



**RUGBY LEAGUE IRELAND**

**Anti-Doping Information Guide 2025**

## **1. What All Athletes Must Know**

- You are strictly responsible for anything that enters your body (Strict Liability).
- Always check medications before use using the Sport Ireland Medication Checker.
- Use only batch-tested supplements (e.g., Informed Sport).
- You may be tested anytime, anywhere—without notice.
- Never share supplements or medication with others.
- Ask if unsure: contacting RLI or Sport Ireland prevents accidental violations.

## **2. Checking Medications & Supplements**

Sport Ireland Medication Checker: <https://www.sportireland.ie/anti-doping/medication-checker>

WADA Prohibited List: <https://www.wada-ama.org/en/prohibited-list>

Batch-tested supplements directory: <https://www.informed-sport.com>

## **3. Therapeutic Use Exemptions (TUEs)**

A TUE is required if you need a prohibited substance for medical reasons.

- National-level athletes apply through Sport Ireland.
- International-level athletes apply through International Rugby League (IRL).

TUE information: <https://www.sportireland.ie/anti-doping/therapeutic-use-exemption>

## **4. The Testing Process (What to Expect)**

- You will be notified by a Doping Control Officer (DCO).
- You must provide ID and stay in sight of the DCO at all times.
- You will provide a urine and/or blood sample following WADA procedures.
- You may be accompanied by a representative if you choose.
- You will complete a Doping Control Form, declaring any medications or supplements.

## **5. Education Resources**

- Sport Ireland Clean Sport: <https://www.sportireland.ie/anti-doping>
- IRL Integrity and Anti-Doping: <https://www.intrlsport>
- RLI Integrity Page: (Insert website link)

## **6. Reporting Concerns**

If you suspect doping or have concerns, report confidentially:

- Sport Ireland Anti-Doping Unit

- International Rugby League Integrity Unit
- RLI Integrity Officer: [integrity@rli.ie](mailto:integrity@rli.ie)

## **7. Clean Sport Commitment**

RLI promotes a culture of fairness, respect, and clean competition. All athletes, coaches, and support personnel must uphold these values at all times.