

RUGBY AU

SPORTS

SUPPLEMENTS POLICY

Effective from 17 February 2014
(Updated 1 November 2021)

**Linked legislation, regulations
and/or external policies**

Australian Institute of Sport Supplements Framework
Therapeutic Goods Act 1989 (Cth)

The Rugby AU logo is located in the bottom right corner. It features the word "RUGBY" in a bold, dark blue sans-serif font, with the letters "U" and "G" highlighted in a bright green color. Below "RUGBY" is the word "AU" in the same dark blue font, with the letter "U" also highlighted in green. The logo is positioned to the right of a large green triangle that points towards the center of the page.

RUGBY
AU

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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 for the use of Supplements 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 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. Rugby AU approves the appropriate use of Supplements in accordance with this Policy to support that nutritional program.
- 1.4. 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 under the Rugby AU Anti-Doping Code (**Doping Offence**);
 - 1.5.2. compromise their health and/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 prohibited substances¹ found to be present in their body and for their possession, use, attempted use, trafficking or attempted trafficking of prohibited substances or methods. 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 any person seeking the professional advice of an Accredited Practising Dietitian or doctor, who can provide that person with the latest information on the risks and benefits of using a particular Supplement and if applicable, recommend to them an appropriate protocol for using that Supplement.
- 1.8. Rugby AU supports and has adopted the principles of the Australian Institute of Sport (AIS) Sports Supplement Framework (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.
- 1.9. As part of mitigating risks contemplated in Article 1.6 above, Rugby AU has implemented certain mandatory third-party batch testing obligations in accordance with the terms of this Policy.

2. Objectives

¹ Substances on the WADA Prohibited List (or traces of them).

- 2.1.** This Policy has been developed to:
- 2.1.1. encourage safe and healthy practices and protect the health and well-being for all Players if they decide to use Supplements;
 - 2.1.2. provide access to expert information on nutrition, Supplements, and the risks associated with Supplement use so that Players can make informed decisions;
 - 2.1.3. minimising the risk of Supplement use leading to an inadvertent Doping Offence or Players' health and/or performance being compromised;
 - 2.1.4. ensuring that the provision of Supplements to Players and use of Supplements by Players optimises the benefits of those Supplements and is safe and consistent, regardless of personnel changes within a Professional Rugby Body (**PRB**);
 - 2.1.5. establishing a Supplement provision protocol that must be followed by Players and PRBs (and may be used as a best practice guide by other Rugby Bodies), which will ensure a safe, consistent and centrally-documented approach to the provision of Supplements to Players and use of Supplements by Players, whilst maintaining appropriate levels of confidentiality; and
 - 2.1.6. establishing and maintaining a body to oversee and regulate the Supplement provision protocols that relate to Players and PRBs and the Supplements that may be used by Players.

3. Application

- 3.1. All Players, PRBs and staff/contractors within a PRBs must comply with this Policy.
- 3.2. For any other Participant or Rugby Body, the purpose of this Policy is to provide guidance and education in relation to best practice Supplement use and they are not required to comply with this Policy unless and until they become a Player or work within a PRB.
- 3.3. This Policy commenced on 1 March 2014 and was updated effective from 1 August 2021.

4. Supplement Use

- 4.1. Supplements may only be used if done so in conjunction with a nutrition program that emphasises the appropriate timing, quantity and choice of meals. This nutrition program should be developed by the Player's Team Accredited Sports Dietitian and the Player should be educated about the place of Supplements within the program and the appropriate use of products.
- 4.2. If there is any difference of opinion between the Team Doctor and the Team Accredited Sports Dietitian, either party may refer the proposed use of a Supplement to the Rugby AU Chief Medical Officer and the Rugby AU National Nutrition Coordinator who, together, will provide guidance and (if necessary) a final decision.
- 4.3. Under this Policy, Supplements are classified into the following eight groups according to their purpose, evidence and safety, as set out in Schedule 1 – Supplements Classification System.

Group A Sports Foods

- 4.4. Group A 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.
- 4.5. (**Permission**) Subject to Article 10.4, a Player does not require specific permission to use a Group A Sports Food.
- 4.6. (**Manufacturer Reputation**) The risk of an inadvertent Doping Offence as a result of using the Supplement must be considered, including considering 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.

Group A Medical Supplements

- 4.7. Group A Medical Supplements provide treatment for clinical issues, including diagnosed nutrient deficiencies, and/or enhance overall health status.
- 4.8. (**Permission**) If a Player wishes to use a Group A Medical Supplement, they must receive permission from, and only use the Supplement as directed, by their Team Accredited Sports Dietitian. Medical Supplements being used to treat clinical issues require individual dispensing from the Team Doctor.
- 4.9. (**Third-Party Batch Testing**) Third-party batch testing of Group A Medical Supplements will only be required if requested by SAG pursuant to Article 10.4.
- 4.10. (**Sourcing Products**) Players must only source Group A Medical Supplements from their Team Doctor, Team Accredited Sports Dietitian or a third-party if approved by their Team Doctor.
- 4.11. (**Manufacturer Reputation**) The risk of any inadvertent Doping Offence as a result of using the Supplement must be considered, including considering the reputation of the manufacturer (e.g. whether they are a well-recognised pharmaceutical manufacturer) and the controls the manufacturer has in place.

Group A Performance Supplements

- 4.12. Group A Performance Supplements:
 - 4.12.1. provide a useful and timely source of energy and nutrients in an athlete's diet: and/or
 - 4.12.2. have been shown in scientific trials to benefit performance, when used according to a specific protocol.
- 4.13. (**Permission**) If a Player wishes to use a Group A Performance Supplement, they must receive permission from and only use the Supplement as directed by their Team Accredited Sports Dietitian.
- 4.14. (**Third-Party Batch Testing**) Group A Performance Supplements must undergo third-party batch testing with a provider deemed suitable by SAG prior to use.
- 4.15. (**Sourcing Products**) Players must only source Group A Performance Supplements from their Team Accredited Sports Dietitian or a third-party if approved by their Team Accredited Sports Dietitian.

Group B Sports Foods

- 4.16. Group B Sports Foods:
 - 4.16.1. may provide a useful and timing source of energy and nutrients in an athlete's diet; and

- 4.16.2. are deserving of further scientific research regarding potential benefits to performance when used according to a specific protocol.
- 4.17. (**Permission**) Subject to Article 10.4, a Player does not require permission to use a Group B Sports Food.
- 4.18. (**Manufacturer Reputation**) The risk of an inadvertent Doping Offence must be considered including considering 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.

Group B Medical Supplements

- 4.19. Group B Medical Supplements:
 - 4.19.1. may provide treatment for clinical issues, including diagnosed nutrient deficiencies, and/or enhance overall health status; and
 - 4.19.2. are deserving of further scientific research regarding potential benefits to health when used according to a specific protocol.
- 4.20. (**Permission**) If a Player wishes to use a Group B Medical Supplement, they must receive permission from and only use the Supplement as directed by their Team Accredited Sports Dietitian. Medical Supplements being used to treat clinical issues require individual dispensing from the Team Doctor.
- 4.21. (**Third-party batch testing**) Third-party batch testing of Group B Medical Supplements will only be required if requested by SAG pursuant to Article 10.4.
- 4.22. (**Sourcing Products**) Players must only source Group B Medical Supplements from their Team Doctor, Team Accredited Sports Dietitian or a third-party if approved by their Team Doctor.
- 4.23. (**Manufacturer Reputation**) The risk of an inadvertent Doping Offence must be considered including considering the reputation of the manufacturer (e.g. whether they are a well-recognised pharmaceutical manufacturer) and the controls the manufacturer has in place.

Group B Performance Supplements

- 4.24. Group B Performance Supplements:
 - 4.24.1. may provide a useful and timely source of energy and nutrients in an athlete's diet; and/or
 - 4.24.2. are deserving of further scientific research regarding potential benefits to performance when used according to a specific protocol.
- 4.25. (**Permission**) If a Player wishes to use a Group B Performance Supplement, they must receive permission from and only use the Supplement as directed by their Team Accredited Sports Dietitian.
- 4.26. (**Batch Testing**) Group B Performance Supplements must undergo third-party batch testing with a provider deemed suitable by SAG.
- 4.27. (**Sourcing Products**) Players must only source Group B Performance Supplements from their Team Accredited Sports Dietitian or a third-party if approved by their Team Accredited Sports Dietitian.

Group C Supplements

- 4.28. Group C Supplements:

- 4.28.1. include the majority of Supplements promoted to athletes;
 - 4.28.2. enjoy a cyclical pattern of popularity and widespread use, but have not been proven to provide a worthwhile enhancement of sports performance;
 - 4.28.3. possess benefits that have a very small likelihood of occurring or are too small to be useful, as indicated by current scientific evidence; and
 - 4.28.4. in some cases, have been shown to impair sports performance.
- 4.29. (*Permission*)** 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 from their Team Accredited Sports Dietitian and Team Doctor.
- 4.30. (*Batch Testing*)** All Group C Supplements must undergo third-party batch testing by a provider deemed suitable by SAG.
- 4.31. (*Sourcing Products*)** Players must only source Group C Supplements from their Team Accredited Sports Dietitian or a third-party if approved by their Team Accredited Sports Dietitian.

Group D Supplements

- 4.32.** (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.
- 4.33.** All Players are prohibited from using any Group D Supplement.

5. General Obligations - Players

- 5.1.** All Players will:
- 5.1.1. consent to the provision and recording of information about them in accordance with this Policy and acknowledge the application of Article 10 (*Confidentiality*);
 - 5.1.2. 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 either the Rugby AU Code of Conduct or the Rugby AU Professional Players Code of Conduct (as amended and replaced from time to time), whichever is applicable, and sanctions may follow including fines, suspension or termination of their Player Contract.
 - 5.1.3. comply with the obligations set out in Article 7.

6. General Obligations – Professional Rugby Bodies

- 6.1.** PRBs will:
- 6.1.1. adopt, implement and comply with this Policy;
 - 6.1.2. ensure that all members of the PRB's 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 PRB or a Player to not comply with this Policy;
 - 6.1.3. ensure that each of the PRB's Players and members of Team Management have been provided with, and acknowledge the application of, this Policy;

- 6.1.4. ensure that the PRB and its Team Management, including its Team Accredited Sports Dietitian, comply with this Policy and discharge its obligations under this Policy in a discreet and confidential manner in accordance with Article 10 (Confidentiality);
- 6.1.5. provide reasonable access to Rugby AU to audit the PRB's compliance with this Policy; and
- 6.1.6. comply with the obligations set out in Article 7.

7. Specific Obligations

Team Accredited Sports Dietitian

- 7.1. PRBs will appoint a person to be the PRB's nominated Team Accredited Sports Dietitian² who will be responsible for the PRB's Supplements program including the Minimum Responsibilities outlined in Schedule 2, Article 3.2 of the Rugby AU Medical Policy.
- 7.2. Immediately prior to their appointment, and at all times while working with the PRB (whether as an employee or contractor) the Team Accredited Sports Dietitian must hold the minimum qualifications set out in Schedule 2, Article 3.3 of the Rugby AU Medical Policy.
- 7.3. The Team Accredited Sports Dietitian must be fully educated in relation to the Rugby AU Anti-Doping Code and must carefully consider the risks of any inadvertent Doping Offence as a result of providing and advising Players about Supplements.

Supplement Provision Plan

- 7.4. The Team Accredited Sports Dietitian will prepare an annual **Supplement Provision Plan** which includes details of the Supplements that the PRB's Team Accredited Sports Dietitian intends to provide (including Sports Foods) or permit to be sourced from a third-party provider and the applicable protocols for providing those Supplements (as per Article 4).
- 7.5. The Supplement Provision Plan will be in the form stipulated by the SAG and is to be submitted to the SAG, who will review and provide written approval prior to it being implemented.
- 7.6. The Team Accredited Sports Dietitian may also submit to the SAG any proposal, to amend the Supplement Provision Plan to provide a Supplement to a Player or permit the sourcing of a Supplement, in a way that is not covered by the current Supplement Provision Plan.
- 7.7. If the Team Accredited Sports Dietitian wishes to include a product not specified in the tables in Schedule 1, they must submit an evidence based proposal to the SAG for consideration and must not use the product until written approval has been received from the SAG.

Supplement use, documentation and storage

- 7.8. Supplements must only be used or be permitted to be used in compliance with the conditions set out in Article 4 (*Supplement Use*) and in accordance with the PRB's current Supplement Provision Plan.
- 7.9. Supplements are to only be provided to any of the PRB's Players by the Team Accredited Sports Dietitian or by the Strength and Conditioning Coach under the direction of the Team Accredited Sports Dietitian (provided that the Strength and Conditioning Coach is appropriately accredited as per Rugby AU's minimum standards).³

² In accordance with Article 7.2 of the Rugby AU Medical Policy.

³ Rugby AU's minimum standards for PRB Strength and Conditioning Coaches is an Australian Strength and Conditioning Association

- 7.10. The details of any Supplements, including Sports Foods, provided to Players by the PRB are to be recorded using the centrally-documented system notified to the PRB by Rugby AU, including batch number and any other details required by Rugby AU.
- 7.11. All Supplements sourced by the PRB are to be stored in a safe and secure environment with minimal access as defined by the Team Accredited Sports Dietitian.

Reporting

- 7.12. All Players, PRBs and staff/contractors within PRBs will:
 - 7.12.1. promptly report to the Rugby AU Head of Integrity 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 11 (*Confidentiality*);
 - 7.12.2. promptly notify the Rugby AU Head of Integrity 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;
 - 7.12.3. disclose to Rugby AU or their PRB, if requested, all details in their knowledge relating to publicly available information that indicates their apparent or suspected non-compliance with this Policy;

Sponsorship

- 7.13. PRBs will not enter into any sponsorship or other agreement that will cause the PRB to not comply with this Policy and if the PRB is unsure, it will check with the SAG.
- 7.14. Players will not enter into any sponsorship or other arrangement in relation to Supplements without prior approval from Rugby AU and their PRB and a Player will not engage in, or promote any multi-level marketing or 'pyramid' selling with respect to any Supplements or Supplement Companies.

Induction and education

- 7.15. Rugby AU will develop and implement appropriate education programs and initiatives in relation to the key messages of this Policy and ensure that each Player and member of Team Management receives this education.
- 7.16. PRBs will work with Rugby AU to ensure that Players and members of Team Management receives education and will ensure that each member of the Sports Science / Sports Medicine Staff receives an induction and education on the policies and protocols relating to the provision of Supplements to Players.
- 7.17. Players will make themselves available for, and actively engage in, education programs and will use their influence to support and reinforce those education messages regarding Supplements.

8. Obligations – Rugby AU

- 8.1. Rugby AU will:
 - 8.1.1. adopt, implement and comply with this Policy;
 - 8.1.2. ensure this Policy is made available to those bound by this Policy;

- 8.1.3. ensure that each Player and PRB is notified of any change to this Policy;
- 8.1.4. ensure that the information recorded on the centrally-documented system pursuant to this Policy, is subject to strict and appropriate access controls in accordance with Australian privacy legislation;
- 8.1.5. discharge Rugby AU's obligations under this Policy in a discreet and confidential manner in accordance with Article 11 (*Confidentiality*);
- 8.1.6. ensure that there are opportunities for each PRB's Team Accredited Sports Dietitian and other key members of that PRB's Sports Science / Sports Medicine Staff to have their existing practices and procedures peer reviewed;
- 8.1.7. establish and maintain the SAG in accordance with Article 10 (*Rugby AU Supplement Advisory Group (SAG)*);
- 8.1.8. provide reasonable access to any independent person appointed as auditor by the SAG to audit Rugby AU's compliance with this Policy; and
- 8.1.9. remain committed to ongoing research and expert advice from recognised regulatory bodies in relation to sports nutrition and Supplement use.
- 8.1.10. conduct an annual review at each PRB of the following matters:
 - a) compliance with the requirements of the Policy by the PRB;
 - b) has there been any breach of this Policy within the PRB;
 - c) what action has management taken to deal with reports of breach and suspected breach of this Policy;
 - d) what Supplements have been provided to, and used by, Players within the PRB and a comparison of this information to previous years;
 - e) whether this Policy is available to Players and staff;
 - f) whether all Players to whom this Policy applies have received education about the Policy and the manner in which the education was delivered; and
 - g) any additional questions for management required by the board for independent assurance on integrity in relation to Supplement use and provision;

and the report on each matter listed above is to be signed off by management as true and accurate accompanied by an assurance from management that except as otherwise disclosed, the Policy has been complied with;
- 8.1.11. prepare a report for the PRB Board and the Player Health, Safety and Integrity Committee; and
- 8.1.12. provide an annual report to the Rugby AU Board detailing the annual review process.

9. Sanctions

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

10. Rugby AU Supplement Advisory Group (SAG)

- 10.1. Rugby AU will establish and maintain the SAG for the purposes of:
 - 10.1.1. classifying Supplements under this Policy;
 - 10.1.2. considering supplement provision plans submitted for approval by PRBs (including

any proposals submitted under Article 7.6);

- 10.1.3. considering requests or other evidence relating to classifying or reclassifying a Supplement and if appropriate, consulting with the AIS Supplement Framework Committee or any of the Team Accredited Sports Dietitians in relation to the classification of that Supplement;
 - 10.1.4. considering the suitability of batch testing providers;
 - 10.1.5. assisting PRBs to determine whether prospective sponsorship or other agreements comply with this Policy;
 - 10.1.6. reviewing and monitoring the information recorded on the centrally-documented system pursuant to this Policy;
 - 10.1.7. providing advice and recommendations on Supplement use and nutrition;
 - 10.1.8. reviewing the effectiveness of this Policy; and
 - 10.1.9. reporting to Rugby AU on an annual basis in relation to the operation of, and the information provided under, this Policy.
- 10.2.** Rugby AU will have the sole discretion to appoint and remove members of the SAG (with the exception of the RUPA appointee at Article 10.2.5) and will endeavour at all times to have a member of the SAG that is external to Rugby and Rugby AU. The members of the SAG, as at the date of this updated Policy, are as follows:
- 10.2.1. the Rugby AU Chief Medical Officer (**Chair**);
 - 10.2.2. the Rugby AU National Nutrition Coordinator;
 - 10.2.3. a representative of strength & conditioning coaches in Rugby;
 - 10.2.4. a representative of the Rugby AU Integrity Unit;
 - 10.2.5. a representative appointed by RUPA; and
 - 10.2.6. a representative from the AIS Sports Supplement Program or a suitably qualified independent person.
- 10.3.** The SAG will be governed according to the following principles:
- 10.3.1. the SAG will discharge its obligations under this Policy in a discreet and confidential manner in accordance with Article 11 (*Confidentiality*);
 - 10.3.2. the SAG will hold quarterly meetings, the quorum is three (3) and this must include the Chair;
 - 10.3.3. if all the members of the SAG have received reasonable notice of a meeting and a quorum is present, the meeting is competent to exercise all or any of the authorities, powers or discretions vested in or exercisable by the SAG;
 - 10.3.4. questions arising at a meeting of the SAG are to be decided by a majority of votes cast and must include the vote of the Chair and must be minuted;
 - 10.3.5. a written resolution may be passed if all of the members of the SAG, have had a reasonable opportunity to consider a proposed resolution, and if the members who assent in writing to the proposed resolution (including by electronic means) would have constituted a quorum at a meeting of the SAG, then that resolution is taken as having been passed

by the SAG; and

10.3.6. in the case of an equality of votes upon any proposed resolution, the Chair will have the casting vote.

10.4. The SAG may request that mandatory third-party batch testing of any Supplement be conducted before its use by a Player. Where SAG notifies the Team Accredited Sports Dietitian or Player pursuant to this Article 10.4, the Player must not use the Supplement until receipt of written notice from SAG (or its nominee) that SAG is satisfied with the result of the third-party batch testing.

11. Confidentiality

- 11.1. Information about a Player or a member of staff/contractor within a PRB 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.
- 11.2. Persons who report information to the Rugby AU Head of Integrity about another person's breach of this Policy will have their identity in relation to that report kept confidential unless:
- 11.2.1. their identity is required to be disclosed as part of disciplinary procedure in accordance with either the Rugby AU Code of Conduct or Rugby AU Professional Players Code of Conduct (as amended and replaced from time to time), whichever is applicable; or
- 11.2.2. their identity is required to be disclosed by law.
- 11.3. If a person has not complied with this Policy, and as a consequence of any disciplinary action taken by a PRB (limited to suspension and termination of a Player's contract) or Rugby AU it is impractical or impossible to maintain confidentiality (as determined by the PRB or Rugby AU), the PRB and Rugby AU are not required to keep confidential the information regarding the non-compliance with this Policy.
- 11.4. If a Player has provided information to a PRB or Rugby AU under Article 5.1.6, the PRB and Rugby AU are not required to keep that information confidential.
- 11.5. Rugby AU, through SAG, may disclose statistical information recorded under this Policy to persons outside the PRBs and Rugby AU, if it does not include personal information that identifies an individual Player.

12. Amendment and Interpretation

- 12.1. Rugby AU may amend this Policy from time to time and the Policy will be reviewed by the SAG every 3 years.
- 12.2. The headings used in this Policy are for convenience only and do not affect the interpretation of this Policy.
- 12.3. Words importing the singular include the plural and vice versa.
- 12.4. 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).
- 12.5. Reference to "including" and similar words are not words of limitation.
- 12.6. This Policy includes any Schedule.

13. Definitions

AIS means the Australian Institute of Sport.

AIS Sports Supplement Framework means the system of classification of supplements by the AIS, which is publicly 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 publicly available on the AIS website.

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, for which 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, for which 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, for which 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' includes any Whole Food manufactured by a Supplement Company.

Group B Performance Supplement means a Supplement promoted to improve performance and/or recovery, for which 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 a specialised product used to provide a practical source of nutrients when it's impractical to consume everyday foods and fluids, examples of which are contained in the 'Sports Food' component of Group A in Schedule 1.

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

Participant means any person that by way of a Rugby AU Registration Form, or other instrument, has agreed to be bound by the constitution of Rugby AU, Rugby AU policies, Rugby AU Code of Conduct By-Laws and any laws, regulations and By-Laws of the International Rugby Board applying from time to time, and where such persons may include any Rugby AU player (including an amateur or non-contracted player and any Player), a referee, touch judge or other match official, a selector, coach, trainer, manager or other team official, or an individual involved in the organisation, administration or promotion of Rugby including a director, other officer or employee of a Rugby Body.

Player means any Participant who has entered into a Player Contract.

Player Contract means a current contract of employment to play Rugby entered into by a Player and a PRB.

Policy means this Sports Supplements Policy of Rugby AU.

Professional Rugby Body or PRB means Rugby AU and any Super Rugby Licensee (as that term is defined in the Rugby AU constitution) and the Professional Rugby Body of a Player at any point in time is the Professional Rugby Body that employs that Player at that time.

Prohibited List (see definition of WADA Prohibited List).

Rugby means the game of rugby football.

Rugby AU means Rugby Australia Ltd ACN 002 898 544.

Rugby AU Chief Medical Officer means the chief medical officer of Rugby AU.

Rugby AU Head of Integrity means the Head of Integrity at Rugby AU, who is contactable at integrity@rugby.com.au.

Rugby AU National Nutrition Coordinator means the national nutrition coordinator of Rugby AU.

Rugby AU Supplements Advisory Group or SAG means the supplement advisory group established by Rugby AU as described in Article 10.

Rugby Body means Rugby AU, any Voting Member and Affiliated Union (as those terms are defined in the Rugby AU Constitution) and any Rugby club or other body in membership with or affiliated to a Voting Member or Affiliated Union.

RUPA means the Rugby Union Players' Association.

Sports Science / Sports Medicine Staff means those members of Team Management such as doctors, the Team Accredited Sports Dietitian, other dietitians, sports scientists, physiotherapists, soft-tissue therapists, and strength & conditioning coaching staff.

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 the products or types of products identified in Schedule 1.

Supplement Company means any organisation that produces and/or sells Supplements.

Supplement Provision Plan means the plan described in Article 7.4 of this Policy, in relation to which the relevant PRB has received written approval from the SAG.

Team Doctor means the senior medical practitioner (registered in Australia) of a PRB.

Team Management means any person engaged by Rugby AU or a PRB to work directly with any Players' squad or team (includes, without limitation, medical officers, members of the Sports Scientist / Sports Medicine Staff, trainers, coaches and team managers).

Team Accredited Sports Dietitian means the person appointed by a PRB for the purposes of Article 7.1.

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).

Schedule 1 Supplements Classification System

The AIS Sports Supplement Framework is a leadership activity involving the engagement of key stakeholders within the Australian high performance sport network to provide expertise and resources to enhance insights gained during the implementation of the AIS Sports Supplement Program (2000-2012). The AIS Sports Supplements Framework, which was relaunched in March 2021, supports Australian sporting organisations and agencies to develop their own sports supplement policies, programs and guidelines which achieve best practice.

The specific components of the Framework include the following:

- The ABCD classification system which provides a simple education tool to rank sports foods and supplement ingredients according to the scientific evidence that they can safely and practically contribute to an athlete's performance goals
- Facilitation of third-party auditing programs for supplements and sports foods used or provided to Australian athletes as part of their sports supplement programs to minimise the risk of anti-doping rule violations.

The ABCD Classification system ranks sports foods and supplement ingredients into four groups according to scientific evidence and other practical considerations that determine whether a product is safe, legal and effective in improving sports performance. The current Rugby AU Classification System is modelled on the AIS Classification, however has been amended to fit the needs of Rugby.

Group A

| Overview of category | Sub-categories | Products |
|--|---|---|
| Evidence level: Strong scientific evidence for use in specific situations in sport using evidence-based protocols. Use within the Rugby AU supplement Policy: Permitted for use by some Players according to best practice protocols and in consultation with the Team Accredited Sports Dietitian and/or Team Doctor (as applicable) | Sports Foods Specialised products used to provide a practical source of nutrients when it is impractical to consume everyday foods. | Sports Drink Sports Gel Sports Confectionary Liquid Meals Electrolyte Replacement Beetroot Juice Pickle Juice |
| | Medical Supplements Supplements used to prevent or treat clinical issues, including diagnosed nutrient deficiencies. Require individual dispensing and supervision by the Team Doctor. | Iron Calcium Zinc Magnesium Multivitamin Vitamin C Vitamin D Probiotics |
| | Performance Supplements Supplements/ingredients that can support or enhance sports performance. Should be used in individualised protocols under the direction of the Team Accredited Sports Dietitian. | Protein Powder Sports Bar Amino Acids – BCAA/EAA/Leucine B-alanine Creatine Caffeine Glycerol |

Group A Supplements – May be used in support of a nutrition program as they are shown to benefit performance, when used according to a specific protocol.

Sports Foods

Permission for Players required? No (subject to the terms of this Policy)

Mandatory batch testing required? No.

Medical Supplements

Permission for Players required? Yes.

Mandatory batch testing required? No.

Performance Supplements

Permission for Players required? Yes.
Mandatory batch testing required? Yes.

Group B

| Overview of category | Sub-categories | Examples |
|---|---|--|
| Evidence level: Emerging scientific support, deserving of further research. Use within the Rugby AU Supplement Policy: Considered for use by identified individuals. | Sports Foods Specialised products used to provide a practical source of nutrients when it is impractical to consume everyday foods. | Tart Cherry Juice Exotic Berries |
| | Medical Supplements Supplements used to prevent or treat clinical issues, including diagnosed nutrient deficiencies. | Fish Oil Curcumin Turmeric Anti-Oxidants – e.g. Vitamin E Glucosamine |
| | Performance Supplements Supplements/ingredients that can support or enhance sports performance. Should be used in individualised protocols under the direction of the Team Accredited Sports Dietitian. | Pre-trainer Collagen Glutamine Ketone Menthol N-Acetyl Cysteine Quinine Carnitine |

Group B Supplements – May be used in support of a nutrition program however are generally deserving of further research.

Sports Foods

Permission for Players required? No (subject to the terms of this Policy)
Mandatory batch testing required? No.

Medical Supplements

Permission for Players required? Yes.
Mandatory batch testing required? No.

Performance Supplements

Permission for Players required? Yes.
Mandatory batch testing required? Yes.

Group C

| Overview of category | Examples |
|--|--|
| Evidence level: Scientific evidence not supportive of benefit amongst athletes OR no research undertaken to guide an information opinion. Use within the Rugby AU Supplement Policy: Not provided to Players. May be permitted for individualised use by a Player where there is specific approval from SAG. | The products listed above when used outside of the approved protocols are <i>considered Group C products</i> . <i>Products that are not listed above or covered by a category listed in Group D are considered Group C Supplements.</i> |

Group C Supplements – Prohibited (unless exceptional circumstances apply) as there is no meaningful proof of beneficial effects and in some cases, have been shown to impair sports performance.

Permission for Players required? Yes.

Mandatory batch testing required? Yes.

Group D

| Overview of category | Examples |
|---|--|
| <p>Evidence level: Banned or at high risk of contamination with substances that could lead to a positive drug test.</p> <p>Use within the Rugby AU Supplement Policy: MUST not be used.</p> | <p>Any product on the WADA Prohibited is classified a Group D Supplement and <u>MUST</u> not be used.</p> <p>There are some WADA Prohibited Substances commonly seen in supplements marketed to Athletes. All Team Dietitians and Athletes must be aware of and look out of these.</p> <p>Beta-2-agonists Higenamine</p> <p>Selective Androgen Receptor Modulators (SARMs) Andarine Ostarine Ligandrol</p> <p>Stimulants 1, 3-dimethylbutylamine (DMBA) Octodrine Ephedrine Strychnine Sibutramine Methylhexanamine (DMAA) Other herbal stimulants</p> <p>Prohormones and hormone boosters DHEA Androstenedione 19-norandrostenedione/ol Other prohormones Tribulus terrestris and other testosterone boosters</p> <p>Metabolic Modulators GW1516 (Cardarine)</p> <p>Other GH releasers and peptides Colostrum - not recommended by WADA due to the inclusion of growth factors in its composition</p> |

Group D – Prohibited as they are banned or at high risk of contamination.

Schedule 2

Additional Supplement Considerations

Fortified Products

There are a number of products sold in supermarkets that have been fortified with protein, such as muesli bars and cereals. Players need to be aware of these products, ensure they are reading the ingredient list and speak with their Team Accreditation Sports Dietitian about the appropriateness of the product.

Multi-ingredient Products

Multi-ingredient products carry risks of not containing enough ingredient to provide a benefit and increased risks of contamination, with the potential to lead to an inadvertent doping offence. Where single ingredient vitamin and mineral supplements are available, they are preferred over multi-ingredient products.

Cafes and Juice Bars

Player must be aware of products in cafes and juice bars that contain added protein. These products carry risks of containing protein that may lead to an inadvertent doping offence and must be avoided.

Herbal Additives

Herbal additives carry a high risk of contamination and negative impacts on health and, therefore, should be avoided by all Players.