

KEEP RUGBY DRUG-FREE

ZERO TOLERANCE FOR IMAGE OR PERFORMANCE-ENHANCING DRUG USE.
ZERO TOLERANCE FOR ILLICIT DRUG USE.

WHAT IS BANNED?

The RFU prohibits the use of all substances on the WADA prohibited list – this includes steroids, growth hormones and stimulants, also COCAINE AND CANNABIS

STRICT LIABILITY

If a prohibited substance is found in your body, you alone are responsible, without EXCEPTIONS

SANCTIONS

Breaking the anti-doping rules will result in 2 – 4 year bans FROM ALL SPORT

CONTAMINATED SUPPLEMENTS

Nutritional supplements contaminated with banned doping substances are a leading cause of anti-doping rule violations in community rugby



LOOK FOR THE LOGO

Informed Sport is a risk-reduction program that checks supplements for the presence of banned substances



Untested Supplements



Supplements tested by Informed Sport

*According to a 2008 HFL study investigating supplement contamination levels in the UK



PURE SPORT,
TRUE TALENT

Supported by

