Anti-Doping Rules

Clean sport and your responsibilities

All Athletes have the right to compete in sport knowing that they and their fellow competitors are clean. We believe in clean sport and work in partnership with UK Anti-Doping (UKAD) and our International Federation (IF) WORLD ATHLETICS to ensure that the integrity of our sport is protected.

The Anti-Doping Rules

Athletics Northern Ireland has in place a set of anti-doping rules that all Athletes and Athlete Support Personnel are bound to and must abide by. These anti-doping rules are consistent with the World Anti-Doping Code, the global rulebook for anti-doping in sport.

The anti-doping rules of Athletics Northern Ireland are the rules published by UK Anti-Doping (or its successor), as amended from time to time.

If you are an Athlete or Athlete Support Person participating under the jurisdiction of Athletics Northern Ireland, then the anti-doping rules of UKAD apply to you, regardless of what level you participate at.

View the UK Anti-Doping Rules on UKAD's website.

The World Anti-Doping Code

It is managed and coordinated by the World Anti-Doping Agency (WADA). This core document harmonises anti-doping policies, rules and regulations within sport globally. The Code is supported by a number of International Standards. Together they make sure, there is a consistent approach to anti-doping around the world.

Visit UKAD's website for more information on:

- The Code and International Standards
- The Global Anti-Doping Framework and Governance

The Code classifies Athletes as “International-Level”, “National-Level” or “Recreational-Level” based on their level of competition. Athletes can check their level of competition on UKAD’s website.

Anti-Doping Rule Violations

Breaching the anti-doping rules can result in a ban from all Code-compliant sport. The Code outlines the Anti-Doping Rule Violations (ADRVs) and who they apply to. Athletes and Athlete Support Personnel need to make sure they are fully aware of these violations, and the consequences of breaking them.

Visit UKAD’s website for more information on:

- Anti-Doping Rule Violations
- Consequences of doping
- Which individuals are currently serving a ban

Strict Liability

An important principle of the Code is Strict Liability. Athletes are 'strictly liable' irrespective of intent, Fault, or Negligence for any Prohibited Substance or Method they use. An Athlete is always responsible for what is found in their body - even if the substance was not taken on purpose.

It is essential that Athletes and Athlete Support Personnel are aware of their responsibilities at all times and of the risks of unintentional doping.

For more information, visit UKAD’s website:

- Athletes - Rights and Responsibilities
- Athlete Support Personnel - Roles and Responsibilities

The Prohibited List: What’s banned in sport

The Prohibited List is one of the International Standards that support the Code. The Prohibited List indicates what substances and methods are prohibited in sport and when.

View the Prohibited List on WADA’s website.

The Prohibited List is updated each year, coming into effect on 1st January 2027. It is possible for WADA to make changes to the Prohibited List more than once a year, but it must communicate such changes three months before they come into effect. Athletes and Athlete Support Personnel should make sure they check the Prohibited List ahead of any changes coming into effect.

Checking the anti-doping status of medications

Before taking any medication (whether prescribed by a doctor or purchased over the counter), Athletes must check to make sure it doesn't contain any Prohibited Substances.

Medications (ingredients or brands) can be checked online at Global DRO

It is important to note that medications bought in one country may contain different ingredients to the same branded medication in another country.

Learn more about checking medications on UKAD's website.

What if I need a Therapeutic Use Exemption (TUE)?

If an Athlete has an illness or medical condition that requires them to use a Prohibited Substance or Method, a Therapeutic Use Exemption (TUE) permits them to use it whilst continuing to compete in sport.

Athletes should follow the steps: Search. Check. Apply. below before taking any medication:

1. Search for your medication on Global DRO to find out if it is banned in sport. Ask your doctor whether you can use an alternative medication or treatment that is permitted in sport.
2. Check whether you need to apply for a TUE using UKAD's TUE Wizard and follow the applicable guidance.
3. Apply, if necessary, for a TUE and await the outcome before starting treatment.

For all medication and TUE enquiries, visit UKAD's dedicated Medicine and TUE Hub.

Taking dietary supplements

UKAD's stance on supplement use is that Athletes should start with a food-first approach, before considering if, and when, supplements may be appropriate, due to the following issues that can arise:

• Products may become contaminated with prohibited substances during the manufacturing process

• The ingredients label on products might be misleading or inaccurate

As a result, Athletes are advised to be thorough when determining their need to use a supplement in the first instance, as well as when selecting a specific product.

Learn more about the anti-doping risks associated with dietary supplement use, and ways to minimise these risks, on UKAD's website.

What happens at a test?

Athletes can be tested any time, any place. Testing is intelligence-led and risk-based, and it will always be conducted with 'no advance notice'.

For more information on the Testing process and the Athletes' rights and responsibilities, visit UKAD's website.

Reporting doping

If you want sport to stay clean and enjoyable for everyone, it has to be on a level playing field. That only happens if people are willing to speak up when something doesn't feel right.

UKAD operates a reporting initiative called Protect Your Sport. This is a confidential service.

Visit UKAD's website for more information on:

• How to speak out against doping

• The reporting process

For further information

• Information specific to Athletes on UKAD's website

• Information specific to Athlete Support Personnel on UKAD's website

Please do not hesitate to ask questions about the anti-doping rules and process. As well as asking Athletics Northern Ireland and Athlete Support Personnel,

Athletes may also contact UKAD directly, who will be able to answer any questions and provide guidance. They can be contacted at ukad@ukad.org.uk.

Visit www.ukad.org.uk to learn about anti-doping in the UK.

Follow @ukantidoping on social media

Direct anti-doping contacts in Athletics Northern Ireland:

Contact the NGB Anti-Doping Lead: Mark Kirk – mark.kirk@athleticsni.org