



SUISSE
RUGBY

— FSR —

FSR ANTI-DOPING GUIDELINES



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I. Introduction

The Fédération Suisse de Rugby (FSR) is committed to keeping Swiss rugby free of doping. The strategy of the FSR in the fight against doping in Swiss rugby is prevention through education. It is through good collaboration with our affiliated clubs by providing them with the **FSR Anti-Doping Guidelines** and by informing their players that we intend to reach our objective of keeping Swiss rugby clean.

The purpose of these guidelines is to assist club presidents, administrators, coaches and, most importantly, players to be compliant regarding the following:

- Antidoping Switzerland List of Prohibited Substances and Methods
- Testing Pool
- Whereabouts information
- Therapeutic Use Exemptions (TUE)
- Doping control procedure
- Use of recreational drugs
- Risks of doping through supplements

2. Fundamental Rationale for the Code and World Rugby Anti-Doping Rules

(excerpt from: World Rugby Regulation 21: Anti-Doping 22.04.2016 - Introduction and Principles - ii. Fundamental Rationale for the Code and World Rugby Anti-Doping Rules)

“Anti-doping programmes seek to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as “the spirit of sport”. It is the essence of Olympism, the values of Rugby, the pursuit of human excellence through the dedicated perfection of each person’s natural talents. It is how we play true and Keep Rugby Clean. The spirit of sport is the celebration of the human spirit, body and mind, and is reflected in Rugby’s values:

- Integrity
- Respect
- Solidarity
- Passion
- Discipline

Doping is fundamentally contrary to the spirit of sport and the values of Rugby.

World Rugby adopted the World Anti-Doping Code (“Code”) in June 2004. Following an international review of the Code by all Signatories a new World Anti-Doping Code 2015 has been agreed with an effective implementation date of 1 January 2015.



All provisions of the Code are mandatory in substance. The mandatory provisions and principles of the Code have been adopted and incorporated into the revised World Rugby Regulation 21.”

Every FSR-licensed rugby player must sign the **Swiss Olympic Athlete's Agreement**. With this Agreement, the undersigned athlete declares, amongst others, that he will abstain from all forms of doping and that he undertakes to keep himself informed by reading the current Prohibited List regularly.

3 Testing pool

Athletes engaged in team sports at national or international performance level can be assigned to a testing pool either by Antidoping Switzerland or by their international federation. Switzerland applies the following three testing pools: **Team Sports I**, **Team Sports II** and **Team Sports III**.

Assignment to a testing pool implies different obligations regarding the procedure of submission of a **Therapeutic Use Exemption (TUE)** and **whereabouts** information (see below).

On 31 March 2016, Antidoping Switzerland assigned all **NLA teams** and the **Swiss Men's National Team XV** to the **Team Sports III** testing pool.

All other clubs/teams (NLB, NLC, Ladies, U-18, U-16 and schools' rugby teams) are not assigned to any of the three testing pools.

Clubs promoted to the NLA and their players must have the full structures in place to fulfil the requirements mentioned above from the beginning of the NLA season (including friendly matches). A playoff match for promotion to the NLA is not considered to be an NLA match for the participating NLB team.

4. Whereabouts information

Certain athletes and teams, depending on the testing pool to which they belong, must state and update their **whereabouts**. In the case of the FSR, this concerns the **Swiss Men's National XV** and the **NLA teams**.

Whereabouts information is not provided by the individual players themselves but by the **team administrator**. The team administrator is a team member of legal age with responsibility for the submission of accurate **whereabouts information of the team** and for maintaining **up-to-date** information regarding the club's training times and locations on the club's website or by sending an email to simon@anti-doping.ch.

In order to assist Antidoping Switzerland to plan and execute doping controls, the team administrator of each NLA team must provide the following information about:



- Practice location(s) with exact address(es)
- Practice days and times

The deadlines for submitting whereabouts information are as follows:

- for the 1st quarter: 15 December
- for the 2nd quarter: 15 March
- for the 3rd quarter: 15 June
- for the 4th quarter: 15 September

Any changes concerning whereabouts information must be reported and updated via SIMON whereabouts.

It is highly recommended that each NLA club allocate a dedicated **team administrator** to manage anti-doping and medical matters in order to liaise with our Anti-Doping Manager and the FSR Medical Commission.

5. Therapeutic Use Exemptions (TUEs)

If a player is required to take a prohibited substance or use a prohibited method for health reasons that is listed in **the Antidoping Switzerland List of Prohibited Substances and Methods**, he shall apply for a **Therapeutic Use Exemption (TUE)**. If granted, a TUE allows the player to take prohibited substances or use prohibited methods listed by Antidoping Switzerland. All applications for a TUE are reviewed by an Independent TUE Commission of Antidoping Switzerland.

5.1 Team Sports III players (NLA and Swiss Men's National XV)

If they require a TUE, all testing pool Team Sports III players have to apply **in advance**. Please refer to **Annexe I: TUE Enquiry**. TUE applications have to be submitted for all international/national competitions. The TUE form shall be completed by the player and his doctor, and the TUE commission usually sends the player a written decision on his application within 30 days of receipt. Every player is responsible for applying for a TUE when applicable, and the team administrator must inform the player regarding the procedure.

Any player who receives a TUE must retain a copy of his application and the TUE approval, but he is not required to take the approved TUE to the doping control if selected. A player is regarded as compliant as soon as he receives an affirmative answer from Antidoping Switzerland because it will be logged in his files. If he is selected to attend a doping control, the player simply has to inform the doping control officer about the existing TUE.

5.2 Clubs not assigned to a testing pool (all FSR clubs other than NLA)



If Team Sport players who are not assigned to any testing pool need to take a prohibited substance or use a prohibited method, they should apply **retrospectively** to Antidoping Switzerland for a TUE.

For practical reasons, it is recommended to discuss with the doctor (and possibly to complete but not to submit) the form as soon as the taking of a prohibited substance or the use of a prohibited method is prescribed.

6. Doping controls

All FSR-licensed rugby players, at all competition levels of the FSR, are subject to unannounced doping controls that may be carried out by Antidoping Switzerland at any time.

Please make sure that you allocate the appropriate facilities (separate toilet and room for paperwork) at your training ground or stadium for the doping control officer assigned by Antidoping Switzerland to carry out his duties. Please instruct the selected player(s) to cooperate fully with the doping control officer and ensure that they have **proof of identification (ID card, passport or driving licence)** with them as they will be requested to produce it by the doping control officer. If a player fails to comply with the procedure being carried out by the doping control officer, it may constitute a breach of the **Anti-Doping Regulations**.

Important: refusal to give a sample or to evade or manipulate the doping control also constitutes a breach of the Anti-Doping Regulations.

Once selected to attend a doping control, every player has the following rights and obligations:

Rights

- To correct and confidential treatment by the doping control officer carrying out the doping control
- To be informed of the consequences in the event of refusal to comply
- To be accompanied by a trusted person
- To engage an interpreter if necessary
- **To have the control procedure explained and their questions answered**
- To choose from a selection of originally packaged doping control materials and to handle the materials themselves
- To the presence of a person of the same sex when providing a urine sample
- To note the comments about the doping control procedure, and especially anything that appears unusual, on the doping control form
- To receive a copy of the signed doping control form
- To be informed of the results of the analysis



Obligations

- To keep themselves informed on a regular basis about the **Anti-Doping Regulations** that are currently in force including prohibited substances and methods (www.antidoping.ch)
- To always inform medical personnel that they must comply with the Anti-Doping Regulations
- To undergo a doping control when required to do so
- To provide evidence of identity to the doping control officer
- When required to undergo a control, to confirm this by signing the doping control form
- To be supervised by a doping control officer (chaperone) between receiving the request and reaching the control point
- To provide a urine/blood sample if requested to do so by the doping control officer
- To sign the form after the doping control is completed

7. Strict liability

The principle of strict liability implies a high degree of responsibility for the player as he will be held liable for any prohibited substances found in his sample. It is extremely important to ensure that all medicines, supplements or other substances taken are free from prohibited substances and are not listed on the **Antidoping Switzerland List of Prohibited Substances and Methods**.

We highly recommend that the player check with his doctor or another medical expert regarding any substance or method he is prescribed in order to ensure that he is compliant and not in breach of the Anti-Doping Regulations. If a player is undergoing medical treatment, he shall inform the medical specialists that he is subject to anti-doping provisions.

8. Use of recreational drugs

Cannabis and cocaine are listed on the Antidoping Switzerland List of Prohibited Substances and Methods and account for 80% of positive tests. If a player tests positive for one of these drugs, he can be expected to be banned for as long as four years.

9. Risk of doping through supplements



In the past, there have been several cases of athletes being suspended from sport because of contaminated supplements containing banned substances not declared on the label. Studies have shown that this danger truly exists. If substances are not declared on the label, there is no way to know that they are present. According to the principle of strict liability, **if contaminated supplements are taken by a player, he will bear full and sole responsibility.**

There are two reasons for banned substances appearing in supplements:

- **By accident due to contaminated production facilities**
- **By intent, with the producer wishing to improve the supplement's effect**

Supplements in Switzerland are governed by Swiss law. Therefore, manufacturers are fully responsible for quality as well as for compliance with the applicable regulations.

Individual supplements do not require official authorisation (in contrast to medication, which needs to be approved by Swissmedic).

Banned substances have been found in:

- **Fat burners (promising a reduction in weight)**
- **Neuroenhancers (promising performance enhancement)**
- **Muscle-growth products**

Besides the danger of possible contamination with banned substances, supplements can also pose a risk to a player's health, particularly if taken in high doses. It is therefore highly recommended to establish individual needs by consulting a **dietary specialist**.

To reduce the risk of an inadvertent anti-doping rule violation:

- **always use trustworthy Swiss manufacturers**
- **do not purchase from unknown producers**
- **do not consider ordering from abroad**

If a player has any queries concerning supplements, we recommend contacting the Swiss Sports Nutrition Society contact@ssns.ch.

If a player intends to avoid the recommendations stated in these guidelines and he decides to ignore the advice with regard to the doping control procedure, then he should take note. A doping analysis expert from a WADA-accredited laboratory has said that the level of modern detection of analysis is currently so advanced that when analysing a doping sample, it is comparable to dropping a sugar cube into a swimming pool and detecting the sugar upon analysis of the water sample.



IO. Recommended reading

- Antidoping Switzerland – www.antidoping.ch
- World Rugby (Keep Rugby Clean) – www.keeprugbyclean.worldrugby.org
- World Anti-Doping Agency (WADA) – www.wada-ama.org

We highly appreciate you following the **FSR Anti-Doping Guidelines** at your clubs, especially regarding your players. If you have any queries concerning the anti-doping procedure that applies for rugby in Switzerland, please contact antidoping@suisserugby.com.

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Anti-Doping Manager
Zurich
November 2019

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Annexes

Annexe I: Therapeutic Use Exemption Application

Annexe II: Q&A for NLA team players

Annexe III: Links to downloads

Annexe I: Therapeutic Use Exemption Application

NLA team players must apply for a Therapeutic Use Exemption (TUE) **in advance** before taking any prohibited substance or using any prohibited method for reasons of health:

TUE application forms PDF (German/French):

<https://www.antidoping.ch/en/medicine-substances-and-methods/therapeutic-use-exemption-tue>

Attention: please refer to the above website for special guidelines and the TUE application criteria (PDF download at the bottom of the site) for certain prohibited substances or methods (e.g. Insulin, Methylphenidate and Lisdexamfetamine).

A player will only be allowed to take prohibited substances or use prohibited methods listed on the Antidoping Switzerland List of Prohibited Substances and Methods if his application for a TUE is approved by the Independent Committee of Antidoping Switzerland.



TUE applications have to be submitted for all national competitions, training sessions and off-season periods to Antidoping Switzerland (for details, visit www.antidoping.ch).

Submitting a TUE application to Antidoping Switzerland (source: www.antidoping.ch):

- As a general rule, a TUE application must be submitted at least 30 days before the start of treatment. An exception to this rule is emergency treatment, in which case the application should be submitted as soon as possible after treatment has begun.
- The TUE form should be completed by the player and his doctor.
- The application, including the required medical documentation, must be sent to the following address and the applicant should retain a copy of the application:

Antidoping Switzerland

Pharmacy and Medicine

Eigerstrasse 60

CH-3007 Bern

med@antidoping.ch

Fax: +41 31 550 21 09

- The TUE application will be considered by **Antidoping Switzerland's Independent TUE Commission** and approved if it meets the following criteria:
 - The prohibited substance or method in question is needed to treat an acute or chronic medical condition, such that the player would experience a significant impairment to health if the prohibited substance or prohibited method were to be withheld.
 - The therapeutic use of the prohibited substance or method is highly unlikely to produce any additional enhancement of performance beyond what might be anticipated by a return to the player's normal state of health following the treatment of the acute or chronic medical condition.
 - There is no reasonable therapeutic alternative to the use of the prohibited substance or method.
 - The necessity for the use of the prohibited substance or method is not a consequence, wholly or in part, of the prior use (without a TUE) of a substance or method which was prohibited at the time of such use.
- The TUE commission will usually send the player a written decision regarding his application within 30 days. A copy of the application and the TUE must be retained by the player.
- If an application is rejected, the player has the right to refer the case to Swiss Olympic's Disciplinary Chamber for doping cases for further evaluation. The Disciplinary Chamber may review and reassess the **TUE Commission's** decision.



All information about TUEs is sensitive in the light of data protection (information about the player's health). All clubs are recommended to not collect or store TUEs. They are not required to do so. This information concerns only the player, his doctor and the independent **TUE Committee of Antidoping Switzerland**.



Annexe II: Q&A for NLA Team players

Please note that these Q&A refer only to questions of assignment of players of the **Swiss Men's National XV** and players of **NLA Teams** to the Testing Pool Team Sports III.

1. Is a player required to print the TUE from Antidoping Switzerland and carry it with him in case he is selected to attend a doping control?

The player is compliant as soon as his TUE application has been approved by the **TUE Commission**. This TUE is tracked in the files of Antidoping Switzerland, and if he is selected to attend a doping control, he must inform the doping control officer about his existing TUE. A copy of the application and the TUE must be retained by the player (see Annexe I).

2. How shall a player of a second team of an NLA club manage an advance TUE?

A player of a second or third team of an NLA club (as well as a junior player with authorisation to play for the NLA First XV team, "Surclassement") is considered to be an NLA player and will be subject to the previous TUE ruling as soon as he plays a match for the NLA team (Match Sheet). If he only plays for the second/third team and does not have any ambition to play for the NLA team, then it is not mandatory for him to apply for a TUE in advance.

Please consider that the **TUE Commission** takes approximately 30 days to reach a decision. Therefore, we strongly recommend that the team administrator inform the players who could play for the NLA team and, if necessary, apply in advance for a TUE.

3. If a player comes to Switzerland from abroad to play for an NLA team and in his country of former residence, he was a licensed player with an advance TUE, does he need to apply for a new TUE from Antidoping Switzerland?

Firstly, the player is responsible for ensuring that the TUE that he has received from the foreign anti-doping organisation is still valid when leaving his former national rugby federation.

Generally, Antidoping Switzerland accepts on a unilateral basis TUEs from official national anti-doping organisations from other nations as well as TUEs issued by World Rugby and Rugby Europe. However, if a player starts to play for an NLA team and is assigned to the Team Sport III testing pool by Antidoping Switzerland, then it is expected that he will make the necessary arrangements to be fully compliant with the TUE rules applicable in Switzerland.



Annexe III: Links to downloads

The links below lead to the website of Antidoping Switzerland, where you will find the corresponding document in PDF form.

I. General

World Anti-Doping Code (2015 edition)

<https://www.antidoping.ch/de/gesetze-und-richtlinien/privatrecht/welt-anti-doping-programm>

Antidoping Switzerland list of banned substances and methods ("Prohibited List") (also available in German and French)

Antidoping Switzerland list of permitted medicines and drugs (German and French)

<https://www.antidoping.ch/en/laws-and-regulations/private-law/prohibited-list>

The Swiss Olympic Doping Statute (2015) (German and French)

<https://www.antidoping.ch/en/laws-and-regulations/private-law/swiss-olympic-doping-statute>

2. Whereabouts

Guidelines for SIMON Team Whereabouts (German and French)

<https://www.antidoping.ch/en/testing/testing-pools/team-sports>

Rules of procedure for the administrative examination of whereabouts failures (German and French)

<https://www.antidoping.ch/en/laws-and-regulations/private-law/swiss-olympic-doping-statute>

3. TUEs

Regulatory statutes for Therapeutic Use Exemptions (German and French)

<https://www.antidoping.ch/en/medicine-substances-and-methods/therapeutic-use-exemption-tue>

4. Control procedure

Regulatory statutes for testing and investigations (German and French)

<https://www.antidoping.ch/en/testing/control-procedure>

5. Disciplinary Chamber for Doping Cases

Regulation regarding a proceeding before the Disciplinary Chamber for Doping Cases (German, French and Italian)



<https://www.antidoping.ch/en/laws-and-regulations/disciplinary-chamber-swiss-olympic>

6. World Rugby

World Rugby Regulation 21 (Anti-Doping)

<https://www.world.rugby/handbook/regulations>

<http://keeprugbyclean.worldrugby.org/?page=resource>