

Anti-Doping Regulations

Guidelines for Anti Doping Regulations

- 1** These Guidelines are issued to help in explaining the policy and procedure of the Discipline Standing Committee of the ECB in relation to Prohibited Substances and Doping Control Tests (DCT) and do not replace the Regulations which should be read carefully by all those falling under the jurisdiction of the ECB and particularly Cricketers playing in First Class, Second Eleven and Minor Counties Cricket. These Guidelines do not form part of the Regulations and are not binding on the ECB.
- 2** Note that lawfully prescribed medicines may contain a prohibited substance and it is your duty (Schedule A) to ensure that you do not take it. The ECB is determined to ensure that drugs do not enter cricket and intends to use all possible powers to achieve this. The Discipline Standing Committee wishes every Cricketer to know that the guideline penalties as laid down by the IOC is the yardstick which it recommends to Disciplinary and Appeal Panels set up under the Regulations - these include by way of example a two year suspension for a first offence of using any of the stimulants, narcotic analgesics or anabolic agents with a life ban for any subsequent offence, and a three month suspension for a first offence use of prohibited substances such as cannabis. It follows that anyone using a prohibited substance is likely to suffer very serious penalties including being banned from playing for very long periods.

- 3.1 A refusal or failure to take, or interference with the process of taking, a DCT is as serious an offence as if a DCT were taken and demonstrated the presence of a prohibited substance. (See Regulation 2.5). A Cricketer who asserts that his failure to take a DCT was 'reasonable' will have the onus of proving that to the Disciplinary Panel which hears his case (See Regulation 2.1.6).
- 3.2 **The ECB has the power to require a cricketer to take a DCT other than in the random circumstances previously provided for, that is, to 'target' test a Cricketer.** This is a power which the ECB will not exercise unless the circumstances demand it, but the ECB will not hesitate to use it in appropriate cases.
- 3.3 The ECB expects all officials of the DCT appointed by the Sports Council to be treated with the same courtesy and consideration as officials of the ECB.
- 4** Medicines lawfully prescribed may contain prohibited substances - you must not take them (see Schedule A). **Always show the list of prohibited substances to your doctor or medical officer when obtaining a prescription and remember - the onus is on you to ensure that the prescribed medicine contains none of them.** If necessary, consult your GP or Club doctor or physiotherapist and ask about alternative prescriptions which will not breach Schedule A.
- 5** In order to be helpful to Cricketers, a list of permitted substances is set out in the Schedule to these Guidelines. The list is not exhaustive but you should also be aware that medicines obtainable without

prescription may contain a prohibited substance. **Keep a copy of the 'banned list' (Schedule A) and the 'safe list' (schedule of permitted medicines) to hand so that you can consult it or readily show it to your doctor.**

- 6 Cricketers are advised to pay particular attention to Schedules B and C which set out in plain language the system for notifying a Cricketer that he has been selected to give a sample and the procedure which must be followed by the Cricketer thereafter. Selection of matches and cricketers for a DCT will normally be on a random basis but whether you think you have been fairly selected or not, you are obliged to submit to a DCT when requested to do so.
- 7 The random DCT procedure will involve the unannounced arrival of DCT Officials at a Ground. The home Secretary/Chief Executive and the Captains will be made aware of the DCT Officials' presence and the Captains will be invited to send observers to the random selection of cricketers for the test. Usually, two cricketers from each team will be selected - but the DCT official determines the number in any particular case. The selected cricketers will be notified as soon as practicably possible after selection, which will normally (but not always) take place during an interval. In some circumstances, cricketers may not be notified - because, for example, they are on the field of play - until a few minutes before they are due to take the test. This notification may come at an inconvenient time, or when the match is not going well and may be an unpleasant surprise.

Please note, however, there is no excuse for failing to comply with the Notice to take the DCT and if you do not take it you are liable to be dealt with as if you had been shown to have had a prohibited substance in your body.

- 8** Normally the random DCT will be administered during playing hours - but this is not necessarily the case. It may be required of a cricketer at any time not earlier than two hours before the scheduled start nor later than two hours after stumps were due to be drawn and this applies whether there is any prospect of play or not.
- 9** A Cricketer will receive a Notice if he is required to submit a sample - note the time and place on the Notice - your duty is to comply with those details. The sample becomes the property of ECB.
- 10** At the start of the DCT the Cricketer will be asked to sign a section of the DCT control form and this will be completed by the DCT Official as the various procedures take place. The DCT Official will have a copy of the Regulations and these Guidelines if you wish to study them.
- 11** Cricketers should drink as much as possible before taking the test. Non-alcoholic, caffeine-free drinks are recommended. Broadly speaking, a DCT consists of giving a sample of urine under supervision which is then despatched for analysis at an accredited laboratory.
- 12** The precise mechanics of conducting a DCT may vary from time to time as medical science advances -

please follow the instructions you are given when they conflict with these Guidelines and note that minor departures by the DCT Officials from the laid down procedures are highly unlikely to invalidate the result of a DCT.

- 13** In the event that a cricketer provides a positive test note the procedure arising under Regulation 3 and the following:

There will be a Preliminary Hearing within five days of the result being communicated to you (which may take place anywhere in the country) at which no charges will be laid but you will have the opportunity to explain why you may have provided a positive DCT. The ECB will issue a Public Statement after the Preliminary Hearing which will simply set out the factual position and reduce the inevitable speculation (see Schedule D).

- 14** The Full Hearing date is likely to be well within the 28 days allowed by the Regulations from the date of the setting up of a Disciplinary Panel and you will note the new provisions - the Discipline Standing Committee wishes it to be known that it is now likely that a Disciplinary Panel will order the interim suspension of a player where a second test has been analysed with a positive result, that is, suspension from all cricket until the Full Hearing takes place. In some exceptional cases suspension may be ordered from the date of the Preliminary Hearing.
- 15** Cricketers are also invited to note that the Discipline Standing Committee is likely to act more leniently in

the case of a Cricketer who admits at an early stage that he has taken a prohibited substance.

- 16** Cricketers should note that any use of a prohibited substance - whether revealed through a DCT or in some other way will be treated as a serious breach of these Regulations which is liable to render the user liable to a heavy penalty and in all probability a lengthy suspension from the game. The prohibited substances are not confined to performance enhancing drugs and compounds and the Committee will not necessarily draw any distinction in terms of the penalty to be imposed between the use of a non-performance enhancing drug and one which may be performance enhancing.

Schedule of Permitted Medicines

The following medicines do not contravene the Anti Doping regulations:

Asthma

Permitted by inhalation:

Salbutamol, salmeterol, terbutaline

Becotide and similar steroids

- NB:** These drugs when taken in tablet form require prior medical notification.

Pain

Local applications: Boots PR spray, algipan, ibuprofen cream, local anaesthetics (not cocaine).

Tablets: paracetamol, soluble aspirin, ibuprofen and other non-steroidal anti-inflammatory drugs e.g.

indomethacin, diclofenac, codeine, dextromethorphan, dextropropoxyphene, dihydrocodeine, difenoxylate, pholcodine, propoxetina, tramadol and ethyl-morphine.

Coughs and Colds:

Otrivine nasal spray, Otrivine-Antihistina eye drops, Rynacrom nasal spray, Tinc Bex Co Inhalation, Vick's Inhaler, Karvol Inhalation, Beecham's Powders (not Extra), Menthol and Eucalyptus Inhalation, Meggezone pastilles.

Note: Other decongestants are now permitted provided they are taken in medicinal doses, such as ephedrine, pseudoephedrine, etilefine, phenylpropanolamine and phenylephrine.

Coughs:

Dry:	Simple linctus, Pholcodine, Mucolax, Codeine linctus
Chesty:	Fabrol, Benylin Chesty Cough
Hayfever:	Triludan, Piriton, Clarityn, Hismanal, Penergana, Tavegil
Sore Throats:	Dequadin lozenges, TCP lozenges, Chloraseptic spray, Strepsils, Merocets, Tyrozets.

Gastrointestinal tract:

Diarrhoea:	Loperamide 2mg, Celevac, Kaopectate, products containing electrolytes e.g. Dioralyte.
Constipation:	Senna tablets, Regularan sachets, glycerol suppositories, Bisocodyl tablets

Acidity: Magnesium trisilicate mixture, Actal, Asilone, Aluminium hydroxide gel, Gavescon, cimetadine, ranitidine, omiprazol

Some of these drugs are available over the counter, other drugs require prescription.

Anti-Doping Regulations

1 Application

The Regulations apply to all Cricketers playing, or a member of a squad selected to play, in any match at any level, controlled by, or held under the auspices of, the ECB, and to all others subject to the ECB's jurisdiction.

2 Doping Control Tests

2.1 Random Sampling Requirements

In the knowledge of recommendations made by the UK Sports Council, the ECB has instituted random urine sampling of Cricketers (Doping Control Test: DCT) to test for the presence of any prohibited substance in the body. Those substances prohibited are set out in Schedule A.

2.1.1 A Cricketer is required to submit to a Doping Control Test (DCT) if notified in writing in approved form (see Schedule B) of such requirement.

2.1.2 A Cricketer is required to follow the procedures for such DCT as laid down in Schedule C.

2.1.3 A Cricketer may not:

- a act in any way calculated to delay or defeat the proper administration of a DCT, and/or
 - b knowingly do anything which may adversely affect his ability to participate in or provide an unadulterated sample for a DCT, and/or
 - c do anything which is calculated to influence the integrity of any sample given or due to be given.
- 2.1.4 A Cricketer failing to meet either or both of the requirements of Regulations 2.1.1 and 2.1.2 above and/or acting in breach of Regulation 2.1.3 shall have the fact reported to the Chief Executive of the ECB and he shall refer such conduct and/or breach to the Chairman (or in his absence a Deputy Chairman) of the Discipline Committee of the ECB as a 'Complaint' as defined in Regulation 3.1 of the Discipline Standing Committee Regulations, which shall thereafter be dealt with as provided for by those Regulations.
- 2.1.5 Any proven breach of Regulations 2.1.1, 2.1.2 or 2.1.3 a, b and c above shall each be a separate breach of the ECB's Anti Doping Regulations and any Disciplinary Panel or Appeal Panel hearing such complaint shall have the same powers in relation to penalty as if the Cricketer had used a prohibited substance.
- 2.1.6 In a case where there is a proven breach of Regulations 2.1.1, 2.1.2 or 2.1.3, above and the cricketer seeks to put forward a reasonable excuse for such breach, the onus shall be on the cricketer to establish such reasonable excuse on the balance of probabilities.

2.2 Target Sampling Requirements

- 2.2.1 The ECB may require a Cricketer to undertake a DCT (or more than one) at such times and places as the ECB may reasonably determine to test for the presence of any prohibited substance in the body. Those substances prohibited are set out in Schedule A. Save that the provisions of paragraph 1 of Schedule C shall not apply, the provisions of Regulations 2.1.1 - 2.1.6 above inclusive shall apply to any DCT required under this Regulation.

3 Doping Control Tests - Results

Every DCT urine sample shall be analysed and a signed written result of such analysis shall be sent to the ECB as soon as reasonably practicable thereafter.

- 3.1 The provision by a Cricketer of a sample of urine, pursuant to a DCT, which contains any prohibited substance (as defined in Schedule A) shall constitute an offence contrary to these Regulations, save in any case where any second sample tested is recorded a negative as defined in 3.2 herein.
- 3.2 In any case in which analysis of the DCT demonstrates the presence of no prohibited substance in the urine sample, the Cricketer and his County Secretary/Chief Executive will be notified of that fact and the test recorded as negative.
- 3.3 In any case in which analysis of the DCT proves positive, (that is, the laboratory analysis as carried out by such International Olympic Committee accredited laboratory as has been designated by the ECB from

time to time shows that the urine sample contains at least one prohibited substance), the following procedure shall be followed:

3.4 Upon receipt by the ECB of such result, the ECB shall regard such result as a 'Complaint' as defined by Regulation 3.1 of the Discipline Regulations, and shall forthwith orally and in writing notify:

3.4.1 The Cricketer.

3.4.2 His County Secretary/Chief Executive.

3.4.3 The Chairman (or in his absence a Deputy Chairman) of the Discipline Standing Committee of the ECB.

that the Cricketer has tested positive and the type of prohibited substance said to be present in the sample.

3.5 Within three days of being so notified, the Chairman of the Discipline Standing Committee shall appoint a Disciplinary Panel and thereafter the procedures set out in Regulation 6 and the penalty and costs available as set out in Regulation 7 (and where subsequently appropriate, the Appeal procedure as set out in Regulation 8) of the Discipline Regulations shall take effect save that:

3.5.1 the hearing date envisaged under Regulation 6.3 shall be arranged for not later than 28 days from the date of appointment of a Disciplinary Panel and shall be fixed at the Preliminary Hearing;

3.5.2 a Preliminary Hearing (to which the Cricketer shall be summoned) shall be fixed by the Chairman of the Panel for a date within five days of the appointment of

the Disciplinary Panel, which shall consider the following in the light of any information, admission or submission made by, or on behalf of the Cricketer or the ECB;

- a) Such arrangements as may be necessary for the analysis of the second urine sample; (should such an analysis be ordered, the procedures for analysing and receiving the result of such analysis shall be identical to those relating to the first, but the Cricketer shall have the right to be present or be represented at the second analysis)
- b) Such arrangements (for any subsequent hearing) by way of the obtaining of expert or other evidence as the Panel may deem appropriate in all the circumstances of the case
- c) the question of whether any interim suspension from playing any or all cricket held under the control or auspices of the ECB be imposed pending the second analysis result and/or any full Disciplinary Panel hearing.

3.6 It shall be open to a Disciplinary Panel at a Preliminary Hearing to invite the Cricketer's response to the positive result of the DCT, but any failure to respond at that stage shall not be capable of being construed as evidence against the Cricketer.

3.7 *Following a decision taken at a Preliminary Hearing to refer the matter to a Full Disciplinary Panel Hearing, the ECB shall issue a public statement in the form set out at Schedule D.*

- 3.8 No charges shall be brought at the Preliminary Hearing and should a second test be ordered which subsequently proves negative, the cricketer shall be notified of that fact and that proceedings are thereby terminated and the ECB shall forthwith issue a statement to that effect. In such circumstances, no full hearing of the Disciplinary Panel shall take place.

4 Prohibited Substances

It shall be an offence under these Regulations for any Cricketer knowingly to use any prohibited substances as set out in Schedule A.

- 4.1 Any Cricketer deliberately taking any medication or preparation containing a prohibited substance shall be deemed to know that it did contain such substance at the time of taking it.
- 4.2 Any criminal conviction relating to the use of such prohibited substance shall be regarded as incontrovertible proof that the cricketer has knowingly used such substance.
- 4.3 Any complaint arising from breach of Regulation 4 shall be referred to the Chief Executive of the ECB and the procedures set out in the Discipline Standing Committee Regulations shall then apply.

5 Prior Exemptions

- 5.1 A Cricketer's physician may request prior permission to use for valid medical reasons a Prohibited Substance or Prohibited Doping Method. Prior exemption will not normally be granted in cases of

acute disease and never when sporting activity may be hazardous to the cricketer. The procedure is as follows:

- 5.2 A Cricketer's physician must submit a request for prior permission to ECB as soon as there is a medical recommendation to use a Prohibited Substance or a Prohibited Doping Method.
- 5.3 A prior exemption request must provide all information concerning the history and medical records of the condition or illness to be supplied by the Cricketer's treating physician. The request must be supported by a statement from a qualified physician setting out the reasons why the administration of a Prohibited Substance or use of a Prohibited Doping Method is necessary for the health of the cricketer. It must also contain the dosage and duration of medication, as well as an explanation as to why a non-listed drug cannot be used.
- 5.4 Upon receipt of a request for prior permission, ECB will use its best efforts to process the request as soon as possible. A prior exemption request will not be effective until the cricketer and the cricketer's physician are notified in writing.

It should be emphasised that only prior exemption is contemplated by this Regulation 5. Exemption will not be granted after a Prohibited Substance has been found to be present in a sample provided by a cricketer. Any such substance so found will be regarded as a breach of the Anti-Doping Regulations and treated accordingly.

6 Assisting, Inciting, Encouraging Breaches

Any person or body subject to the jurisdiction of the ECB who knowingly assists and/or encourages and/or incites a Cricketer to commit any breach of the Anti Doping Regulations, himself commits an offence for which he is liable to be referred to the Discipline Committee by way of complaint and subsequently dealt with by way of the procedures set out under the Discipline Standing Committee Regulations.

7 Miscellaneous

These Regulations give a Disciplinary Panel at any Preliminary or subsequent Hearing the power to order interim suspension upon any cricketer for any period between the Preliminary Hearing and any subsequent hearing of a complaint brought under these Regulations.

Schedule A

1 Prohibited Classes of Substances

Prohibited substances fall into the following classes of substances:

- A Stimulants
- B Narcotics
- C Anabolic Agents
- D Diuretics
- E Peptide Hormones, Mimetics and Analogues

F Cannabinoids

G Glucocorticosteroids

All substances belonging to the prohibited classes cannot be used even if they are not listed as examples. For this reason, the term "and related substances" is introduced. This term describes drugs that are related to the class by their pharmacological action and/or chemical structure.

A Stimulants

amineptine	mesocarb
amfepramone	methamphetamine
amiphenazola	methoxyphenamine
amphetamine	methylendioxyamphetamine
bambuterol	methylephedrine
bromantan	methylphenidate
caffeine*	nikethamide
carphadon	norfenfluramine
cocaine	parahydroxyamphetamine
cropropamide	pemoline
crotethamide	pentatrazol
ephedrine**	phendimetraquine
etamivan	phentermine
etilefine**	phenylephrine**
etilamphetamine	phenylpropanolamine**

fencamfamine	pholadrine
fenetyllin	pipradol
fenfluramine	prolintane
formoterol	propylhexedrine
heptaminol	pseudoephedrine**
mefenorex	reproterol
mephentermine	strychnine

*caffeine - amounts in excess of 12 micrograms to 1 millilitre urine

** permitted in medicinal doses only

B Narcotics

buprenorphine	methadone
dextromoramide	morphine
diamorphine (heroin)	pentazocine
hydrocodone	pethidine

Note: codeine, dextromethorphan, dextropropoxyphene, dihydrocodeine, diphenoxylate, ethylmorphine, pholcodine, propoxyphene and tramadol are permitted.

C Anabolic Agents

1 Anabolic Androgenic Steroids

a) clostebol	19-norandrostenediol
fluoxymesterone	19-norandrostenedione
methandienone	oxandrolone

metenolone stanozolol

nandrolone

and related substances

b) androstenediol dihydrotestosterone

androstenedione testosterone*

dehydroepiandrosterone (DHEA)

and related substances

Evidence obtained from metabolic profiles and/or isotopic ratio measurements may be used to draw definitive conclusions.

* testosterone: the presence of a testosterone (T) to epitestosterone (E) ratio greater than six (6) to one (1) in the urine of a competitor constitutes an offence unless there is evidence that this ratio is due to a physiological or pathological condition, e.g. low epitestosterone excretion, androgen producing tumour, enzyme deficiencies.

2 **Beta-2 Agonists**

The following are prohibited when administered orally or by injection, except by prior permission:

bambuterol reproterol

clenbuterol salbutamol*

fenoterol terbutaline*

formoterol

and related substances

* permitted by inhalation only.

D Diuretics

acetazolamide	furosemide
bendroflumethiazide	hydrochlorothiazide
bumetanide	indapamide
canrenone	mersalyl
chlortalidone	spironolactone
ethacrynic acid	triamterene

E Peptide Hormones, Mimetics and Analogues

The following are prohibited, except by prior permission:

ACTH, erythropoietic (EPO), hCG, hGH, insulin, LH

F Cannabinoids**G Glucocorticosteroids**

The systemic use of glucocorticosteroids is prohibited, except by prior permission.

It is the responsibility of the cricketer to check that any medicine or other substance which he proposes to take does not contain any Prohibited Substances as defined in this Schedule, even if contained in lawfully prescribed medicine.

2 Prohibited Methods

The following procedures are prohibited:

Blood Doping

Blood doping is the administration of blood, red blood cells, artificial oxygen carriers and related blood products to a cricketer.

Pharmaceutical, Chemical and Physical Manipulation

Pharmaceutical, chemical and physical manipulation is the use of substances and of methods which alter, attempt to alter or may reasonably be expected to alter the integrity and validity of samples used in doping controls. These include, without limitation, the administration of diuretics, catheterisation, sample substitution and/or tampering, inhibition of renal excretion such as by probenecid and related compounds, and alterations of testosterone and epitestosterone measurements such as epitestosterone or bromantan administration.

The success or failure of the use of a prohibited substance or method is not material. It is sufficient that the said substance or procedure was used or attempted for the regulation to have been breached.

Schedule B - Notice of Doping Control Test (DCT)

A Notice shall be in approved form which specifies:

The name of the Cricketer

The date, time and place of the DCT, which is signed by a duly authorised DCT Official or other person authorised in writing to act on behalf of the ECB in this capacity.

Schedule C - Procedure for a DCT

Upon receipt of such Notice as is specified in Schedule B the Cricketer must comply with all instructions contained therein and with those given to him by the authorised DCT officials.

- 1 A DCT may take place at any time between two hours before the scheduled commencement and two hours after the scheduled close of play for the day of the match selected, whether or not there is any prospect of play taking place.
- 2 A Cricketer selected for a DCT must attend at the appointed place at the appointed time and identify himself to a DCT official.
- 3 A DCT Control form will be completed as the test progresses which the Cricketer will be asked to confirm from time to time.
- 4 The Cricketer shall select a collecting vessel from those provided and, accompanied by a DCT Official, at a convenient place shall provide at least such minimum quantity of urine in the vessel as the DCT shall from time to time require.
- 5 Either the Cricketer, or if the Cricketer wishes, a DCT Official, shall put the sample into two labelled bottles provided for the DCT which shall be used for the first and second tests as necessary. These bottles must be sealed, either by the Cricketer or at his election, by the DCT Official. The Cricketer must be present whilst these procedures are carried out.
- 6 The Cricketer is required to sign the DCT control form and confirm that the procedure has been followed to

his satisfaction and if it has not, to state his reasons. If the DCT Official accepts the reasons, he may require the Cricketer to undertake the procedure again from the beginning and such sample shall be selected for analysis in place of any taken during the first testing. Failure or refusal by the Cricketer to sign the form, or state reasons for dissatisfaction with the procedure shall not of itself invalidate the result.

- 7 A signed DCT form without notification of dissatisfaction shall be conclusive proof that the DCT test was carried out to the Cricketer's satisfaction.
- 8 Any DCT carried out where the Cricketer does not sign the form and/or states reasons for dissatisfaction shall be reported to the ECB who shall determine whether the test result is thereby affected.
- 9 The Cricketer shall receive a copy of the DCT control form.
- 10 The sample shall be sent for analysis to such accredited laboratory as the ECB may from time to time designate.
- 11 Any Disciplinary or Appeal Panel shall be entitled to disregard departures from the above procedures if satisfied that they would have had no significant adverse effect upon the DCT result and did not adversely prejudice any right of the Cricketer which would have been his but for the departure from the stated practice.

Schedule D - Public Statement

The Public Statement shall be in this form:

At a Preliminary Hearing of a Disciplinary Panel held at , on..... (date),
Mr(cricketer) was formally notified that
a DCT test of a sample of his urine taken on
.....(date) had proved positive in that the
sample was shown to have contained.....
(prohibited substance).

(and a-d where appropriate)

- a) The Cricketer has admitted that he used the substance and alleges that he did so in the following circumstances (brief summary).
- b) The Disciplinary Panel has ordered that the second sample of urine be tested and has provisionally set the date of for a Full Hearing.
- c) The Disciplinary Panel has ordered the Cricketer's interim suspension from the game from now until the Full Hearing (this may be issued as a separate statement following a second positive DCT if appropriate).
- d) The Disciplinary Panel wishes to emphasise the fact that no charge has been brought against the Cricketer at this time and until the result of the second test is known it should not be assumed that the Cricketer has used any Prohibited Substance.