



CLEAN SPORT

Anti-Doping Handbook

National League · Season 2026-27

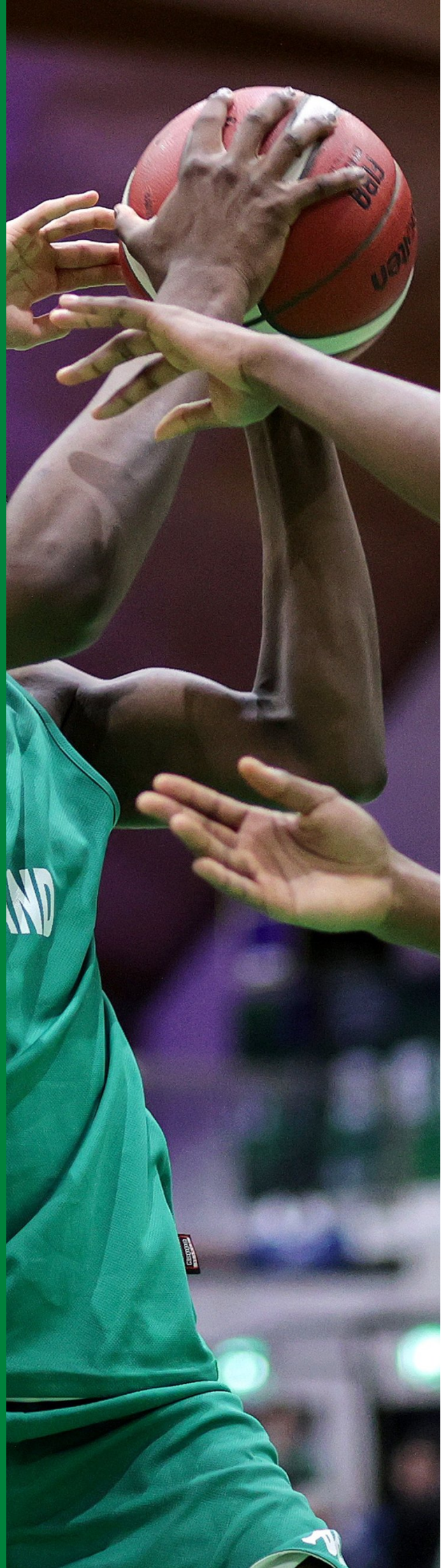
For players and team management

#CLEANGREENSPORT

Basketball Ireland

Anti-Doping Officer: Niall McDermott ·

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1 Welcome

This handbook is for **National League players and team management** — coaches, managers, physios and any support staff.

Every player and every member of your support team has a part to play in keeping our sport clean. Anti-doping is not just for elite, tested athletes — the rules apply to everyone who plays in, or is involved with, a competition run by Basketball Ireland.

The aim is simple: that you are confident with the basics of clean sport, know your responsibilities, and know where to go if you are ever unsure. Read it, keep it handy, and get in touch any time.

YOUR ANTI-DOPING OFFICER

Niall McDermott — Anti-Doping Officer, Basketball Ireland · Sport Ireland Clean Sport Educator
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2 What is anti-doping?

“Doping” means an athlete using prohibited substances or methods to improve training or competition results. Cheating in this way is fundamentally against the spirit of sport.

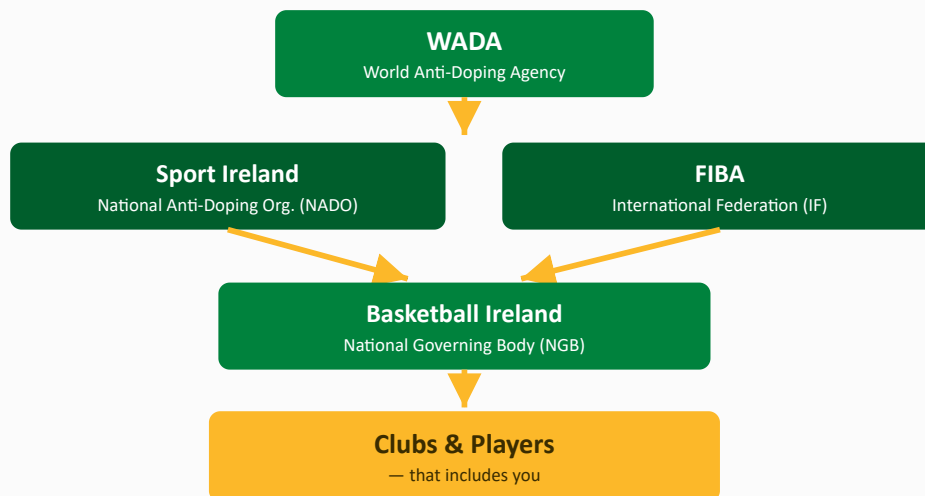
Sport Ireland runs Ireland’s National Anti-Doping Programme to protect the integrity of Irish sport. Under the Irish Anti-Doping Rules (in force since 1 January 2021), **Sport Ireland carries out drug testing on behalf of Basketball Ireland**. Basketball Ireland has adopted the position of Sport Ireland and the World Anti-Doping Agency (WADA): doping has no place in our game.

CLEAN SPORT COMMITMENT

All club personnel have a responsibility to make sure members know the rules and that the club supports drug-free sport. You can download the **Clean Sport Commitment Statement** from the Anti-Doping section of the Basketball Ireland website. The consequences of breaking the rules can be severe — for players and for their support staff.

3 How you are connected to the World Anti-Doping Code

The **World Anti-Doping Code (WADC)** is the single set of anti-doping rules that applies to all sports worldwide. It protects your right to compete in doping-free sport, protects fairness, and protects athlete health. Here is how the rules reach you:



So whether you play in the National League or pull on an Ireland jersey, the same rules reach you.

4 Your responsibilities

If you are a player, you must:

- Understand and follow anti-doping policies.
- Take responsibility for whatever is in your body.
- Cooperate with the testing programme.
- Use your influence to support clean sport.

If you are support personnel (coach, manager, physio, parent), you must:

- Understand and follow anti-doping policies.
- Use your influence to promote clean sport and protect your athletes.

Beyond the rules, clean sport is about your health, the credibility of the game, being a role model, and pride in yourself and your country.

5 Strict liability — Your Body, Your Responsibility

YOUR BODY. YOUR RESPONSIBILITY.

Players are **solely responsible** for any prohibited substance they use, attempt to use, or that is found in their body — however it got there. “I didn’t know” is not a defence.

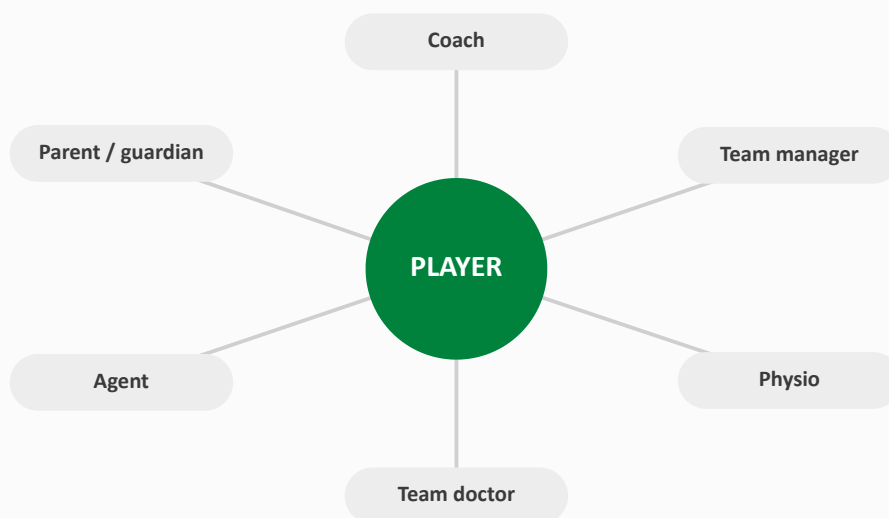
REAL CASE

A physiotherapist used a spray containing the banned substance clostebol on a small cut on his own hand. During a massage it transferred to the athlete. The athlete had taken nothing knowingly — but still received a ban, and the staff involved lost their jobs.

The lesson: be careful about what goes into your body and who is treating you. The responsibility lands on the player.

6 Anti-doping applies to everyone in basketball

You do not have to fail a test to break the rules. There are **11 Anti-Doping Rule Violations (ADRVs)** for athletes and **7 for support personnel** — and anyone in the game can be accused of one.



The 11 that apply to athletes

1. Presence of a prohibited substance in your sample.	2. Use or attempted use of a prohibited substance or method.
3. Evading, refusing or failing to submit to sample collection.	4. Whereabouts failures — three missed tests/filing failures in 12 months (RTP athletes).
5. Tampering with any part of doping control.	6. Possession of a prohibited substance or method.
7. Trafficking a prohibited substance or method.	8. Administration to an athlete of a prohibited substance or method.
9. Complicity — assisting, encouraging or covering up doping.	10. Prohibited association — working with someone serving a ban.
11. Discouraging or retaliating against someone for reporting doping.	

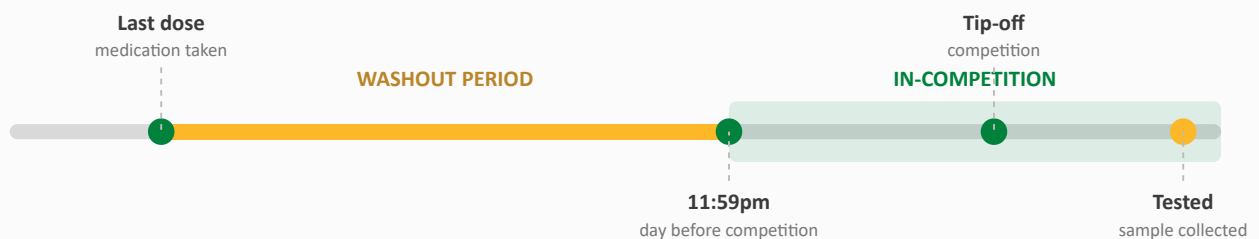
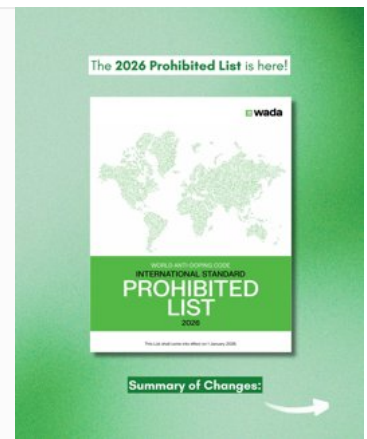
The 7 that apply to support personnel

Tampering · Possession · Trafficking · Administration · Complicity · Prohibited Association · Discouraging or Retaliating.

7 The Prohibited List

The Prohibited List sets out what is banned in sport, and when. **A new list comes into effect every year on 1 January**, so something permitted last year can become prohibited this year — check regularly at wada-ama.org/en/prohibited-list.

Some substances are banned **at all times**; others only **in-competition**. The **in-competition period** begins at **11:59pm the day before** a competition you are due to play in. The **washout period** is the time a medication takes to clear your system — anything banned in-competition must have cleared (or dropped below the threshold) before the in-competition period starts.



Prohibited at all times (in- and out-of-competition)

- S0** **Non-approved substances** (e.g. BPC-157) — experimental or unlicensed drugs, sometimes hidden in “wellness” products.
- S1** **Anabolic agents** (e.g. stanozolol/Winstrol, testosterone, nandrolone) — build muscle and strength beyond natural training.
- S2** **Peptide hormones, growth factors & mimetics** (e.g. EPO, growth hormone) — boost red blood cells, growth and recovery.
- S3** **Beta-2 agonists** (e.g. clenbuterol) — asthma medicines that, misused, act like stimulants. Some inhaled asthma medicines are permitted within strict dose limits.
- S4** **Hormone & metabolic modulators** (e.g. anastrozole) — manipulate hormones or metabolism.
- S5** **Diuretics & masking agents** (e.g. furosemide/Lasix) — dilute urine, hide other substances or cut weight.
- M1** **Manipulation of blood** (e.g. transfusions) — artificially boost oxygen delivery.
- M2** **Chemical & physical manipulation** — e.g. tampering with a sample, or IV drips above the allowed limit.
- M3** **Gene & cell doping** — altering genes, cells or tissue to enhance performance.

Prohibited in-competition only

- S6** **Stimulants** (e.g. pseudoephedrine in some cold/flu remedies, amphetamine) — increase alertness and energy.
- S7** **Narcotics** (e.g. morphine, fentanyl, codeine) — strong painkillers that mask pain.

S8 **Cannabinoids (THC)** — some CBD products contain trace THC and can cause a positive test.

S9 **Glucocorticoids** — anti-inflammatories; banned in-competition when taken by mouth, injection or IV.

You might recognise some of these



Lemsip Max
Cold/flu → S6



Concerta
ADHD → S6



Tramadol
Painkiller → S7



CBD oil
Cannabinoid → S8



Kenalog
Injection → S9



Lasix
Diuretic → S5



Arimidex
Modulator → S4



Creatine
Supplement — check it

2026 — key changes to know (effective 1 January 2026)

Category	What changed
S1 — Anabolic agents	Clarified that esters of prohibited steroids are also banned.
S2 — Peptide hormones	Pegmolesatide added (a new EPO-type agent that boosts endurance).
S3 — Beta-2 agonists	Salmeterol dosing intervals tightened. Maximum delivered dose unchanged at 200 µg / 24 hours.
S4 — Hormone/metabolic modulators	Two substances found in supplements added: α-naphthoflavone (aromatase inhibitor) and BAM15 (an AMPK activator).
S6 — Stimulants	Flmodafinil and fladrafinil added — modafinil-type stimulants sold as supplements.
S9 — Glucocorticoids	Note added that sustained-release injections can stay detectable past the usual washout period.
M1 — Blood manipulation	Non-medical use of carbon monoxide now banned. (PRP — platelet-rich plasma — remains permitted.)
M3 — Gene & cell doping	Now also covers cell components (e.g. mitochondria, ribosomes).
Monitoring programme	Semaglutide and tirzepatide (Ozempic, Mounjaro) being monitored; tramadol and fentanyl still monitored out-of-competition.

8 Checking your medications

Every player must check every medication — even a one-off antibiotic or an over-the-counter cold remedy. Check **both** over-the-counter and prescription medicines, and always check the medication **in the country it was bought in**.

Where you bought it	Where to check it
Republic of Ireland	Sport Ireland Medcheck — medcheck.sportireland.ie
Northern Ireland, UK or anywhere else	Global DRO — globaldro.com

Check your Medication

Athlete
▼

Q

Search

You should record your reference number: 75,678

16-01-2025 17:06

Sport Classification:	● Prohibited in Competition
Formulation Name:	Lemsip Max Sinus & Flu Hot Lemon
Formulation Active Ingredient:	Paracetamol 1000mg, pseudoephedrine HCl 60mg per sachet.
Formulation Description:	Powder for oral soln.
Description:	Pseudoephedrine is prohibited in-competition at urinary concentrations >150mcg/ml. Athletes should stop taking any pseudoephedrine containing products at least 24 hours before the in-competition period

A real Sport Ireland Medcheck result. Note the status (**Prohibited in Competition**) and the reference number — record it and screenshot it.

The same product can differ by country

A cold & flu remedy can be permitted in one country and prohibited in another, because the ingredients differ.

Permitted

Lemsip Cold & Flu bought in the **Republic of Ireland** — paracetamol only.

Prohibited in-competition

Lemsip Max bought in **NI / UK** — contains **pseudoephedrine** (banned in-competition).

Practical steps:

- Bring all your medication and check each one.
- Note the **reference number** and **take a screenshot**.
- Need a prohibited medicine for a genuine medical reason? **Contact the Anti-Doping Officer before you take it** to arrange a TUE.
- Always check in the **country of purchase** — the same brand can differ between markets.



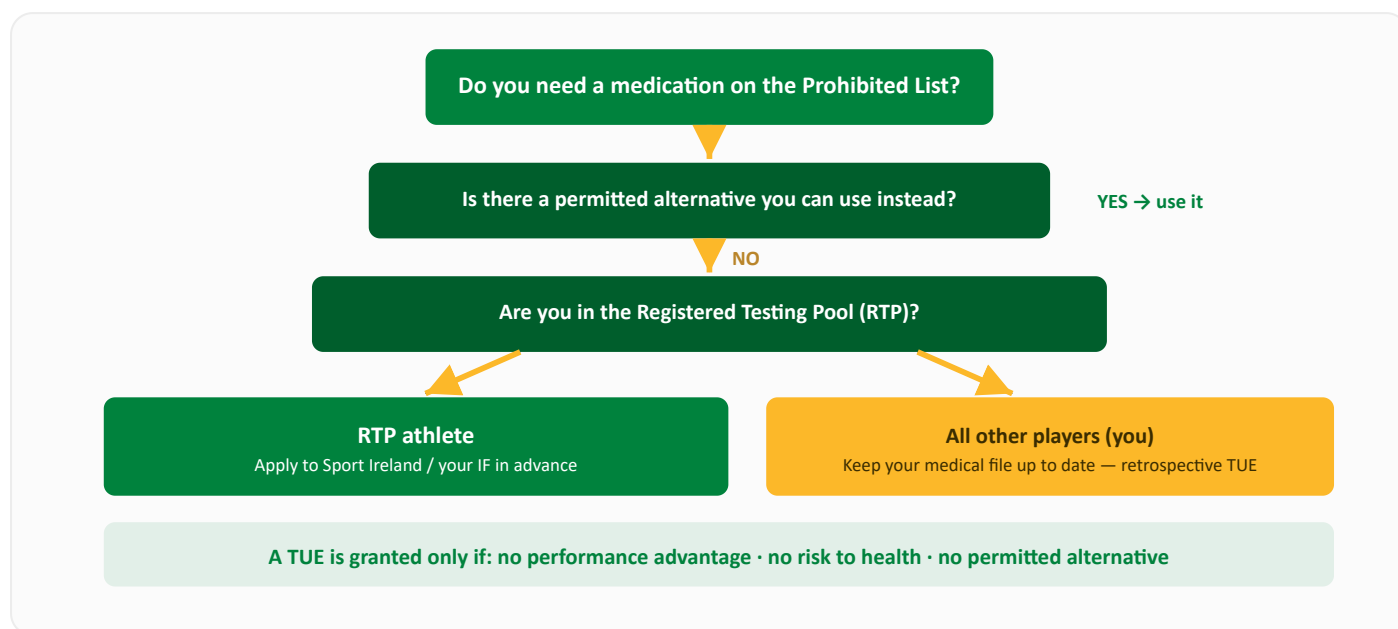
A golfer was banned after using a nasal spray bought abroad — the version sold here didn't contain the banned substance.

WARNING

Recreational drugs (cannabis, cocaine and similar) are prohibited and can produce a positive test, leading to a ban of up to four years.

9 Therapeutic Use Exemptions (TUEs)

If you need a medication or treatment on the Prohibited List and there is no permitted alternative, you can apply for a **Therapeutic Use Exemption (TUE)** to treat a genuine medical condition. A TUE is for a diagnosed condition, a set period, a set dose and frequency, and a set route of administration.



WHAT THIS MEANS FOR NATIONAL LEAGUE PLAYERS

Basketball Ireland players are **not** in the Registered Testing Pool, so you do **not** file whereabouts — but you **are** subject to no-notice in-competition testing. Keep your medical file up to date, declare every medication on the Doping Control Form, and you can apply for a **retrospective TUE** if needed.

Playing internationally (FIBA events): you may need a **pre-test TUE in advance** — generally **three months ahead**. Some events (e.g. Olympic/Paralympic) require an advance TUE regardless of testing pool. Contact the Anti-Doping Officer early; FIBA TUEs go to antidoping@fiba.basketball.

10 Supplements

Sports supplements are common, but they carry real risk. **No supplement is risk-free**. They can contain banned substances, be contaminated in manufacturing, carry incomplete or misleading labels, or make false claims like “WADA approved” — neither Sport Ireland nor WADA endorses any supplement.

Do I really need it? Ask a sports dietitian.

1

**BEFORE you
take any
supplement**

3

ASSESS THE CONSEQUENCES

A contaminated product = a 4-year ban.

2

ASSESS THE RISK

Is it batch-tested? Informed Sport.



SPÓRT ÉIREANN
SPORT IRELAND

SPORTS FOODS & SUPPLEMENTS GUIDELINES

Sports foods and supplements are categories of nutritional products that are marketed to athletes that claim to enhance athletic performance (ACSM 2016). They are generally categorised according to their main mode of action, which may be to increase strength and power, improve energy and endurance or enhance recovery after exercise. Sports foods and supplements may contain banned substances. This could result in a positive test for an athlete.

All athletes are solely responsible for what they consume

How may supplements cause problems for athletes?

- ✗ Not regulated like medicines
- ✗ Labels provide no guarantee of the product contents
- ✗ Cross contamination in the production process

What is considered a high-risk supplement?

Products that make unauthorised health claims such as weight loss, muscle building and sexual enhancement are considered to be higher risk of containing ingredients that could lead to a doping violation.

False advertising

From time to time supplement products are promoted as 'drugs tested' or 'WADA endorsed'. These promotions are false and may lead to serious consequences for athletes. Sport Ireland and the World Anti-Doping Agency do not endorse supplement products.



Consequences

The current ban from sport for an anti-doping rule violation is 4 years. If an athlete has evidence that they thoroughly researched the product as outlined in this leaflet they may receive a reduced sanction.

What should I do if I want to take a supplement?

- ✓ Seek advice from a qualified sports nutrition professional
- ✓ Conduct a thorough internet search of the product you intend to take
- ✓ Research the name of the product and the ingredients listed
- ✓ Check the product website for any warnings
- ✓ Keep evidence of all research conducted
- ✓ Screenshots of research should be saved and backed up
- ✓ Only use batch tested products from a reliable source such as www.informed-sport.com



Herbal products are not always safe for athletes. Herbal supplements may contain ingredients that could result in a doping violation.



REMEMBER! Consideration of using a supplement should not be based on product marketing claims. Adopt a food first philosophy, not supplement first, to maximise health, safety and performance.

References:
American College of Sports Medicine Joint Position Statement. Nutrition and Athletic Performance. Academy of Nutrition and Dietetics. Dietitians of Canada. American College of Sports Medicine. Med Sci Sports Exerc. 2016; 48(3): 543-568.



FOOD FIRST

A good diet provides what most players need. Under strict liability, a contaminated supplement is still your responsibility.

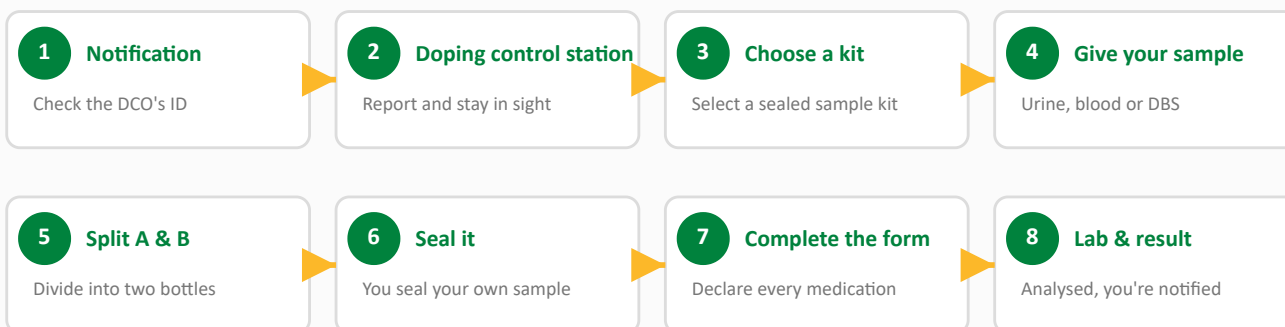
If you do use one

- Seek advice from a qualified sports nutrition professional.
- Use only **batch-tested** products — check **Informed Sport** (informed-sport.com).
- **Document everything** — product, batch number, research. Save and back it up.

Protein-fortified foods: commercial protein foods (yoghurts, bars, cereals from reputable brands) are generally low risk. Higher-risk items are homemade or café “protein balls/smoothies” with unidentified ingredients, and anything containing **hemp** (can contain trace THC).

11 Testing

Players can be selected for testing **at any time, without notice**. Testing is based on the level you compete at, not your age — players under 18 can be tested. Samples may be **urine, blood, or a Dried Blood Spot (DBS)** — a few drops from the fingertip or upper arm, quick (about two minutes) and minimally invasive, which **adds to** (not replaces) urine and blood testing.



Tamper-evident A & B sample bottles. Always check the kit numbers match your paperwork.

The Doping Control Form is a comprehensive document for recording sample collection. It includes sections for:

- 1. NOTIFICATION:** Athlete's name, date of birth, location, and time.
- 2. ATHLETE INFORMATION:** Sports discipline, home address, country, postal code, email, and coach's name.
- 3. INFORMATION FOR ANALYSIS:** Arrival time, out of competition status, and details for urine and blood samples (volume, time, specific gravity, date).
- 4. CONFIRMATION OF PROCEDURE FOR URINE AND/OR BLOOD TESTING:** Declaration of medications/supplements taken in the past 7 days, and a section for the athlete's signature and the DCO's signature.

The Doping Control Form — declare every medication you have taken.

YOUR RIGHTS DURING TESTING — YOU CAN

- Have a representative present.
- Ask for an interpreter.
- Ask questions about the process.
- Ask for modifications if you need them.
- Ask for a reasonable delay (e.g. finish a training session, get ID, receive medical treatment, fulfil media commitments).

Minors (under 18)

A minor is notified in the presence of an adult representative (coach, manager, parent/guardian). A DCO or chaperone is never left alone with a minor, and at least two collection personnel are assigned.

Athletes with an impairment

Modifications are available for intellectual, vision and physical impairments. Players bring any personal equipment they need to provide a sample.

What happens to your sample

You seal it; it goes by authorised courier to an independent WADA-accredited laboratory (Sport Ireland's go to Germany), split into an A and B sample. The lab only sees ID numbers, never your name. A negative result is notified by email; an adverse result by phone. Samples can be stored for up to 10 years and re-analysed.

12 Sanctions and consequences

Players	Ban	Support personnel	Ban
Intentional use	4-year ban (or more)	Trafficking / Administration	4 years to life
Unintentional use (e.g. contaminated supplement)	Up to 2 years	Tampering / Discourage or Retaliate	2 years to life
Whereabouts failures (RTP)	1 to 2 years	Complicity / Possession	Up to 4 years
Complicity	2 to 4 years	Prohibited association	Up to 2 years
Prohibited association	Up to 2 years		

Beyond the ban, the consequences reach into your health, finances, career, reputation and relationships. A doping case follows you long after any suspension ends.

13 Speak up

Everyone has a responsibility to report any activity that goes against clean sport — something you suspect, witness or know. It does not have to be in your own sport or country, and you can report anonymously.

WADA	speakup.wada-ama.org
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Sport Ireland	sportireland.ie/anti-doping/report-doping
International Testing Agency	ita.whistleblownetwork.net

14 Education and key resources

Complete your e-learning. All players and team staff should complete the WADA / Sport Ireland anti-doping e-learning. For **international squads this is mandatory before travel** — the final 12 and all management must have completed it.

Resource	Link
Sport Ireland Anti-Doping	sportireland.ie/anti-doping
Sport Ireland e-learning	sportireland.ie/anti-doping-e-learning
WADA Prohibited List	wada-ama.org/en/prohibited-list
Medcheck (Republic of Ireland)	medcheck.sportireland.ie
Global DRO (NI / UK / other)	globaldro.com
Informed Sport	informed-sport.com
Basketball Ireland Anti-Doping	ireland.basketball/anti-doping

15 Key contacts

Who	For	Contact
Niall McDermott	Basketball Ireland Anti-Doping Officer — any query	nmcdermott@ireland.basketball
Sport Ireland Anti-Doping	National programme	antidoping@sportireland.ie
Sport Ireland Clean Sport Education	Education resources	cleansporteducation@sportireland.ie
FIBA TUE / Anti-Doping	International (FIBA) events	antidoping@fiba.basketball

Key points to remember

- **Strict liability** — your body, your responsibility.
- **Check every medication** from the country it was bought in — Medcheck (ROI) / Global DRO (elsewhere).
- Know the **in-competition** and **washout** periods.
- **No supplement is risk-free** — food first, batch-tested only, document everything.
- **11 ADRVs** for players, **7** for support personnel — anti-doping applies to everyone in basketball.
- **Know your rights** when tested — and **speak up** if something is wrong.

Basketball Ireland Anti-Doping Officer: **Niall McDermott** — nmcdermott@ireland.basketball · **#CLEANGREENSPORT**