongly recommended to have undergone third-party batch testing with a provider deemed suitable by Rugby AU to minimise the risk of an inadvertent Doping Offence.

**4.9. (Process)** If a player wishes to use a Group A Performance Supplement, they must first:

- 4.9.1. receive permission from their SPC Sports Dietitian or SPC Doctor to use the Supplement;
- 4.9.2. if Supplements are provided through their SPC, only source that Supplement from their SPC Sports Dietitian or SPC Doctor and only use that Supplement as directed by their SPC Sports Dietitian or SPC Doctor; or
- 4.9.3. receive written permission from their SPC Sports Dietitian or SPC Doctor to source that Supplement from a third-party provider and only source and use that Supplement as directed by their SPC Sports

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Dietitian or SPC Doctor; and

- 4.9.4. understand that Rugby AU deem Performance Supplements to carry a greater risk of a Doping Offence and therefore it is strongly recommended that the Performance Supplement has undergone third-party batch testing with a provider deemed suitable by Rugby AU.

**4.10. (Rationale)** According to the AIS, Group A Performance Supplements:

- 4.10.1. provide a useful and timely source of energy and nutrients in an athlete's diet; and/or
- 4.10.2. have been shown in scientific trials to benefit performance, when used according to a specific protocol.

**Group B Sports Foods**

**4.11. (Rugby AU Semi-Professional Policy)** A Player may use a Group B Sports Food on the following conditions:

- 4.11.1. they use it in support of a nutrition program that emphasises appropriate timing, quantity and choice of meals and snacks emphasising Whole Foods;
- 4.11.2. they are educated about the appropriate use of the Supplement and its place in an appropriate sports nutrition plan; and
- 4.11.3. they have carefully considered the risk of any inadvertent Doping Offence as a result of using the Supplement. In doing so, the Player should consider the reputation of the manufacturer (as a Sports Food Manufacturer) and the controls the manufacturer has in place.

**4.12. (Process)** A Player does not require permission to use a Group B Sports Food.

**4.13. (Rationale)** According to the AIS, Group B Sports Foods:

- 4.13.1. may provide a useful and timely source of energy and nutrients in an athlete's diet; and/or
- 4.13.2. are deserving of further scientific research regarding potential benefits to performance when used according to a specific protocol.

**Group B Medical Supplements**

**4.14. (Rugby AU Semi-Professional Policy)** A player may use a Group B Medical Supplement on the following conditions:

- 4.14.1. they have received permission to do so and advice in relation to using that Supplement from their SPC Doctor; or
- 4.14.2. they have received permission to do so and advice in relation to using that Supplement from their SPC Sports Dietitian (provided that the SPC Sports Dietitian has consulted the SPC Doctor);
- 4.14.3. they use it in support of a nutrition program that emphasises appropriate timing, quantity and choice of meals and snacks emphasising Whole Foods, developed by their SPC Sports Dietitian or SPC Doctor;
- 4.14.4. they are educated about the appropriate use of the Supplement and its place

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in an appropriate sports nutrition program; and

- 4.14.5. they have carefully considered the risk of any inadvertent Doping Offence as a result of using the Supplement. In doing so, the Player should consider the reputation of the manufacturer (e.g. whether they are a well-recognised pharmaceutical manufacturer) and the controls the manufacturer has in place.

**4.15. (Process)** If a Player wishes to use a Group B Medical Supplement, they must first:

- 4.15.1. receive permission from their SPC Doctor to use the Supplement, only use that Supplement as directed by their SPC Doctor and, if Supplements are provided through their SPC, only source that Supplement from their SPC Doctor; or
- 4.15.2. receive permission from their SPC Sports Dietitian (provided that the SPC Sports Dietitian has consulted the SPC Doctor), only use that Supplement as directed by their SPC Sports Dietitian and, if Supplements are provided through their SPC, only source that Supplement from their SPC Sports Dietitian; or
- 4.15.3. receive written permission from their SPC Doctor to source that Supplement from a third-party provider and only source and use that Supplement as directed by their SPC Doctor.

**4.16. (Rationale)** According to the AIS, Group B Medical Supplements:

- 4.16.1. may provide treatment for clinical issues (including diagnosed nutrient deficiencies) and enhance overall health status; and/or
- 4.16.2. are deserving of further scientific research regarding potential benefit to health when used according to a specific protocol.

## **Group B Performance Supplements**

**4.17. (Rugby AU Semi-Professional Policy)** A Player may use any Group B Performance Supplement on the following conditions:

- 4.17.1. they have received permission to do so and advice in relation to using that Supplement from their SPC Sports Dietitian or SPC Doctor;
- 4.17.2. they use it in support of a nutrition program that emphasises appropriate timing, quantity and choice of meals and snacks emphasising Whole Foods, developed by their SPC Sports Dietitian or SPC Doctor;
- 4.17.3. they are educated about the appropriate use of the Supplement and its place in an appropriate sports nutrition program;
- 4.17.4. they have carefully considered the risk of any inadvertent Doping Offences as a result of using the Supplement; and
- 4.17.5. the Group B Performance Supplement is strongly recommended to have undergone third-party batch testing with a provider deemed suitable by Rugby AU to minimise the risk of an inadvertent Doping Offence.

**4.18. (Process)** If a Player wishes to use a Group B Performance Supplement, they must first:

- 4.18.1. receive permission from their SPC Sports Dietitian or SPC Doctor to use the Supplement;
- 4.18.2. either:



- a) if Supplements are provided through their SPC, only source that Supplement from their SPC Sports Dietitian or SPC Doctor and only use that Supplement as directed by their SPC Sports Dietitian or SPC Doctor; or
  - b) receive written permission from their SPC Sports Dietitian or SPC Doctor to source that Supplement from a third-party provider and only source and use that Supplement as directed by their SPC Sports Dietitian or SPC Doctor; and
- 4.18.3. understand that Rugby AU deem Performance Supplements to carry a greater risk of a Doping Offence and therefore it is strongly recommended that the Performance Supplement has undergone third-party batch testing with a provider deemed suitable by Rugby AU.

**4.19. (Rationale)** According to the AIS, Group B Performance Supplements:

- 4.19.1. may provide a useful and timely source of energy and nutrients in an athlete's diet; and/or
- 4.19.2. are deserving of further scientific research regarding potential benefits to performance when used according to a specific protocol.

### **Group C Supplements**

**4.20. (Rugby AU Semi-Professional Policy)** Generally, all Players are prohibited from using any Group C Supplement. However, there may be some limited circumstances in which a Player will receive permission to use a Group C Supplement and its use will be adequately monitored by the SPC Sports Dietitian or SPC Doctor. This permission must be in writing from a Player's SPC Sports Dietitian or SPC Doctor and must be approved by their SPC Doctor. If a Supplement is not listed in Schedule 1, it will be treated as Group C Supplement.

**4.21. (Process)** If a Player believes that their circumstances are exceptional, and they wish to use a Group C Supplement, they must first:

- 4.21.1. receive written permission from their SPC Sports Dietitian or SPC Doctor;
- 4.21.2. either:
  - a) if Supplements are provided through their SPC, only source that Supplement from their SPC Sports Dietitian or SPC Doctor and only use that Supplement as directed by their SPC Sports Dietitian or SPC Doctor; or
  - b) receive written permission from their SPC Sports Dietitian or SPC Doctor to source that Supplement from a third-party provider, and only source and use that Supplement as directed by their SPC Sports Dietitian or SPC; and
- 4.21.3. ensure the Supplement has undergone third-party batch testing by a provider deemed suitable by Rugby AU.

**4.22. (Rationale)** According to the AIS, Group C Supplements:

- 4.22.1. include the majority of Supplements promoted to athletes;
- 4.22.2. enjoy a cyclical pattern of popularity and widespread use, but have not been proven to provide a worthwhile enhancement of sports performance;

4.22.3. possess benefits that have a very small likelihood of occurring or are too small to be useful, as indicated by current scientific evidence; and

4.22.4. in some cases, have been shown to impair sports performance.

## **Group D Supplements**

**4.23.** (*Rugby AU Semi-Professional Policy*) All Players are prohibited from using any Group D Supplement.

**4.24.** (*Rationale*) Group D Supplements are banned by WADA or are at high risk of being contaminated with substances that could lead to a positive drug test or are at high risk of compromising a Player's health and safety.

## **5. Obligations – Players**

**5.1.** All Players will:

- 5.1.1. comply with this Policy and only obtain and use any Supplement in accordance with the conditions set out in Article 4;
- 5.1.2. not enter into any sponsorship or other agreement in relation to Supplements without prior approval from Rugby AU, the relevant SPC (and if the Player is a Professional Player, the Professional Rugby Body) and a Player will not enter or seek to enter into any such agreement that will cause them to not comply with this Policy;
- 5.1.3. not engage in, or promote any multi-level marketing or 'pyramid' selling with respect to any Supplements or Supplement Companies;
- 5.1.4. not participate in or permit any medical treatment, procedure, test or investigation in relation to them, that does not comply with this Policy or the Rugby AU Semi-Professional Medical Policy;
- 5.1.5. promptly report to the SPC Doctor or the Rugby AU Integrity Manager, any person's conduct (including their own conduct or an approach to engage in conduct) that they know or reasonably suspect may be a breach of this Policy and the reporting Player's identity will be kept confidential in accordance with Article 10 (*Confidentiality*);
- 5.1.6. promptly notify the SPC Doctor or the Rugby AU Integrity Manager if they are interviewed, charged, or arrested by police or a government body in respect of conduct that may be a breach of this Policy;
- 5.1.7. disclose to Rugby AU or their SPC, if requested, all details in their knowledge relating to publicly available information that indicates their apparent or suspected non-compliance with this Policy;
- 5.1.8. consent to the provision and recording of information about them in accordance with this Policy and acknowledge the application of Article 10 (*Confidentiality*);
- 5.1.9. provide their SPC Sports Dietitian or SPC Doctor, with a detailed list of each of the Supplements the Player is currently using, and those Supplements he/she intends to use for the duration of the Competition;
- 5.1.10. use their influence to support and reinforce the education messages regarding Supplements that are promoted by Rugby AU, including in this Policy;

- 5.1.11. complete all training and education in relation to this Policy prior to the commencement of the Competition or as otherwise directed by Rugby AU;
- 5.1.12. stay informed of any changes to this Policy (where Rugby AU notifies them of any changes to this Policy); and
- 5.1.13. acknowledge that this Policy is a Rugby AU By-Law for the purposes of their Player Contract and not complying with this Policy is a breach of their Player Contract and may be a breach of the Rugby AU Code of Conduct (as amended and replaced from time to time) and sanctions may follow including fines, suspension or termination of their Player Contract.

## 6. Obligations – SPCs

### 6.1. SPCs will:

#### **SPC Sports Dietitian**

where an SPC Sports Dietitian is appointed by an SPC,

- 6.1.1. ensure the SPC Sports Dietitian is responsible for the SPC's Supplements program and they comply with this Policy. Immediately prior to their appointment, this person must be university-qualified to provide nutrition and dietary advice, be a member of the Dietitians Association of Australia as an Accredited Practising Dietitian and hold an 'Advanced Sports Dietitian' or 'Accredited Sports Dietitian' membership with Sports Dietitians Australia (**SPC Sports Dietitian**);
- 6.1.2. ensure that the SPC Sports Dietitian remains, at all times, a member of the Dietitians Association of Australia as an Accredited Practising Dietitian and an 'Advanced Sports Dietitian' or 'Accredited Sports Dietitian' member with Sports Dietitians Australia;
- 6.1.3. ensure that the SPC Sports Dietitian is fully educated in relation to the Rugby AU Anti-Doping Code and carefully considers the risks of any inadvertent Doping Offence as a result of providing and advising Players about Supplements;

#### **Supplement Information**

- 6.1.4. record Supplement information in respect of each Player prior to the commencement of the Competition, which includes:
  - a) details of the Supplements that each Player is using and intends to use (including Sports Foods) during the Competition; and
  - b) details of any Supplements that the SPC will be providing to its Players in accordance with Article 4;
- 6.1.5. provide the details recorded in accordance with Article 6.1.4.b) to the Rugby AU National Nutrition Performance Coordinator, Kate Pumpa;
- 6.1.6. notify the Rugby AU National Nutrition Performance Coordinator if uncertain of the impact of any Supplement being taken or proposed to be taken by a Player;

#### **Supplement use, documentation and storage**

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- 6.1.7. only permit a Supplement to be used in compliance with the conditions set out in Article 4 (*Supplements – what can I use?*) and in accordance with the Player's Supplement information;
  - 6.1.8. only permit a Supplement, other than a Sports Food, to be provided to any of the Players by its SPC Sports Dietitian or SPC Doctor (other than when permission is granted by the SPC Sports Dietitian or SPC Doctor to source a Supplement from a third-party provider);
  - 6.1.9. ensure that any Sports Food that the SPC provide to any of its Players, is provided by a member of the SPC's Sports Science / Sports Medicine Staff authorised by, and acting under the direction of, the SPC Sports Dietitian or SPC Doctor;
  - 6.1.10. ensure that the details of any Supplement, including Sports Foods, ordered by the SPC for the purposes of providing to any of its Players (other than incidental purchases), is recorded by the SPC;
  - 6.1.11. ensure that the details of any Supplement provided by the SPC under this Policy or permitted by the SPC to be sourced from a third-party provider under this Policy, other than Sports Foods, is recorded in respect of Player;
  - 6.1.12. ensure that all Supplements sourced by the SPCs or persons within the SPC are stored in a safe and secure environment (until the Supplements are provided to an individual);
  - 6.1.13. ensure that access to all Supplements that the SPC intends to provide to any of its Players in accordance with this Policy, is exclusively controlled by the SPC Sports Dietitian or SPC Doctor, or in relation to Sports Food, by a member of the Sports Science / Sports Medicine Staff authorised by, and acting under the direction of, the SPC Sports Dietitian or SPC Doctor;

## **Reporting**

- 6.1.14. ensure that any person within the SPC promptly reports to the SPC's CEO, SPC Doctor or the Rugby AU Integrity Manager if they know or reasonably suspect that any person has engaged in conduct, or has been approached to engage in conduct, that may be in breach of this Policy;
- 6.1.15. ensure that any person within the SPC promptly notifies the SPC's CEO, SPC Doctor or the Rugby AU Integrity Manager if they are interviewed, charged, or arrested by police or a government body in respect of conduct that may be a breach of this Policy;
- 6.1.16. ensure that any activity reported to the SPC under Articles 6.1.14 and 6.1.15 is promptly reported to the Rugby AU Integrity Manager or SPC Sports Dietitian;

## **Sponsorship**

- 6.1.17. not enter into any sponsorship or other agreement that will cause the SPC to not comply with this Policy and if uncertain, the SPC will raise the Sponsorship details with the Rugby AU CMO for clarification;

## **Difference of opinion**

- 6.1.18. in the event that there is any difference of opinion between the SPC Sports Dietitian and SPC Doctor, the SPC will support the recommendations of

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the SPC Doctor to the extent they comply with this Policy;

## **Induction and education**

- 6.1.19. work with Rugby AU to ensure that each of the Players receive and attend appropriate education programs in relation to this Policy, including prior to the Policy becoming effective;
- 6.1.20. ensure that each member of the SPC's Sports Science / Sports Medicine Staff follows an induction and education protocol that systematically takes that person through the SPC and Rugby AU policies and protocols relating to the provision of Supplements to Players, including this Policy;

## **General**

- 6.1.21. adopt, implement and comply with this Policy;
- 6.1.22. ensure that all members of the SPC Team Management, or any other person within its organisation, act ethically and make decisions based on maintaining and protecting the health and well-being of Players and do not cause or induce the SPC or a Player to not comply with this Policy;
- 6.1.23. not permit any medical treatment, procedure, test or investigation in relation to any of the Players that does not comply with the Medical Policy;
- 6.1.24. ensure that each of the Players and members of SPC Management have been provided with, and acknowledge the application of, this Policy;
- 6.1.25. ensure that the SPC and SPC Management, including the SPC Sports Dietitian, comply with this Policy and discharge their obligations under this Policy in a discreet and confidential manner in accordance with Article 10 (*Confidentiality*);
- 6.1.26. provide reasonable access to Rugby AU to audit the SPC's compliance with this Policy; and
- 6.1.27. stay informed of any changes to this Policy (where Rugby AU notifies the SPC of any changes to this Policy).

## **7. Obligations – Rugby AU**

- 7.1. Rugby AU will:
  - 7.1.1. adopt, implement and comply with this Policy;
  - 7.1.2. ensure this Policy is made available to those bound by this Policy once it is in place;
  - 7.1.3. ensure that each Player and member of SPC Management receives and attends appropriate education programs in relation to this Policy, including prior to the Policy becoming effective;
  - 7.1.4. ensure that each Player and SPC is notified of any change to this Policy;
  - 7.1.5. discharge Rugby AU's obligations under this Policy in a discreet and confidential manner in accordance with Article 10 (*Confidentiality*);
  - 7.1.6. consider and review the compliance of the SPC and Players with this

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Policy and, if considered appropriate by Rugby AU, conduct a compliance audit of the relevant SPC;

- 7.1.7. develop and implement appropriate education programs and initiatives for Rugby in relation to the key messages of this Policy; and
- 7.1.8. remain committed to ongoing research and expert advice from recognised regulatory bodies in relation to sports nutrition and Supplement use.

## 8. Sanctions

- 8.1. Any non-compliance with this Policy may be sanctioned in accordance with the Rugby AU Code of Conduct and/or the Participant's employment contract (as applicable).

## 9. Rugby AU Supplement Advisory Group/State-Based Sports Dietitians

- 9.1. The Rugby AU Supplement Advisory Group (**SAG**) and/or the State-Based Sports Dietitian may restrict the proposed use of any Supplements. For the avoidance of doubt, this includes any Sports Food, Medical Supplement or Performance Supplement.
- 9.2. SAG and/or the State-Based Sports Dietitian may request mandatory third-party batch testing of any Supplement before its use by a Player. For the avoidance of doubt, this includes any Sports Food, Medical Supplement or Performance Supplement. Where the SPC Sports Dietitian, SPC Doctor or Player are notified pursuant to this Article 9.2, the Player must not use the Supplement until receipt of written notice that SAG is satisfied with the result of the third-party batch testing.

## 10. Confidentiality

- 10.1. Information about a Player or other person within an SPC that is provided under this Policy must not be disclosed or caused to be disclosed unless expressly authorised and required in accordance with this Policy, required by law or that person otherwise consents.
- 10.2. For the purposes of clauses 5.1.5, 6.1.14 and 6.1.15 persons who report information to an SPC's CEO, SPC Doctor or the Rugby AU Integrity Manager about an alleged breach of this Policy will have their identity in relation to that report kept confidential unless:
  - 10.2.1. their identity is required to be disclosed as part of a disciplinary procedure in accordance with the Rugby AU Code of Conduct (as amended and replaced from time to time); or
  - 10.2.2. their identity is required to be disclosed by law.
- 10.3. If a person has not complied with this Policy, and as a consequence of any disciplinary action taken by an SPC or Rugby AU (limited to suspension or termination of a Player's contract), it is impractical or impossible to maintain confidentiality (as determined by the SPC or Rugby AU), the SPC and/or Rugby AU are not required to keep confidential the information regarding the non-compliance with this Policy.
- 10.4. If a Player has provided information to an SPC or Rugby AU under Article 5.1.6, the SPC and Rugby AU are not required to keep that information confidential.

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## 11. Amendment and interpretation

- 11.1. Rugby AU may amend this Policy from time to time.
- 11.2. The headings used in this Policy are for convenience only and do not affect the interpretation of this Policy.
- 11.3. Words importing the singular include the plural and vice versa.
- 11.4. Words used to denote persons generally or importing a natural person include any company, organisation or other entity (whether or not the body is incorporated).
- 11.5. Reference to “including” and similar words are not words of limitation.
- 11.6. This Policy includes any schedule.

## 12. Definitions

**AIS** means the Australian Institute of Sport.

**AIS Sports Supplement Framework** means the system of classification of supplements by the AIS, which is publically available on the AIS website and has been adapted for Rugby in Schedule 1 of this Policy.

**AIS Sports Supplement Program** means the AIS Sports Supplement Program, details of which is publically available on the AIS website.

**Australian Sevens Player** means a Player who is contracted to Rugby Australia to play Rugby Sevens.

**Competition** means the relevant playing or training periods with respect to the National Rugby Championship, the Super W Tournament and/or any other competition as advised by Rugby AU from time to time.

**Doping Offence** means an offence under Rugby AU’s Anti-Doping Code.

**Group A Medical Supplement** means a Supplement used to assist in health maintenance and/or treat a known clinical issue including a nutrient deficiency, that the AIS has classified within Group A Supplements, examples of which are contained in the ‘Medical Supplements’ component of Group A of Schedule 1.

**Group B Medical Supplement** means a Supplement used to assist in health maintenance and/or treat a known clinical issue including a nutrient deficiency, that the AIS has classified within Group B Supplements, examples of which are contained in the ‘Medical Supplements’ component of Group B of Schedule 1.

**Group A Performance Supplement** means a Supplement promoted to improve performance and/or recovery, that the AIS has classified within Group A Supplements, examples of which are contained in the ‘Performance Supplements’ component of Group A in Schedule 1. For the avoidance of doubt, ‘Group A Performance Supplements’ included any Whole Food manufactured by a Supplement Company.

**Group B Performance Supplement** means a Supplement promoted to improve performance and/or recovery, that the AIS has classified within Group B Supplements, examples of which are contained in the ‘Performance Supplements’ component of Group B in Schedule 1.

**Group A Sports Food / Sports Fluid** means any specialised product used to provide a practical

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source of nutrients when it is impractical to consume everyday foods and fluids, examples of which are contained in the 'Sports Foods' component of Group A in Schedule 1.

**Group B Sports Food / Sports Fluid** means any specialised product used to provide a practical source of nutrients when it is impractical to consume everyday foods and fluids, examples of which are contained in the 'Sports Foods' component of Group B in Schedule 1.

**Group A Supplement** means those Supplements listed in Group A of Schedule 1.

**Group B Supplement** means those Supplements listed in Group B of Schedule 1.

**Group C Supplement** means those Supplements listed in Group C of Schedule 1.

**Group D Supplement** means those Supplements listed in Group D of Schedule 1.

**Medical Supplement** means a Group A Medical Supplement and a Group B Medical Supplement.

**Non-Professional Player** means a Player who is not a Professional Player who has entered into an NRC contract, Super W contract or a contract with an SPC in another other Competition as defined by this Policy.

**NRC** means the National Rugby Championship.

**NRC Club** means any Super Rugby Licensee, NRC Club and/or other organisations or entities who are responsible for the management of Teams, being:

- Brisbane City
- Queensland Country
- Sydney Rays
- NSW Country
- Canberra Vikings
- Melbourne Rising
- Western Force

**NRC Club Doctor** means the senior Doctor of an NRC Club, whose responsibilities, minimum qualifications and continuing education requirements are set out in Article 1 of Schedule 2 (Core medical and health staff). For the avoidance of doubt, the NRC Club Doctor, may, in some cases be the same as the Super Rugby Doctor, where the NRC Club is connected to the Super Rugby Licensee (being, Brisbane City, Queensland Country, University of Canberra Vikings and Melbourne Rising).

**Rugby AU Semi-Professional Medical Policy** means the Medical Policy issued by Rugby AU for the Competition.

**Team** means a Rugby Team participating in the National Rugby Championship, Super W Tournament and/or any other Competition as advised by Rugby AU from time to time.

**Performance Supplement** means a Group A Performance Supplement and a Group B Performance Supplement.

**Player** means any person who is named as a player in an SPC for a Competition. For the



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avoidance of doubt, this includes both Professional and Non-Professional Players.

**Player Contract** means a contract which governs a Player's participation in the Competition.

**Policy** means this Rugby AU Semi-Professional Supplements Policy.

**Prohibited List** (see definition of WADA Prohibited List).

**Protein Supplement** means Supplements that can broadly be classified according to their nutrient profile as either providing protein only (as a single protein source or a protein blend i.e. combination of several proteins) or a combination of protein and carbohydrates with or without a range of proposed performance boosters. Protein supplements come in a variety of forms including, but not limited to, powders, ready to drink shakes, bars, gels and desserts.

**PRB Team Doctor** means the senior Doctor of a Professional Rugby Body, whose responsibilities, minimum qualifications and continuing education requirements are set out in Article 1 of Schedule 2 (Core medical and health staff) in the Rugby AU Medical Policy.

**Professional Player** means a Super Rugby Player or an Australian Sevens Player.

**Professional Rugby Body** or **PRB** means either Rugby AU or any Super Rugby Licensee which at any point in time employs a Player under a Player Contract.

**Rugby** means the game of rugby football.

**Rugby AU** means Rugby Australia Ltd ACN 002 898 544.

**Rugby AU Integrity Manager** means the Integrity Manager at Rugby AU, who is contactable at [integrity@rugby.com.au](mailto:integrity@rugby.com.au).

**RUPA** means the Rugby Union Players' Association.

**SAG or Rugby AU Supplement Advisory Group** means the supplement advisory group established by Rugby AU.

**Semi-Professional Club** or **SPC** means any Super Rugby Licensee, NRC Club, Super W Club, and/or other organisations or entities who are responsible for the management of Teams as advised by Rugby AU from time to time.

**SIA** means Sport Integrity Australia.

**SPC Doctor** means the senior Doctor of an SPC, whose responsibilities, minimum qualifications and continuing education requirements are set out in Article 1 of Schedule 2 (*Core medical and health staff*) in the Rugby AU Semi-Professional Medical Policy.

**SPC Management** means any person engaged by Rugby AU or an SPC to work directly with any squad or team during the Competition (includes, without limitation, the Team Medical Staff, dietitians, sports scientists, trainers, coaches and team managers).

**SPC Medical Staff** means any Doctor, Nurse, physiotherapist or other physical therapist engaged by an SPC.

**SPC Sports Dietitian** means a Sports Dietitian engaged by the SPC for the duration of the Competition whose responsibilities, minimum qualifications are described in Article 6.1.1.

**Sports Food** means a Group A Sports Food / Sports Fluid and a Group B Sports Food / Sports Fluid.

**Sports Food Manufacturer** means any organisation that produces and/or sells Sports Food / Sports Fluids.

**Sports Science / Sports Medicine Staff** means those members of Club Management that are

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trained health professionals, including doctors, the Club Sports Dietitian, other dietitians, sports scientists, physiotherapists, soft-tissue therapists, and strength & conditioning coaching staff.

**State-Based Sports Dietitian** means the dietitians based in each state as advised by Rugby AU.

**Super Rugby Competition** means the international provincial rugby competition conducted by Rugby AU, New Zealand Rugby Union Inc. and South African Rugby Union, which is currently known as Super Rugby, and any successor competition.

**Super Rugby Licensee** means an entity that has an agreement with Rugby AU that permits it to field a team in the Super Rugby Competition.

**Super Rugby Player** means a Player who is contracted to a Super Rugby Licensee for the Super Rugby Competition.

**Super W Club** means any Super Rugby Licensee, Super W Club and/or other organisations or entities who are responsible for the management of Teams, being;

- NSW Waratahs
- Queensland Reds
- Melbourne Rebels
- ACT Brumbies
- Western Australia

**Supplement** means any natural or synthetic chemical/s or compound/s in the form of a formulated supplementary food, tablet, capsule, gummy, liquid, concentrate or powder that is consumed orally for the purpose of enhancing health, recovery and function (including athletic performance) including:

- a) Sports Foods and Fluids;
- b) Medical Supplements;
- c) Performance Supplements; and
- d) any other product or type of product identified in the AIS Sports Supplement Framework (adapted for Rugby) set out in Schedule 1.

**Supplement Company** means any organisation that produces and/or sells:

- a) Medical Supplements;
- b) Complementary therapy or herbal preparations;
- c) Performance Supplements;
- d) Group C Supplements; or
- e) Group D Supplements.

**WADA Prohibited List** means the World Anti-Doping Agency List of Prohibited Substances and Methods (as amended or replaced from time to time by the World Anti-Doping Agency).

**Whole Foods** means food that has been processed or refined as little as possible before being consumed.

**World Rugby** means the association of unions or associations, in membership of World Rugby, formerly known as the International Rugby Board.

**World Rugby Regulations** means the Regulations relating to Rugby issued by World Rugby from time to time.

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## Schedule 1 ABCD Classification System

The AIS Supplement Framework is a leadership initiative of the AIS. It provides the expertise and resources developed during the implementation of the AIS Sports Supplement Program (2000-13) for Australia's Winning Edge, allowing Australian sporting organisations and agencies to develop their own sports supplement programs and guidelines.

The AIS Sports Supplement panel provides oversight of the Framework and reports directly to the Australian Sports Commission. The Framework was developed following consultation with key stakeholders in the Australian sports system, particularly via the 2013 AIS Sports Supplement Summit. Australian sporting organisations are invited to use the components of this Framework and integrate its elements of provision, education, research and governance into their own sports supplement programs and guidelines.

The specific components of the Framework include the following:

- The ABCD classification system. This provides a simple education tool to rank sports foods and supplement ingredients according to the scientific evidence – allowing them to safely and practically contribute to an athlete's performance goals.
- Proactive research programs to continue to evolve best practice protocol for the use of supplements and sports foods within the A and B categories.
- Facilitation of third-party batch-testing and auditing programs (i.e. Informed Sport [www.informed-sport.com/](http://www.informed-sport.com/)) for supplements and sports foods used or provided to Australian athletes as part of their sports supplement programs. These will minimise the risk of anti-doping rule violations.
- Access to the AIS Sports Supplement panel to provide feedback or audit the development of sports supplement programs and guidelines.

The ABCD Classification system ranks sports foods and supplement ingredients into four groups based on scientific evidence and other practical considerations that determine whether a product is safe, legal and effective in improving sports performance. Decisions regarding the placement of a product are made by an expert group convened by the AIS Sports Supplement Framework. These decisions are regularly re-evaluated.

## Group A

Overview of category	Sub-categories	Examples
<p><b>Evidence level:</b> Supported for use in specific situations in sport using evidence-based protocols.</p> <p><b>Use within supplement programs:</b> Provided or permitted for use by some athletes according to best practice protocols.</p>	<p><b>Sports foods</b> — specialised products used to provide a practical source of nutrients when it is impractical to consume everyday foods OR Whole Foods (or pure concentrates of) specifically targeted at athletes manufactured by companies other than Supplement Companies.</p>	<p>Sports drink Sports gel Sports confectionery Sports bar Beetroot Juice Electrolyte replacement</p>
	<p><b>Medical supplements</b> — used to treat clinical issues, including diagnosed nutrient deficiencies. Requires individual dispensing and supervision by your SPC Sports Dietitian (having consulted the SPC Doctor) or SPC Doctor.</p>	<p>Iron supplement Calcium Supplement Multivitamin/mineral Vitamin D Amino acids Probiotics (gut/immune)</p>
	<p><b>Performance supplements</b> — used to directly contribute to optimal performance. Should be used in individualised protocols under the direction of your SPC Sports Dietitian. While there may be a general evidence base for these products, additional research may often be required to fine-tune protocols for individualised use. Whole Foods, or similar, manufactured by Supplement Companies are also included here given the potential of cross contamination during the manufacturing process.</p>	<p>Caffeine<sup>1</sup> B-alanine Bicarbonate Creatine Protein Supplement Liquid meal Fine powdered oats, grains, nuts etc, manufactured but a Supplement Company Pre-trainer<sup>2</sup></p>

<sup>1</sup> This generally will not include caffeinated products with less than 100mg of caffeine per serving and will not include the following caffeinated products: instant coffee, brewed coffee, espresso coffee, tea, cola soft drink, energy drinks (e.g. Red Bull and V), sports gels (e.g. Powergel) and sportsbars (e.g. Powerbar).

<sup>2</sup> These multi-ingredient supplements have been approved because the quantities of creatine monohydrate and beta-alanine are typically lower than that prescribed individually by an accredited practising dietitian (and therefore, in isolation, are unlikely to impact on exercise performance). While these Supplements typically contain a high dose of caffeine, this is generally accepted as appropriate for Players to use in the training environment (under the direction of the SPC Sports Dietitian). These products must be manufactured in Australia by a large and reputable Supplement company because similar supplement products manufactured overseas have been responsible for recent doping violations due to their association with banned stimulants like methylhexanamine. Those products with an array of other purported ergogenic aids in addition to the caffeine, creatine monohydrate and beta-alanine, including herbal ingredients or their derivatives (like geranium oil and methylhexanamine), should be avoided.

### Group A – Sports Foods

**Rugby AU Policy:** May be used in support of a nutrition program.

**Permission for Players required?** No.

**Batch testing required?** No.

**Rationale for Policy:** Shown to benefit performance, when used according to a specific protocol.

## **Group A – Medical Supplements**

**Rugby AU Policy:** May be used in support of a nutrition program.

**Permission for Players required?** Yes.

**Batch testing required?** No.

**Rationale for Policy:** Shown to benefit performance, when used according to a specific protocol.

## **Group A – Performance Supplements**

**Rugby AU Policy:** May be used in support of a nutrition program.

**Permission for Players required?** Yes.

**Batch testing required?** No. It is strongly recommended that Players source products that have been batch tested.

**Rationale for Policy:** Shown to benefit performance, when used according to a specific protocol.

## Group B

Overview of category	Sub-categories	Examples
<p><b>Evidence level:</b> Deserving of further research and could be considered for provision to athletes under a research protocol or case-managed monitoring situation.</p> <p><b>Use within supplement programs:</b> Provided to athletes within research or clinical monitoring situations.</p>	<p><b>Sports Foods</b> — specialised products used to provide a practical source of nutrients when it is impractical to consume everyday foods OR Whole Foods (or pure concentrates of) specifically targeted at athletes manufactured by companies other than Supplement Companies.</p>	<p>Tart cherry juice Exotic berries (acai, goji etc.)</p>
	<p><b>Medical supplements</b> — used to treat clinical issues, including diagnosed nutrient deficiencies. Requires individual dispensing and supervision by your SPC Sports Dietitian (having consulted the SPC Doctor) or SPC Doctor.</p>	<p>Anti-oxidants C and E Carnitine HMB Glutamine Fish oils Glucosamine Curcumin Quercetin</p>
	<p><b>Performance supplements</b> — used to directly contribute to optimal performance. Should be used in individualised protocols under the direction of your SPC Sports Dietitian. While there may be a general evidence base for these products, additional research may often be required to fine-tune protocols for individualised use. Whole Foods, or similar, manufactured by Supplement Companies are also included here.</p>	<p>Carnitine HMB</p>

### Group B– Sports Foods

**Rugby AU Policy:** May be used in support of a nutrition program.

**Permission for Players required?** No.

**Batch testing required?** No.

**Rationale for Policy:** Generally deserving of further research.

### Group B – Medical Supplements

**Rugby AU Policy:** May be used in support of a nutrition program.

**Permission for Players required?** Yes.

**Batch testing required?** No.

**Rationale for Policy:** Generally deserving of further research.

### Group B – Performance Supplements

**Rugby AU Policy:** May be used in support of a nutrition program.

**Permission for Players required?** Yes.

**Batch testing required?** No. It is strongly recommended that Players source products that have been batch tested.

**Rationale for Policy:** Generally deserving of further research.

## Group C

Overview of category	Sub-categories	Examples
<p><b>Evidence level:</b> Have little meaningful proof of beneficial effects.</p> <p><b>Use within supplement programs:</b> Not provided to athletes within supplement programs. May be permitted for individualised use by an athlete where there is specific approval from <b>SAG</b>.</p>	Category A and B products used outside approved protocols.	See list for Category A and B products.
	The rest — if you can't find an ingredient or product in Groups A, B or D, it probably deserves to be here.	Fact sheets and research summaries on some supplements of interest that belong in Group C may be found via on the 'A-Z of Supplements' page in the AIS Sports Nutrition section of the ASC website.

**Rugby AU Policy:** Prohibited (unless exceptional circumstances apply – in which case the approval of the Nominated Doctor is also required).

**Permission for Players required?** Yes

**Batch testing required?** Yes

**Rationale for Policy:** No meaningful proof of beneficial effects and in some cases, have been shown to impair sports performance.

**Group D**

Overview of category use within AIS system	Sub-categories	Examples
<p><b>Evidence level:</b> Banned or at high risk of contamination with substances that could lead to a positive drug test.</p> <p><b>Use within supplement programs:</b> MUST not be used by athletes.</p>	<p><b>Stimulants</b> World Anti-Doping Agency (WADA) list</p>	<p>Ephedrine Strychnine Sibutramine Methylhexanamine (DMAA) Other herbal stimulants</p>
	<p><b>Prohormones and hormone boosters</b> WADA list</p>	<p>DHEA Androstenedione 19-norandrostenedione/ol Other prohormones Tribulus terrestris and other testosterone boosters Maca root powder</p>
	<p><b>GH releasers and 'peptides'</b> WADA list Technically, while these are sometimes sold as supplements (or have been described as such) they are usually unapproved pharmaceutical products.</p>	
	<p><b>Other</b> WADA list</p>	<p>Glycerol used for re/hyperhydration strategies — banned as a plasma expander</p> <p>Colostrum — not recommended by WADA due to the inclusion of growth factors in its composition</p>

**Group D**

**Rugby AU Policy:** Prohibited.

**Permission for Players required?** N/A

**Rationale for Policy:** Banned or at high risk of contamination.



## Schedule 2 Summary for Players

Supplements may assist you to achieve peak performance, although this varies between individuals. However, there is no expectation or requirement for you to use Supplements and you are more likely to benefit from a health and performance focused, outcome driven meal plan established with the assistance of your SPC Sports Dietitian or SPC Doctor.

The Rugby AU Semi-Professional Supplements Policy (the **Policy**) has been introduced because there are limitations to the regulation of the Supplement industry and by taking Supplements, you may:

- risk committing a Doping Offence (you are solely responsible for any substances found in your body);
- compromise your health or performance;
- waste time and money on products that have no benefit to your performance; and/or
- set a poor example for the community.

### Sports Foods

You do not need permission to use Sports Foods (such as sports drinks, sports bars and whey protein powder). If you choose to consume Sports Foods, you should do so in support of a 'food first' program that emphasises Whole Foods and appropriate timing, quantity and choice of meals and snacks.

### Other Supplements

For all other Supplements (unless prescribed by a doctor), before you use them you must:

- receive them from your SPC Sports Dietitian or SPC Doctor or receive written permission from your SPC Sports Dietitian or SPC Doctor to source them elsewhere;
- use the Supplement as directed by your SPC Sports Dietitian or SPC Doctor to support an appropriate sports nutrition program;
- carefully consider the risk of an inadvertent Doping Offence as a result of using the Supplement; and
- understand that Rugby AU deem Performance Supplements to carry a greater risk of a Doping Offence, therefore it is strongly recommended that the Supplement has been batch-tested by a provider deemed appropriate by Rugby AU.

NOTE: **Group D Supplements** are prohibited from being used.

### Other obligations

You will:

- **(provide Supplement Information)** provide a detailed list of Supplements you are currently using, and Supplements which you intend to use over the course of the Competition;
- **(limit sponsorship)** not enter into any sponsorship or other agreement in relation to Supplements, without prior approval from Rugby AU and your SPC (and Professional Rugby Body if you are a Professional Player) and you will not enter or seek to enter into any such agreement that will cause you to not comply with the Policy;
- **(report actual or suspected breach)** promptly report to the SPC CEO or SPC Doctor Rugby AU Integrity Manager at [integrity@rugby.com.au](mailto:integrity@rugby.com.au), any person's conduct (including your own conduct or someone being approached to engage in conduct) that you know or reasonably suspect may be a breach of the Policy;
- **(notify of any investigation)** promptly notify the SPC, SPC Doctor or Rugby AU Integrity Manager if you are interviewed, charged, or arrested by police or a government body in respect of conduct that may be a breach of the Policy;
- **(fully disclose)** where there is publically available information indicating apparent or suspected non-compliance with the Policy, disclose all relevant information if requested by Rugby AU or your SPC;
- **(be an ambassador)** use your influence to support and reinforce the education messages regarding Supplements that are promoted by Rugby AU;
- **(stay educated)** make yourself available for, and actively engage in, Rugby AU education programs in relation to Supplements; and
- **(stay up to date)** stay informed of any changes to the Policy (and Rugby AU will notify you of any changes to the Policy).

Your SPC Sports Dietitian or SPC Doctor will record and monitor all the Supplements provided to you or permitted to be sourced by you (other than Sports Foods) and will not provide you with any Supplements which have not been notified to Rugby AU.

***Not complying with the Policy is a breach of your Player Contract and sanctions may follow including fines, suspension or termination.***

***This summary page is only a guide and for a full description of how the Policy applies to you, ask your team management for a full copy of the Policy.***

## Schedule 3 Summary for all SPCs and staff

### Rugby AU Position on Supplements

Supplements may assist Players to achieve peak performance, although this varies between individuals. However, there is no expectation or requirement for Players to use Supplements and they are more likely to benefit from a health and performance focused, outcome driven meal plan, established with the assistance of their SPC Sports Dietitian or SPC Doctor. The Rugby AU Semi-Professional Supplements Policy (the **Policy**) has been introduced because there are limitations to the regulation of the Supplement industry and by taking Supplements, Players can:

- risk committing a Doping Offence;
- compromise their health or performance;
- waste time and money on bogus products; and
- set a poor example for the community.

### SPC Sports Dietitian

It is recommended that each SPC appoints a university-qualified 'SPC Sports Dietitian' to run and oversee the SPC's Supplement program, however this is not a mandatory requirement. Where an SPC Sports Dietitian is not employed by the SPC, the SPC Doctor will be responsible for Supplements.

### Sports Foods

Permission is not required to use Sports Foods (such as sports drinks, sports bars and whey protein powder). However, any Sports Foods provided by your SPC must only be provided to Players by members of the Sports Science / Sports Medicine Staff (which includes doctors, dietitians, sports scientists, physiotherapists, soft-tissue therapists and strength & conditioning staff) acting under the direction of the SPC Sports Dietitian or SPC Doctor. If you are providing Sport Foods, you are responsible for controlling access to these Supplements and for storing them in a safe and secure environment.

### Other Supplements

All other Supplements (unless prescribed by a doctor) must only be provided to Players or permitted to be sourced by Players from a third-party provider, by the SPC Sports Dietitian or SPC Doctor and in accordance with the Supplement Record. It is recommended that these Supplements have been batch tested by a third-party provider deemed suitable by Rugby AU. The SPC Sports Dietitian or SPC Doctor is solely responsible for controlling access to these Supplements and for storing them in a safe and secure environment. The provision of any Group C Supplement must be approved by the SPC Doctor and Group D Supplements are prohibited.

### Documenting Supplement use

The SPC Sports Dietitian or SPC Doctor must:

- *prior to the Competition*, record details of all Supplements currently taken and proposed to be taken by Non-Professional Players during the course of the Competition;
- *prior to the Competition*, notify the Rugby AU National Performance Nutrition Coordinator, Kate Pumpa ([kate.pumpa@rugby.com.au](mailto:kate.pumpa@rugby.com.au)) of all Supplements other than Sports Foods, which will be provided by the SPC to Players over the course of the competition (or permitted to be sourced elsewhere, and from where); and
- notify the Rugby AU National Performance Nutrition Coordinator, Kate Pumpa ([kate.pumpa@rugby.com.au](mailto:kate.pumpa@rugby.com.au)) if any SPC Club Dietitian or SPC Doctor is unsure of the impact of a Supplement a Player is taking or proposes to take.

### Reporting non-compliance

If you know or reasonably suspect that any person has engaged in conduct, or has been approached to engage in conduct, that may be a breach of the Policy (including yourself), you must promptly report this to the CEO or SPC Doctor at your SPC or the Rugby AU Integrity Manager at [integrity@rugby.com.au](mailto:integrity@rugby.com.au). You must also promptly notify your CEO, SPC Doctor or the Rugby AU Integrity Manager if you are interviewed, charged, or arrested by police or a government body in respect of conduct that may be a breach of the Policy.

### Sponsorship

Your organisation will not enter into any sponsorships or other agreement that will cause it to not comply with the policy. Please check with Rugby AU if you are unsure about whether a proposed agreement may be in breach of the policy.

### Confidentiality

You must discharge your obligations under the Policy in a discreet and confidential manner and must not disclose any information provided under the Policy unless expressly required or authorised to do so.

***This summary page is only a guide. For a complete description of how the Policy applies to you and your organisation, consult the full Policy.***