

As a demonstration of our continued commitment to organising drug-free sport the following rule has now been approved by the SHGA, and we expect further drug tests to be carried out before the end of the season.

S.H.G.A. Rule

The anti-doping rules of the Scottish Highland Games Association are the UK Anti-Doping Rules published by the Drug-Free Sport Directorate of UK Sport (or its successor), as amended from time to time. Such rules shall take effect and be construed as rules of the Scottish Highland Games Association.

The UK Anti-Doping Rules can be found at the following website:

http://www.uk sport.gov.uk/pages/rules_and_regulations/



A major breakthrough in the fight against doping in sport came in March 2003 with the agreement of the World Anti-Doping Code. The Code harmonised regulations regarding anti-doping across all sports and countries of the world, providing a framework for anti-doping policies, rules and regulations within sport organisations and among public authorities.

Each country and each international sports federation is required to sign up to and implement the Code. National governing bodies of sport then need to ensure they are compliant with the relevant international sports federation and their national anti-doping organisation.

A revised Code was signed off at the World Conference on Doping in Sport in November 2007, and will be implemented on 1 January 2009.

Under-pinning the Code is a set of four **International Standards** that outline mandatory systems and processes for: testing, the therapeutic use of prohibited substances or methods, the Prohibited List and WADA accredited laboratory processes.

UK Sport has also published the **2009 UK Anti-Doping Rules** and the **2009 UK Anti-Doping Procedures Guide for Sport**. In addition the National Anti-Doping Panel (NADP) have also published their **2009 Procedural Rules**.

TESTING PROGRAMME

UK Sport is responsible for the implementation of an effective testing programme and for encouraging the development of comprehensive education programmes. UK Sport liaises closely with the Sports Councils in England, Northern Ireland, Scotland and Wales and with governing bodies of sport to achieve a comprehensive anti-doping programme in the UK.

The year ending 31 March 2008 saw 7,897 'missions' conducted across more than 40 sports. Going forward, the emphasis will not necessarily be on further increasing the level of testing, with the focus instead switching towards a system of 'intelligence testing' which is more geared towards maximising the deterrence and detection impact of tests.

Tests can be conducted in-competition (e.g. after a match or race) and out-of-competition (e.g. at a squad training session or from information provided through the athlete whereabouts system).

The level of anti-doping rule violations in the UK stands at around 1.1%, against a worldwide average of 2%.

The success of the UK's anti-doping programme is dependent upon an effective partnership between UK Sport and governing body administrators, legal advisers, medical officers, together with national coaches and, most importantly, the athletes themselves. The Doping Control Officers (DCOs) also play an important role in the success of the programme ensuring that the strict and high standard of sample collection is maintained.