

20 September 2023

WRU Anti-Doping Notice: Tramadol Raising Awareness of Tramadol's Impending Ban

We have been advised that the World Anti-Doping Agency (WADA) will be adding Tramadol to the 2024 list of prohibited substances. Any Player found to be using tramadol in-competition faces the prospect of an Anti-Doping Rule Violation and a ban from sport. Essentially, any Player tested in-competition from 1 January 2024 by UKAD, may face the prospect of a ban from sport if tramadol is found in their sample.

Tramadol is an opiate analgesic and misuse is of concern because of the risks of physical dependence, opiate addiction, and overdose. Tramadol is a prescription-only medicine in the UK. Players who may be using tramadol are reminded to speak to their doctor about seeking alternative pain medication that is permitted in sport.

We will be raising the awareness around the prohibition of Tramadol within our Anti-Doping Educational delivery; however, may I please ask you to ensure that this Notice is served upon all appropriate Players, Staff and Support Personnel. The safety and welfare of our players is our main priority, and we would ask that this Notice is disseminated as soon as possible.

Key Messages:

- Tramadol will be prohibited in-competition from 1 January 2024;
- If you are asked to provide a urine or blood sample by UKAD or another Testing Agency, and tramadol is present in your sample, you could face a ban from sport
- Tramadol is an opioid analgesic and is classified as a prescription only medicine in the UK. If you regularly use tramadol for pain relief, speak to your doctor about alternative medication that is permitted in sport;
- Strict liability applies to all athletes under the Anti-Doping Rules, so it is your responsibility to know what goes in your body;
- Always check the anti-doping status of medicine before using it.

Important Guidance Links:

[A reminder about the status of tramadol on the 2024 WADA Prohibited List | UK Anti-Doping \(ukad.org.uk\)](https://www.ukad.org.uk)

<https://www.ukad.org.uk/athletes/whats-banned-sport-prohibited-list>

<https://www.ukad.org.uk/medicine>

WRU Stay Onside Hub

<https://www.wrugamelocker.wales/en/resources-and-videos/resources/the-game/anti-doping/>

If you have any queries regarding this Notice, then please don't hesitate to contact Jeremy Rogers (Head of Policy and Integrity) – jrogers@wru.wales or myself, Leah Thomas (Discipline and Anti-Doping Manager) – lthomas@wru.wales