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A. Overview

- A.1. Netball Australia and its Member Organisations are acutely aware that the results of the present frenzy of supplements in sport come with a small but real risk of an inadvertent anti-doping rule violation; money being wasted on products that simply do not work; and time, money and belief being distracted away from the factors that can really enhance health, recovery and performance.
- A.2. Netball Australia seeks to educate athletes that whilst some supplements can assist them to achieve peak performance; the use of supplements should be part of the athlete’s overall nutrition plan, guided by experts, sound science and specific needs of the athlete.
- A.3. Netball Australia has a “food first” position, whereby Athletes are encouraged to meet nutritional needs via diet, before considering using ergogenic-aid type supplements for performance enhancement.
- A.4. Netball Australia seeks to make athletes aware that under the World Anti-Doping Agency and Australian Sports Anti-Doping Authority frameworks the principle of strict liability applies; as such an anti-doping rule violation occurs whenever a prohibited substance (or its metabolites or markers) is found in the bodily specimen of an athlete, whether or not the athlete intentionally or unintentionally used a prohibited substance or was negligent or otherwise at fault.
- A.5. The Netball Australia Supplement Advisory Panel will keep abreast of current research on nutrition and supplement practices; conduct an audit of supplement use by International and World Class Athletes; and consider is a Person is approached by an organisation for endorsement and or sponsorship.

B. Context

- B.1. This Rule is not intended to capture substance and methods where an Athlete has an approved Therapeutic Use Exemption under applicable anti-doping policies.
- B.2. Netball Australia embraces the Australian Institute of Sport (AIS) Sports Supplement Program which can be found at:
<http://www.ausport.gov.au/ais/nutrition/supplements/overview2>
- B.3. The AIS Sports Supplement Program *“is designed to provide world’s best practice in the research, education and provision of sports foods and supplements”* and is subject to regular review and updating by a panel of experts.

C. Related Policies

- C.1. Self-injection of substances is strictly prohibited under Netball Australia’s No Self-Injection Rule.

D. Who Does this Rule Apply to?

- D.1. This Rule applies to:
 - D.1.1. Athletes.
 - D.1.2. Coaches.
 - D.1.3. Athlete and Team Support Personnel¹.
 - D.1.4. Personnel: the workforce of Netball Australia, Member Organisations and ANZ Championship (Australian based office).
 - D.1.5. Persons who hold governance positions with Netball Australia or Member Organisations.
 - D.1.6. Any Person bound by Netball Australia’s Anti-Doping Policy.
 - D.1.7. Any other Person who has agreed to be bound by this Rule.
- D.2. All Persons are automatically bound by and required to comply with all of the provisions of this Rule. Accordingly, all Persons shall be deemed to accept all terms set out herein and have agreed that it is their personal responsibility to:
 - D.2.1. Understand that there is a real risk that a supplement an Athlete may be taking contains a prohibited substance (or its metabolites or markers) on the World Anti-Doping Agency Prohibited List. This prohibited substance may be declared on the label, or may result from contamination during manufacture or in the case of complementary medicines and supplements may be contained in the substance but not be listed on the label.
 - D.2.2. Understand that an Athlete is solely responsible for what they consume. This is irrespective of whether the sport supplement was given to the Athlete (and deemed to contain no prohibited substances) by anyone else, including Coaches and Athlete and Team Support Personnel.

¹ Note: It is recognised that *Athlete and Team Support Personnel* in certain professions may be subject to legal obligations with respect to confidentiality and disclosure.

- D.2.3. Before mentioning supplements to Athletes; Coaches and Athlete and Team Support Personnel need to consider the efficacy and benefit to health and or performance, be knowledgeable of the AIS Supplement Group Classification System (http://www.ausport.gov.au/ais/nutrition/supplements/classification_test) and be knowledgeable of the risks or potential side effects associated with supplements use.

E. Education Programs

- E.1. Netball Australia will provide information to Persons about the risk of contamination of supplements with a prohibited substance and will inform Persons about the risks of buying supplements overseas, over the counter and on-line.
- E.2. Netball Australia will recommend that Athletes, Coaches and Athlete and Team Support Personnel bound by this Rule complete the Australian Sports Anti-Doping Authority anti-doping education tool which can be found at <http://asada.skillsoptimiser.com/SignIn.aspx?returnurl=>
- E.3. Netball Australia will recommend that Athletes, Coaches and Athlete and Team Support Personnel bound by this Rule use the Australian Sports Anti-Doping Authority website to check substances and methods (noting that the Australian Sports Anti-Doping Authority cannot advise on supplements). <https://checksubstances.asada.gov.au/>
- E.4. Netball Australia will recommend that Athletes, Coaches and Athlete and Team Support Personnel bound by this Rule read the AIS Sports Supplement Program <http://www.ausport.gov.au/ais/nutrition/supplements/overview2>

F. List of Prohibited Supplements and Other Substances

- F.1. The following are prohibited under this Rule:
- F.1.1. The substances and methods on the World Anti-Doping Agency Prohibited List. The List can be found at: <http://www.wada-ama.org/en/world-anti-doping-program/sports-and-anti-doping-organizations/international-standards/prohibited-list/>
- F.1.2. Substances and methods on the AIS Supplement Group Classification System Category D. Categories can be found at : http://www.ausport.gov.au/ais/nutrition/supplements/classification_test
- F.1.3. Substances and methods that a reasonable Person would consider experimental.
- F.1.4. Substances and methods that are untested.
- F.1.5. Substances and methods that are not approved by the Therapeutic Goods Administration.
- F.1.6. Substances and methods that are not approved by any governmental regulatory health authority for human therapeutic use.
- F.1.7. Substances and methods that are not used for their intended purpose.
- F.1.8. Substances and methods that are not safe for human use.

G. Rule Offences

- G.1. This Rule is contravened where:
- G.1.1. An Athlete possesses, uses or administers any of the substances and methods under Clause F. Such an offence will be considered under Netball Australia's Anti-Doping Policy in the first instance.
 - G.1.2. A Person engages in trafficking of any of the substances and methods under Clause F. Such an offence will be considered under Netball Australia's Anti-Doping Policy in the first instance.
 - G.1.3. A Person is Complicit.
 - G.1.4. A Person fails to promptly disclose to the Chief Executive Officer of Netball Australia, or Nominated Delegate, that a Person has received an approach to breach this Rule.
 - G.1.5. A Person fails to promptly disclose to the Chief Executive Officer of Netball Australia, or Nominated Delegate, that the Person knows or reasonably suspects that any current or former Person has engaged in conduct, or been approached to engage in conduct that may be a breach of this Rule.

Please direct any enquiries to Netball Australia's Integrity Unit, email: integrity@netball.asn.au