



CRICKET  
AUSTRALIA

# AUSTRALIAN CRICKET SUPPLEMENTS POLICY



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## **IMPORTANT NOTE:**

AC recognises that the use of supplements presents a risk for anti-doping rule violations and that players require the assistance of experts in managing and mitigating such risks as much as possible.

Importantly, AC also recognises that the nutritional needs of cricketers participating in AC should be based on foods in the first instance, and supplements are to be used as an adjunct.

The Cricket Australia Lead Sports Performance Dietitian and the Sports Science & Sports Medicine Manager are responsible for this document.

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## DOCUMENT CONTROL

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## REVISIONS

Date	By
1 October 2016	AC Supplement Panel Members Abhi Arunachalam (CA Integrity Officer)
25 September 2017	AC Supplement Panel Members Abhi Arunachalam (CA Integrity Officer & Legal Counsel)
30 June 2018	AC Supplement Panel Members
8 April 2019	AC Supplement Panel Members
17 April 2020	AC Supplement Panel Members / AC State Dietitians

This Supplement Policy (the **Policy**) recognises the World Anti-Doping Agency (**WADA**) Code and the Therapeutic Goods Administration (**TGA**). The Policy is based on the core principles of:

- (a) athlete safety;
- (b) food first philosophy;
- (c) evidence-based science;
- (d) compliance with the WADA Prohibited List; and
- (e) individualised player requirements.

This Policy applies to the following:

- (a) all CA and State contracted players;
- (b) all players contracted to a W/BBL Club;
- (c) all pathway players selected in state and national age-group squads to participate in national championships;
- (d) any player who joins a State, CA or W/BBL training squad; and
- (e) AC entity employees and contractors and volunteers,

collectively referred to as a **Participant** for the purpose of the Policy. Those included in (a) – (d) above are collectively referred to **Players**, unless otherwise distinguished below.

In this Policy, the terms in the below table have the accompanying meaning:

Term	Definition
<b>AC entity</b>	Cricket Australia and each of the State and Territory Associations (including the W/BBL Clubs).
<b>Supplement</b>	Incorporates all <b>Performance Supplements</b> and <b>Medical Supplements</b>
<b>Performance Supplement</b>	Products used with the specific purpose of improving performance either in training or competition e.g. creatine, cherry juice concentrate, protein-based drinks, bars.
<b>Medical Supplement</b>	Used to treat clinical issues, including diagnosed deficiencies or be of benefit in clinical situations. Examples might include a vitamin or mineral supplement which has demonstrated benefit where there is a known deficiency.
<b>Sports Food</b>	<p>Specialised products used to provide a practical source of nutrients when it is impractical to consume everyday foods. The following category of products are to be considered as sports foods:</p> <p>sports drinks, non-caffeinated sports gels, electrolyte replacement products (e.g. Hydralyte). which are not essential for all players but at times offer a practical addition to regular food items.</p> <p>Foods fortified with protein (e.g. Carmans Protein Bars) are not considered sports foods, and their ingredients must be assessed by an AC Sports Dietitian before a player purchases or consumes them.</p>
<b>Medical Officer</b>	Includes State Medical Officers, Cricket Australia Medical Officers, Australian team doctors or any other medical officer appointment by an Australian Cricket entity from time to time

## 1 THE USE OF SUPPLEMENTS IN CRICKET

**1.1** AC recommends a food first approach to meet the nutrition needs of all players. The use of supplements is an add on to a food first approach.

**1.2** This Policy aims to ensure that:

- (a) players focus on the safe use of supplements and sports foods as part of their specific nutrition plans;
- (b) supplements and sports foods are used with evidence-based protocols as part of an overall individual nutrition plan to deliver optimum benefits to a player's immune system, recovery and performance;
- (c) players have confidence that they receive evidence-based advice; and
- (d) Australian Cricket minimises the risk of supplement use leading to an inadvertent anti-doping rule violation under the CA Anti-Doping Code.

## 2 SUPPLY OF SUPPLEMENTS / SPORTS FOODS

- 2.1** Only an AC Sports Dietitian or an AC Medical Officer (MO) may prescribe supplements (to players in line with this Policy and in accordance with the principles outlined in paragraph 2.5 below.
- 2.2** All supplements prescribed or supplied to a player must be recorded in the AMS and approved by the player's relevant AC MO **before** use by the Player. This initial approval may be provided via SMS or email when an immediate response is required. The AC MO is expected to provide his/her response to the approval request via the AMS Supplement Register within 72 hours of it being logged in the AMS Supplement Register.
- 2.3** All supplements must be re-approved by the relevant AC MO every 12 months and be recorded in the AMS Supplement Register in line with paragraph 2.2 above.
- 2.4** Only an AC Sports Dietitian or an AC MO may provide supplements to players, except where the AC Sports Dietitian or AC MO gives documented approval for a particular SSSM staff member to provide the supplement to a player.
- 2.5** Supplements must only be prescribed or supplied to players (or authorised for purchase by a player) as part of a player's individualised nutrition program developed in accordance with the following principles/requirements:
- (a) Foods should take precedence over supplement provision (or authorisation for purchase).
  - (b) Prescription or provision of supplements is based on individual requirements.
  - (c) A player's requirements change over time based on many factors (training status, training load, competition schedule, body composition goals, injury status, blood markers, dietary adequacy, age etc.).
  - (d) Prior to any supplement being prescribed or provided to a player (including any overseas players contracted by an AC entity), he/she must have undertaken a nutritional assessment by an AC Sports Dietitian or AC Medical Officer to establish his/her specific nutrition requirements.
  - (e) Players must be advised by the relevant AC Sports Dietitian or AC Medical Officer regarding the appropriate use, potential benefits and any possible side effects of the product prior to provision.
  - (f) Supplements may be supplied as part of a medical plan to address a diagnosed nutrient deficiency, provided that any recommendation or prescription (as appropriate) of such product is:
    - (i) based on results obtained via appropriate testing;
    - (ii) solely addresses the nutrient that is deficient;
    - (iii) as part of a treatment plan; and
    - (iv) as directed or approved by AC MOs.
  - (g) Strictly speaking, sports foods can be supplied by any SSSM staff but only after the AC Sports Dietitian or AC Medical Officer has provided approval for the use of any product before it supplied to players. Only products outlined in section 7.1 of this Policy can be supplied to players.
- 2.6** Any questions (from any player or SSSM staff member) regarding a new type of supplement or sports food believed to be appropriate for use but not currently listed in the group classification (see section 12) should first be directed to the CA Lead Sports Performance Dietitian or CA CMO as section 6.1 of this policy. The AC Supplement Panel will be consulted if required.

- 2.7** Any medications requested by or prescribed to a player can only be prescribed and supplied in accordance with the Medical and Treatments Schedule of the SSSM Principles.
- 2.8** Any player that participates in another sport must still comply with the terms of this AC Supplement Policy and report any supplements or sports foods used / prescribed by other sports to their respective AC Sports Dietitian or AC MO.

### **3 RECORD KEEPING**

- 3.1** Any supplement prescribed and supplied to a player must be approved and documented by an AC Medical Officer (see item 2.2) before a player starts using them.
- 3.2** The following information must be recorded in the AMS Supplement Register:
- (a) supplement name;
  - (b) brand;
  - (c) batch number;
  - (d) details of third party testing (including the batch certificate if the product is not routinely tested);
  - (e) reason for use;
  - (f) dose;
  - (g) quantity of supplement
  - (h) date of commencement;
  - (i) anticipated finish date; and
  - (j) AC Sports Dietitian or AC MO (see item 2.1) approving, prescribing and/or supplying the supplement.

### **4 NUTRITION AND SUPPLEMENT ASSESSMENT FOR W/BBL PLAYERS**

- 4.1** The AC Sports Dietitian (or AC Medical Officer where no AC Sports Dietitian is available) associated with each W/BBL team is responsible for ensuring they have reviewed each player's supplement intake on the AMS (or by contacting the relevant AC Sports Dietitian or AC MO) prior to the start of the W/BBL tournament to determine his/her individual supplement and sports food needs. If additional information is required, the W/BBL Sports Dietitian (or AC Medical Officer) must contact the respective State Association Sports Dietitian.
- 4.2** Prior to the commencement of the relevant W/BBL tournament, or prior to the player's first participation in a W/BBL match (whether the player is a local or overseas player), players who are not contracted to any State Association or CA, including overseas players, must advise the AC Sports Dietitian (or AC Medical Officer where no AC Sports Dietitian is available) of their current supplement intake (including the name, brand, country of origin and batch number). In addition, the W/BBL Club AC Sports Dietitian (or AC Medical Officer) must ensure they have contacted the players to ascertain their current supplement intake and record it on the AMS. Where the player is taking supplements that sit outside the Policy (but WADA compliant and batch tested as required in section 9 of this policy), the AC Supplement Panel must be notified by the AC Sports Dietitian (via the CA Lead Sports Dietitian) and if approved by the AC Supplement Panel, the player can continue to use the supplement but must sign a declaration regarding supplement use. This supplement must also be documented in the AMS Supplement Register.

## **5 SUPPLEMENT USE BY DEVELOPMENT AND U18 PLAYERS**

**5.1** The prescription and supply of supplements to players under 18 years of age is not permitted, unless the exemption detailed below applies:

- (k) Prescription and supply of supplements should only be made to players under 18 years of age where:
  - (i) the AC Sports Dietitian determines that 'real food' options cannot be used to meet their specific nutrient or energy needs at specific times; and
  - (ii) the AC MO or the CA Anti-Doping Medical Officer approves the provision of the medical supplement; and
  - (iii) the parent/guardian of the player has provided written consent for the supplement to be prescribed and provided to the player; and
  - (iv) the prescription is recorded on the AMS in accordance with section 3 above.

## **6 ORDERS**

**6.1** The CA Lead Performance Dietitian will maintain a list of approved products in use (supplements and sports foods) across Australian Cricket. All products must comply with sections 9 and 11 of this Policy.

**6.2** All supplement providers and products to be used, and any contra arrangements for the supply of supplements or sports foods by CA or the State Associations must be documented and approved by the CA Lead Performance Dietitian and the AC Supplement Panel by no later than 1 July for the upcoming domestic season.

**6.3** Without limiting paragraph 6.1 above, where CA or a State Association intends to source and use additional supplements or sports foods (including any contra arrangements) following 1 July for the upcoming season, the prior written approval of the CA Lead Performance Dietitian must be obtained and the provider or product must be added to the AC Supplement Panel approved product list in accordance with paragraph 6.1 above.

## **7 STORAGE AND DISPENSING**

**7.1** Supplements are to be stored securely (by way of locked storage area accessible by only AC Sports Dietitian and AC MO) at the National Cricket Centre or State Association training centres.

**7.2** Players and other CA and State Association staff are not permitted to access or use any product stored in accordance with paragraph 7.1 above, without the prior approval of the relevant AC Sports Dietitian, or AC MO.

**7.3** Only sports foods, sports drink (e.g. Gatorade) may be stored in communal dispensers. No supplements can be supplied or stored in communal (locked or otherwise) dispenser where players can access.

## **8 SUPPLEMENT TRANSPORT FOR TOURING TEAMS**

- 8.1** While on tour or at matches, players are required to carry their own supply of prescribed supplements, unless the product requires certification or approval for import/export.
- 8.2** The AC Sports Dietitian or AC Medical Officer may authorise and provide a small amount of additional supplement to be carried by the touring AC MO or, in their absence, a member of the SSSM team approved by an AC Sports Performance Dietitian or AC MO. Any supplements or sports foods must be securely stored in a locked and/or anti-sabotage bag/container under the control of the touring AC MO or SSSM staff when travelling. If the bag/container has been tampered with at any time, the supplements or sports foods must be discarded. Supply of any supplement to a player must be recorded on the AMS Supplement Register by the AC Sports Dietitian that has prescribed the product, including documenting that the product was supplied by another staff member where applicable.
- 8.3** If required for the touring overseas, the AC MO or AC Sports Dietitian is responsible for arranging any certification or approvals for the import/ export of supplements or sports foods.
- 8.4** Where unexpected shortages of product occur on tour, the relevant AC Sports Dietitian must be contacted by the travelling other SSSM staff member to gain permission to purchase any suitable replacements. The relevant AC Sports Dietitian will then gain approval from the AC MO via the Supplement Register to in accordance with this Policy and entered into the AMS before use by player.
- 8.5** Players and staff must not purchase any supplement or sports food while on tour unless specifically advised to do so by the AC Sports Dietitian or AC MO.
- 8.6** It is preferred for replacement supplements to be shipped over from Australia rather than be purchased overseas, because of the reduced ability to verify overseas products and due to possible differences in ingredient composition in different countries and noting the principle of strict liability applies to players under the ICC and CA Anti-Doping Codes even in these circumstances where ingredients differ in the same product.

## **9 THIRD-PARTY AUDITING PROGRAMS FOR SUPPLEMENTS / SPORTS FOODS**

- 9.1** Any performance supplements must be tested by an internationally recognised third- party program prior to being provided or prescribed to any player in accordance with this section.
- 9.2** Any third-party batch testing program must be fully accredited to the ISO17025 standard.
- 9.3** The AC Sports Dietitian or AC MO must be reasonably satisfied that any performance supplement prescribed or supplied by them has been validly and properly tested and certified by the testing program.
- 9.4** However, medical supplements prescribed in accordance with paragraph 2 of this Policy are not required to be audited in accordance with paragraph XX, only in circumstances where:
- (a) there is no auditing program available in relation to such medical supplements;

- (b) the medical supplement is subject to Therapeutic Goods Administration regulations;
- (c) the medical supplement has an AUST R on the product label (legislative labelling protocols, meaning Registered Products);
- (d) the medical supplement has been manufactured in Australia; and the medical supplement does not contain herbal additives.

Appendix A of this Supplement Policy contains information about the Informed Sport and HASTA (Human and Supplement Testing Australia) auditing program.

## 10 NON-COMPLIANCE AND BREACHES

- 10.1** Any instance of non-compliance or breach of the Policy, including potential non-compliance or breach, must be reported to the AC MO and AC Sports Dietitian, as soon as the Participant becomes aware of the non-compliance or breach, or potential non-compliance or breach, whichever is earlier. The AC MO and/or AC Sports Dietitian must then report this to the Head of Integrity.
- 10.2** Non-adherence to the Policy is categorised in two ways:
- a) **non-compliance** with the Policy is categorised by reason of minor procedural matters arising under this Policy that pose minimal risk to the player or AC entities (Cricket Australia, State & Territory Associations etc.) ; and
  - b) **a breach** of the Policy is any other matter arising under the Policy as determined by the Head of Integrity, in consultation with the AC Supplement Panel.
- 10.3** If an AC Sports Dietitian, AC MO or any other SSSM staff suspect that a non-compliance or breach of the Policy has occurred they must document in accordance to section 10.3 and the relevant AC Sports Dietitian must notify the CA Lead Sports Dietitian, who will then notify the CA Head Integrity.
- 10.4** Any instance of non-compliance or breach must be recorded on the medical dashboard of AMS immediately by the relevant AC Sports Dietitian or CA Lead Sports Performance Dietitian. The following must be documented:
- a) type of non-compliant activity;
  - b) name of product;
  - c) manufacturer of product;
  - d) batch number;
  - e) action recommended by the Head of Integrity.
- 10.5** An infraction will be deemed a breach of the supplement policy when it is considered a risk to the safety of a player, presents a risk of breaching the WADA code or places the integrity of AC at risk.
- 10.6** If an AC Sports Dietitian or AC MO is unclear as to whether an infraction is considered non-compliant or a breach of the policy, the CA Lead Sports Performance Dietitian or CA Chief Medical Officer must be notified. If further clarification is needed, the incident is to be referred to the AC Supplement Panel.
- 10.7** The tables (A and B) below are a guide on the risks associated with the types of supplements used based on the categories of supplements and sports foods outlines in section 12 of this policy and for instances when aspects of this policy are not adhered to. This is to be used as a guide only and all categorisation of non-compliance or breaches will be determined by the Head of Integrity at their discretion.

## Non-compliant vs breach tables

Table 10.6A Risks associated with supplements with each category of supplement			
Supplement Classification (see section 12)	Batch Tested	Low Risk of Contamination (e.g. reputable company but not batch tested)	High Risk of contamination (e.g. uncertain source or unknown company)
Category A			
Category B			
Category C			
Category D			

Table 10.6B Risks associated with supplement supply and/or prescription that are not in accordance with this policy	
Doctor approval not sought before athlete provision	
Supplement use not recorded in AMS	
Doctor dis/approval not granted within 72 hours	
Consumption of a food with low risk ingredients	
Consumption of a food with high risk ingredients	

### Table legend

Compliant with policy
Non-compliant but not a breach
Breach of policy

## 11 SUPPLEMENT CLASSIFICATION

- 11.1** The AC Supplement Policy has been adapted from the Australian Institute of Sport (AIS) Supplement Framework Group Classification System, which ranks sports foods and supplement ingredients into four groups based on scientific evidence and other practical considerations that determine whether a product is safe, legal and effective in improving sports performance.
- 11.2** Decisions regarding the classification of a product in this system are made by the AC Supplement Panel.
- 11.3** This system:
- (a) permits the use of all supplements in Group A and Group B with evidence for efficacy of the ingredients;
  - (b) permits use of supplements in Group C only where there is specific written approval from the AC Supplement Panel
  - (c) the AC Supplement Panel will annually review in each category;
  - (d) prohibits the use of all supplements in Group D;
  - (e) requires that all supplements must first be approved by the AC CMO before being listed as permitted for use in the AC Supplement Policy;
  - (f) does not permit players to obtain supplements from sources external to CA or

the State Cricket Associations, without first receiving permission to do so from an AC Sports Dietitian or AC MO.

- (g) requires that AC Dietitians and MO's only supply and/or prescribe supplements to players that have been audited via an approved third party auditing process as set out at item 9 of this Supplement Policy; and
- (h) recognises that Group A recognises that supplements in this category fall into 2 sub-categories: medical supplements and performance supplements. Whilst sports foods are their own category and are not classified as supplements

## 12 CURRENT GROUP CLASSIFICATION OF SUPPLEMENTS AND SPORTS FOODS

**12.1 Group A** are supported for use in specific situations in sport and provided to players for evidence-based uses on an individualised basis. This group of sports foods and supplements:

- (a) provides a useful and timely source of energy and nutrients in the athlete's diet; or
- (b) have been shown in scientific trials to benefit performance, when used according to a specific protocol in a specific situation in sport.

SUB-CATEGORY	PRODUCT
<b>Sports Foods</b>	Sports Drink (carbohydrate-electrolyte drinks) e.g. Gatorade
	Sports Gel (highly concentrated form of carbohydrate) e.g. Koda gels; other than caffeinated sports gels.
	Electrolyte Replacement (powders, tablets or ready to drink products containing- in particular- sodium and potassium e.g. Hydralyte, Gastrolyte) Pickle Juice (from a nominated provider listed in 6.1)
<b>Performance Supplements</b>	Sports confectionary e.g. Gu Energy Chews
	Sports Bar (compact source of carbohydrate and/or protein in variable amounts) e.g. BSc Clean Bar
	Protein Isolates (whey, casein, soy, pea, rice)
	Branched Chain Amino Acids
	Creatine
	Caffeine supplements (e.g. Revvies Energy Strips, caffeinated energy gels)
	Beetroot juice / Nitrate e.g. Beet It
	Beta Alanine
	Glycerol
Bicarbonate (e.g. Sodi Bic, Ural)	
<b>Medical Supplements</b>	Calcium
	Iron
	Probiotics (live microbial food supplements)
	Multivitamin/mineral
	Vitamin D

**12.2 Group B:** are deserving of further research and considered for provision to AC athletes. These sports foods and supplements:

- (a) have received some scientific attention, sometimes in populations other than athletes, or have preliminary data which suggest possible benefits to performance.

SUB-CATEGORY	PRODUCT
<b>Polyphenols</b> – food compounds that may have bioactivity including antioxidants and anti-inflammatory properties. May be consumed in food forms (whole or concentrate) or as isolated extracts.	Cherries, berries and black currants e.g. Cherry Active
	Quercetin, ECGC and epicatechins
	Curcumin
<b>Other</b> - Compounds that attract interest for potential benefits to body function, integrity and/or metabolism	Collagen support products e.g. BSc Tendaforte
	Carnitine
	HMB
	Fish oil capsules or liquid
	Ketones
	Curcumin

SUB-CATEGORY	PRODUCT
<b>Sick Pack Multi-</b> ingredient approach to moderate duration and severity of respiratory tract infections.	Vitamin C and Zinc
<b>Amino Acids</b>	Tyrosine
<b>Antioxidants-</b> Compounds often found in foods that protect against oxidative damage from free-radical chemicals.	Vitamin C & E N-acetyl cysteine

**12.3 Group C:** have little proof of beneficial effects and are not provided or recommended to players without the approval of the AC Supplement Panel. Group C supplements are not individually identified. In the event that a supplement cannot be classified in Groups A, B or D it will be deemed to be a Group C supplement.

**12.4** In the absence of proof of benefits, Group C supplements will not be provided or recommended to AC players from CA or State Association budgets or other sources funded by AC. If an individual player wishes to use a supplement from this category, they may do so provided:

- (a) prior written permission has been granted by the AC Supplement Panel;
- (b) the player is responsible for payment and sourcing of the supplement;
- (c) the use and approval of the supplement must be recorded in the AMS Supplement Register; and
- (d) the supplement to be reviewed annually by the AC Supplement Panel.

**12.5 Group D:** should **NOT** be used by AC players.

**12.6** These supplements are banned or are at high risk of being contaminated with substances that could lead to a positive drug test under the ICC or CA Anti-Doping Codes.

**12.7** The sub-categories are hyperlinked to the WADA Prohibited List to ensure that players check for banned substances. Please note the below is not an exhaustive list and so advice should always be sought from the AC Sports Dietitian or AC MO.

**12.8** Supplements containing herbal ingredients are strictly prohibited and must not be recommended, supplied or prescribed under any circumstance. This includes whether or not the product has been batch tested.

SUB-CATEGORY	PRODUCT
<p><b>Stimulants</b>  <a href="http://list.wada-ama.org/">http://list.wada-ama.org/</a></p>	<ul style="list-style-type: none"> <li>• Ephedrine</li> <li>• Strychnine</li> <li>• Sibutramine</li> <li>• Methylhexanamine (also known as: geranium oil, geranium, DMMA, dimethylamylamine)</li> <li>• 1-3 methyldimethylbutylamine (DMBA)</li> <li>• Synephrine</li> <li>• Octopamine</li> <li>• Other herbal stimulants</li> </ul>
<p><b>Pro-hormones and hormone boosters</b>  <a href="http://list.wada-ama.org/">http://list.wada-ama.org/</a></p>	<ul style="list-style-type: none"> <li>• DHEA</li> <li>• Androstenedione</li> <li>• 19-norandrostenedione/ol</li> <li>• Other pro-hormones</li> <li>• Tribulus terrestris* and other testosterone boosters</li> <li>• Maca root powder*</li> <li>• Selective androgen receptor modulators (SARMs)</li> </ul>
<p><b>Growth Hormone Releasers and 'peptides'</b> Technically, these are not supplements, (although have been described as such) they are usually unapproved pharmaceutical products.</p>	<p>Current WADA Prohibited Substances List  <a href="http://list.wada-ama.org/">http://list.wada-ama.org/</a></p>
<p><b>Beta-2-agonists</b>  <a href="http://list.wada-ama.org/">http://list.wada-ama.org/</a></p>	<ul style="list-style-type: none"> <li>• Higenamine</li> </ul>
<p><b>Other</b>  <a href="http://list.wada-ama.org/">http://list.wada-ama.org/</a></p>	<ul style="list-style-type: none"> <li>• Colostrum (not recommended by WADA due to the inclusion of growth factors in its composition)</li> <li>• Hemp protein</li> </ul>
<p>Supplement products that have caused doping violations in sport</p>	<ul style="list-style-type: none"> <li>• Hemo Rage</li> <li>• Anabiol</li> <li>• OxyELITE Pro</li> <li>• Jack3dl, Jack3d</li> <li>• Stacker 3, Stacker3Craze</li> <li>• White Lightning</li> <li>• Viking Before Battle</li> <li>• Dexaprine</li> <li>• Oxilofrine</li> </ul>

\* Tribulus terrestris and maca root powder are included in Group D due to their purported hormonal regulation mode of action.

## **13 SUPPLEMENT CAUTIONS**

### **12.9 Multi-ingredient:**

- (a) AC should avoid using performance supplements with numerous ingredients where single ingredient supplements are available.
- (b) It is acknowledged that poly-supplements usually do not contain the required amounts of the stated 'active ingredients' per serve to provide a true benefit.
- (c) The greater the number of ingredients in a supplement the higher likelihood of inadvertent contamination (due to ingredients being sourced from various locations) and therefore possible inadvertent anti-doping rule violations.
- (d) Single ingredient supplements are a more effective way of ensuring players are obtaining specific amounts of the desired element. Ingredients in poly-supplements are not always evenly dispersed throughout the product, thereby resulting in the actual quantity of an ingredient per serve not guaranteed.

### **12.10 MISCELLANEOUS CAUTIONS:**

- (a) Purchased smoothies and shakes. Players should be aware of the ingredients that are being added to store purchased smoothies (and similar). Only 'real food' ingredients should be used. The following should be avoided: protein powders, herbal ingredients and ingredients claiming to add extra energy, vitality, clarity or similar.
- (b) Addition of protein substances (including but not limited to, powders, chips, pellets, crisps, concentrates) to various off the shelf products (i.e. supermarket products). The number of off the shelf products containing added protein substances is increasing including sports foods. These can include, but are not limited to: cereal and other breakfast bars, breakfast cereals and ready- to-go drinks. It is important that players check the ingredient list of products before purchasing, if a product does contain added protein substance (including protein concentrates and blends) the player should provide details to his/her AC Sports Dietitian or AC Medical Officer before purchasing or consuming. The AC Sports Dietitian must ascertain the origin of the protein substance and the degree of risk for an anti-doping violation before advising the player.
- (c) Packaging of products. Players should be aware that packaging style and health or performance claims on labels are not reflective of the risk of the product's risk of contamination.
- (d) Herbal additives (including green tea extract) are a high risk in terms of contamination and products containing as these are not permitted as part of this Policy. Importantly, they also present a higher risk of severe health consequences (in addition to contamination).
- (e) Manufacturer special (proprietary) ingredients and blends. If products contain proprietary blends the individual ingredient list must also be assessed before it will be considered for use by players.
- (f) Supplement recommendations should not be based on brand or marketing, but should be assessed on the product ingredient list, third party auditing, origin of manufacture, and alignment to individual player goals and assessments.

**12.11** AC Sports Dietitians and AC MOs are not obliged or required to provide any advice or recommendations regarding sports foods or supplements to visiting teams or players (other than those contracted to W/BBL teams).

## 14 SPONSORSHIP

**13.1** Any AC entity, player or player support personnel must obtain the approval of the Head of Integrity prior to the finalisation of any:

- (a) sponsorship;
- (b) commercial arrangement;
- (c) contra arrangement; or
- (d) player endorsement agreement,

relating to or involving any supply (contra or otherwise) or promotion of sports foods or supplements or their manufacturers or distributors, including retailers (the **Proposed Sponsorship Arrangement**), must be provided to the CA Head of Integrity full details of the Proposed Sponsorship Arrangement for approval prior to the finalisation of the Proposed Sponsorship Arrangement.

**13.2** For the sake of clarity, the requirement in this item applies to:

- (a) State and Territory Associations;
- (b) W/BBL Clubs;
- (c) CA; and
- (d) any players or player support personnel affiliated with the entities in items (e) to (g) above.

**13.3** The Supplements Guidelines for Commercial Partners will apply to any Proposed Sponsorship Arrangement.

## 15 AUSTRALIAN CRICKET (AC) SUPPLEMENT PANEL

**14.1** The AC Supplement Panel is responsible for this Policy. The AC Supplement Panel members are:

- (a) an independent member;
- (b) a representative from the Australian Cricketers Association (**ACA**);
- (c) Cricket Australia (**CA**) Anti-Doping Medical Officer;
- (d) CA Sport Science Sport Medicine (**SSSM**) Manager;
- (e) CA Chief Medical Officer (**CMO**);
- (f) CA Lead Sports Performance Dietitian;
- (g) a State Association Sports Dietitian;
- (h) CA Head of Integrity & Security; and
- (i) any relevant expert as determined by the CA SSSM Manager and CA Lead Sports Performance Dietitian.

**14.2** The independent member must:

- (a) be an Accredited Sports Dietitian or a Sports Physician who, at least, meets the minimum qualifications specified for such roles at item 1 of the Staff Integrity and Capability Schedule in the SSSM Principles; and
- (b) have a history of working within elite sport. They must possess a strong knowledge of the WADA Code and the efficacy of supplement use in sport.

**14.3** The AC Supplement Panel must review this Policy at least annually (in person, online or electronically).

- 14.4** The CA Lead Sports Dietitian shall undertake an annual supplement audit of Australian Cricket and present findings to the AC Supplement Panel as part of the annual Policy review.
- 14.5** No material alterations to the Supplement Policy can occur without the approval of the CA Lead Sports Dietitian, CA SSSM Manager, CA CMO and quorum of 3 other AC Supplement Panel members.

## **16 APPENDIX A TO SUPPLEMENT POLICY – THIRD PARTY TESTING ORGANISATIONS LGC**

LGC is an international life sciences measurement and testing company  
<http://www.lgcgroup.com/>.

LGC acquired HFL Sport Science in December 2010 and all services offered by HFL now form part of the LGC Group. LGC has world class drug surveillance laboratories, providing internationally trusted expertise in all aspects of doping control for sports.

LGC is an internationally recognised and accredited laboratory providing high quality testing for athlete healthcare and nutritional supplements. LGC's aim is to give athletes, coaches and governing bodies' confidence in supplement manufacturers and suppliers, and to provide analytical services relating to biomarkers of fitness and nutritional health.

## **17 INFORMED SPORT**

Informed Sport is a quality assurance program for sports nutrition products, suppliers to the sports nutrition industry, and supplement manufacturing facilities. The program certifies that all nutritional supplements and/or ingredients that bear the Informed Sport logo have been tested for banned substances by the world class sports anti-doping lab, LGC.  
<http://www.informed-sport.com/>.