

SCHEDULE 5: SUPPLEMENTS



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.

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DOCUMENT CONTROL

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Responsible parties:	Dietitians, Doctors, Players
Beneficiaries:	All players participating in matches and/or training as a part of an AC program
Applicable setting	National and S/T HP environments (including tours)

RELATED DOCUMENTS & LINKS

Document Name	Location
W/BBL Player Supplement Use Declaration	ZenDesk
W/BBL Player Declaration; Non-Compliant Supplement Use	ZenDesk
U18 Pathway Player Declaration: Non-Compliant Medical Practitioner Prescribed Supplement Use	ZenDesk
U18 Player Declaration: Non-Compliant Supplement Use	ZenDesk
AIS Report: Understanding Contamination Risk of Protein Fortified Foods.	AIS Understanding Contamination Risk of Protein Fortified Foods
Online AC Supplement Policy Education Module	Online AC Supplement Policy Education Module
Third Party Testing Organisations	ZenDesk

1. PURPOSE

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.

2. SCOPE

2.1 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 including sport science and sports medicine practitioners, coaches and any other high performance staff.

2.2 Those included in (a) – (d) above are collectively referred to **Players**, unless otherwise distinguished below.

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

Term	Definition
AC entity	Cricket Australia and each of the State and Territory Associations (including the W/BBL Clubs).
Breach	Any matter arising under the Policy as determined by the Head of Integrity, in consultation with the AC Supplement Panel, as posing a risk to a player or any AC entity.
Supplement	Incorporates all Performance Supplements and Medical Supplements
Performance Supplement	Products used with the specific purpose of improving performance either in training or competition e.g. creatine, cherry juice concentrate, protein-based drinks, bars.
Medical Supplement	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.
Non-compliance	Any minor procedural matters arising under this Policy that pose minimal risk to the player or AC entities.

Sports Food	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: 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. Foods fortified with protein (e.g. Carmans Protein Bars) are not considered sports foods, and their ingredients should be assessed by an AC Sports Dietitian before a player purchases or consumes them.
Medical Officer	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.

3. THE USE OF SUPPLEMENTS IN CRICKET

- 3.1** 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.
- 3.2** The Policy aims to ensure that:
- players focus on the safe use of supplements and sports foods as part of their specific nutrition plans;
 - 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;
 - players have confidence that they receive evidence-based advice; and
 - AC minimises the risk of supplement use leading to an inadvertent anti-doping rule violation under the CA Anti-Doping Code.

4. SUPPLY OF SUPPLEMENTS / SPORTS FOODS

- 4.1** 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.
- 4.2** 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 their response to the approval request via the AMS Supplement Register within 72 hours of it being logged on the AMS Supplement Register.
- 4.3** 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.
- 4.4** 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.
- 4.5** 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:
- Foods should take precedence over supplement provision (or authorisation for purchase).
 - 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), they must have undertaken a nutritional assessment by an AC Sports Dietitian or AC MO to establish their specific nutrition requirements.
- e) Players must be advised by the relevant AC Sports Dietitian or AC MO 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 MO has provided approval for the use of any product before it supplied to players. Only products outlined in section 8.1 of this Policy can be supplied to players.

4.6 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.

4.7 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.

4.8 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.

5. NUTRITION

5.1 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. This includes batch-testing supplements that are provided to players by staff in any international leagues they participate in (e.g. IPL).

5.2 The following information must be recorded in the AMS Supplement Register by the dietitian:

- 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.

6. NUTRITION AND SUPPLEMENT ASSESSMENT FOR W/BBL PLAYERS

- 6.1** The AC Sports Dietitian (or AC MO 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 their individual supplement and sports food needs. If additional information is required the W/BBL Sports Dietitian (or AC MO) must contact the respective State Association Sports Dietitian.
- 6.2** 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:
- a) must advise the AC Sports Dietitian (or AC MO where no AC Sports Dietitian is available) of their current supplement intake (including the name, brand, country of origin and batch number), and any (other) supplement they have consumed over the past month. The W/BBL Club AC Sports Dietitian (or AC MO) must ensure they have recorded the supplements on the AMS;
 - b) must sign a declaration listing all supplements they are using and/or intend to use while with the W/BBL Franchise ([W/BBL Player Supplement Use Declaration](#));
 - c) that wish to use a supplement that is non-compliant with this AC Supplement Policy (but which is WADA compliant, and batch tested (as required in section 10 of this policy) must sign the declaration provided by the AC Supplement Panel ([W/BBL Player Declaration - Non-Compliant Supplement Use](#)). 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. This supplement must also be documented in the AMS Supplement Register.

7. SUPPLEMENT USE BY DEVELOPMENT AND U18 PLAYERS

- 7.1** The prescription and supply of supplements to players under 18 years of age is not permitted, unless the exemption detailed below at (i) to (iv), or in section 5.2 below applies:
- a) 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.
- 7.2** In circumstances where a player that is under 18 years of age:
- a) has been prescribed a Medical Supplement by that player's medical practitioner, to treat an existing clinical condition, in circumstances where there is no other viable alternative supplement or treatment; and
 - b) the player wishes to use that supplement that is non-compliant with this AC Supplement Policy (but which is WADA compliant, and batch tested as required in section 10 of this policy), the player's parent/guardian must sign the declaration provided

by the AC Supplement Panel ([U18 Player Declaration Medical Prescribed Non-Compliant Supplement](#))

- c) The declaration will be provided to the AC Supplement Panel to acknowledge. The supplement must also be documented in the AMS Supplement Register.

7.3 In circumstances where a parent/guardian insists a player uses a supplement that is non-compliant with the AC Supplement Policy and is WADA compliant but not batch tested:

- a) the AC Sports Dietitian or AC Medical Officer must educate the parent and player on the supplement policy and document in the AMS consultation notes.
- b) The parent/guardian must sign the declaration provided by the AC Supplement Panel ([U18 Player Declaration Non-Compliant Supplement Use](#)).

8. STORAGE AND DISPENSING

8.1 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. This is the responsibility of the Dietitian.

8.2 Players and other CA and State Association staff are not permitted to access or use any product stored in accordance with paragraph 8.1 above, without the prior approval of the relevant AC Sports Dietitian, or AC MO.

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

9. SUPPLEMENT TRANSPORT FOR TOURING TEAMS

9.1 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.

9.2 The AC Sports Dietitian or AC MO 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.

9.3 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.

9.4 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.

9.5 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.

9.6 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.

10. THIRD-PARTY AUDITING PROGRAMS FOR SUPPLEMENTS / SPORTS FOODS

- 10.1** 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.
- 10.2** Any third-party batch testing program must be fully accredited to the ISO17025 standard.
- 10.3** 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.
- 10.4** However, medical supplements prescribed in accordance with paragraph 2 of this Policy are not required to be audited in accordance with paragraph, 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
 - e) the medical supplement does not contain herbal additives.
- 10.5** AC Players, Staff and Contractors must not bring non-batch tested supplements into the AC training and match day environments.
- 10.6** [Appendix 1](#) of this Supplement Policy contains information about the Informed Sport and HASTA (Human and Supplement Testing Australia) auditing program.

11. NON-COMPLIANCE AND BREACHES

- 11.1** 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.
- 11.2** 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.
- 11.3** 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 12.3 and the relevant AC Sports Dietitian must notify the CA Lead Sports Dietitian, who will then notify the CA Head Integrity.
- 11.4** 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 or breach activity;
 - b) name of product;

- c) manufacturer of product;
- d) batch number;
- e) action recommended by the Head of Integrity.

- 11.5** 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.
- 11.6** 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.
- 11.7** The tables (9.7A and 9.7B) 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.

<i>Table 9.7A</i> <i>Risk matrix associated with categories of supplements and sports foods</i>			
Supplement Classification (See section 12)	Supplement Risk Profile		
	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			

<i>Table 9.7B</i> <i>Risks associated with supplement supply and/or prescription that are not in accordance with this policy</i>	
Supplement use not recorded in AMS	
No doctor approval before player provision	
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 this policy
Non-compliant but not a breach of this policy
Breach of this policy

12. SUPPLEMENT AUDITS

- 12.1** An audit comparing AC players' actual supplement use compared to the AMS Supplement Register prescribed supplements must be undertaken by the CA Lead Sports Performance Dietitian. This information must then be shared with the AC Supplement Panel.
- 12.2** An audit comparing AC players Sports Integrity Australia (SIA) Doping Control form supplement declaration to the AMS Supplement Register prescribed supplements must be undertaken annually. The CA Anti-Doping Medical Officer is responsible for obtaining the Doping Control forms from SIA and the CA Lead Sports Performance Dietitian must undertake the audit.
- 12.3** The CA Lead Sports Performance Dietitian must undertake an end of season supplement policy audit that includes:
- a) a breakdown of supplement use by State Association and CA for men and women, with a comparison to previous seasons;
 - b) a review of supplement non-compliance and breaches across the season; and
 - c) the audit findings must be presented to the AC Supplement Panel at the annual Supplement Policy review meeting.

13. SUPPLEMENT CLASSIFICATION

- 13.1** The AC Supplement Policy classification of supplements has been adapted from the Australian Institute of Sport (AIS) Sport Supplement Framework Group Classification System, which categorises sports foods and supplement ingredients into groups based on scientific evidence and other practical considerations that determine whether a product is safe, legal and effective in improving sports performance.
- 13.2** Decisions regarding the classification of a product in this system are made by the AC Supplement Panel.
- 13.3** This system:
- a) permits the use of all supplements in Group A and Group B with evidence of 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) prohibits the use of all supplements in the Illegal / High Risk category;
 - d) the AC Supplement Panel will annually review in each category;
 - 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 supplements fall into two sub-categories: medical supplements and performance supplements. Sports foods are their own category and are not classified as supplements.

14. CURRENT GROUP CLASSIFICATION OF SUPPLEMENTS AND SPORTS FOODS

14.1 Group A: are supported for use in specific situations in sport and provided to players for evidence-based use 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.

GROUP A SUPPLEMENTS

SUB-CATEGORY	PRODUCT
<i>Sports Foods</i>	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)
<i>Performance Supplements</i>	Caffeinated Sports gels and confectionary e.g., Gu Energy Chews
	Sports Bar (compact source of carbohydrate and/or protein in variable amounts) e.g., BSc Clean Bar
	'Mixed macronutrient supplement 'bar, powder, liquid meal'
	Protein Isolates (whey, casein, soy, pea, rice) 'isolated protein supplements'
	Creatine
	Caffeine supplements (e.g., Revvies Energy Strips, caffeinated energy gels, caffeinated chewing gum)
	Beetroot juice / Nitrate e.g., Beet It
	Beta Alanine
	Glycerol
	Bicarbonate (e.g., Sodi Bic, Ural)
<i>Medical Supplements</i>	Calcium
	Iron
	Vitamin D
	Folate
	Zinc

14.2 Group B: are deserving of further research and considered for provision to AC athletes. These sports foods and supplements have received some scientific attention, sometimes in populations other than athletes, or have preliminary data which suggest possible benefits to performance.

GROUP B SUPPLEMENTS

SUB-CATEGORY	PRODUCT
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<i>Medical</i>	Prebiotics (live microbial supplements) Probiotics Multivitamin / mineral
<i>Polyphenols</i> 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.	Fruit derived polyphenols - Cherries, berries and black currants e.g., Cherry Active
<i>Antioxidants</i> Compounds often found in foods which protect against oxidative damage from free radical chemicals.	Vitamin C
	N-Acetyl Cysteine
<i>Tastants</i> Food derived compounds that interact with receptors in the mouth/gut to activate the central nervous system.	Menthol
	Transient receptor potential channel agonists e.g., pickle juice (e.g., The Pickle Juice Company - Pickle Juice Shot)
	Quinine
<i>Other</i> Compounds that attract interest for potential benefits to body function, integrity and/or metabolism	Collagen supplement e.g., BSc Tendaforte
	Carnitine
	Fish oil capsules or liquid
	Ketone supplements
	Eggshell membrane
	Curcumin

14.3 Group C: have little scientific proof of beneficial effects in athletes, or there has been no research undertaken to guide an informed opinion. Not provided or recommended to players without the approval of the AC Supplement Panel.

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:

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

GROUP C SUPPLEMENTS

SUB-CATEGORY	PRODUCT EXAMPLES
Category A and B products used outside approved protocols.	Fruit derived polyphenols

The rest	If you can't find an ingredient or product in Groups A, B or D it most likely be deemed a Group C supplement
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14.4 Illegal/High Risk Supplements:

- Are not to be used by AC players.
- Must not be brought into a CA or S/T association training or match day environment (including on tour) by AC staff or AC contractors.
- 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.
- 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.

ILLEGAL / HIGH RISK SUPPLEMENTS

SUB-CATEGORY	PRODUCT
<i>Stimulants</i> http://list.wada-ama.org/	Ephedrine Strychnine Sibutramine Methylhexanamine (also known as: geranium oil, geranium, DMMA, dimethylamylamine) 1-3 methyl dimethylbutylamine (DMBA) Octopamine Synephrine Bitter orange / citrus aurantium Other herbal stimulants
<i>Pro-hormones and hormone boosters</i> http://list.wada-ama.org/	DHEA Androstenedione 19-norandrostenedione/ol Other pro-hormones Tribulus terrestris* and other testosterone boosters Maca root powder*
<i>Growth Hormone Releasers and 'peptides'.</i> Technically, these are not supplements, (although have been described as such) they are usually unapproved pharmaceutical products	GHRP-1 & GHRP-2 CJC-1293 & CJC-1295
<i>Selective androgen receptor modulators (SARMs)</i>	Andarine Ostarine Ligandrol
<i>Beta-2-agonists</i> http://list.wada-ama.org/	Higenamine
<i>Metabolic Modulators</i>	GW1516 (Cardarine)

<i>Other</i> http://list.wada-ama.org/	Colostrum (not recommended by WADA due to the inclusion of growth factors in its composition) Hemp protein** Synephrine Bitter orange
<i>Supplement products that have caused doping violations in sport</i>	Hemo Rage Anabiol OxyELITE Pro Jack3dl, Jack3d Stacker 3, Stacker3Craze White Lightning Viking Before Battle Dexaprine Oxilofrine Oxyshred

**Tribulus terrestris and maca root powder are included in Group D due to their purported hormonal regulation mode of action. They are also commonly found in multi-ingredient products that contain prohibited ingredients or are at high risk of being contaminated. Therefore, they are not recommended for use.*

*** There are small amounts of tetrahydrocannabinol (THC) in hemp protein and therefore a very small (but inherent) risk of inadvertent doping*

15. SUPPLEMENT CAUTIONS

15.1 Multi-ingredient:

- AC should avoid using performance supplements with numerous ingredients where single ingredient supplements are available.
- 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.
- 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.
- 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.

15.2 Protein Fortified Foods:

- Protein Fortified Foods (PFFs) are off the shelf food products (i.e.: supermarket products) that have protein substances (including but not limited to, powders, chips, pellets, crisps, concentrates) added to them during the manufacturing process.
- 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.
- Players should 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 their 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.

- f) The AC Sports Dietitian or AC MO should be guided by the [AIS - Understanding Contamination Risk of Protein Fortified Foods](#) report when assessing a PFF.

15.3 Herbal Ingredients in off-the-shelf (supermarket) products:

- a) The number of herbal ingredients (also called botanicals) appearing in off-the-shelf food products is increasing.
- b) Players should check the ingredient list of products before purchasing. If a product does contain herbal/botanical ingredients the player should provide details to their AC Sports Dietitian or AC Medical Officer before purchasing or consuming.
- c) The AC Sports Dietitian must ascertain the degree of risk of an anti-doping violation and any risk of adverse health consequences before advising the player.

15.4 Herbal ingredients in supplement products:

- a) Herbal additives/botanicals are a high risk in terms of contamination. Supplements containing these ingredients that are not third-party batch tested (as per section 8) are not permitted as part of this policy.
- b) If a supplement contains a herbal additive (botanical ingredient) and is third party batch tested, the product must be assessed by the AC Sports Dietitian or AC Medical Officer before it will be considered for use by players. Assessment must include any risk of health consequences from the herbal additives/botanical ingredients.

15.5 Network marketing companies:

- a) Network marketed supplements are not recommended for use.
- b) AC, its coaches, players and other staff members should avoid contact with the distributors of these companies and their products.
- c) Staff members who encourage other staff members and/or players to sign up to network marketing providers will be considered in serious breach of this Supplement Policy and the SSSM Principles.
- d) AC will not accept products to test on our players without the prior approval of the CA Lead Sports Performance Dietitian.

15.6 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) **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
- c) **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.
- d) **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.
- e) **Vitamin B6 (pyridoxine)** is found in many vitamin and mineral supplements and is often added to sports drinks, electrolytes and energy drinks. When consumed in amounts over 50mg/day vitamin B6 can cause peripheral neuropathy in some people. Players should check the ingredient lists of these types of products and seek advice from the AC Sports Dietitian or AC Medical Officer if they are concerned.
- f) **Vaping.** Sports Integrity Australia (SIA) state that vaping should be viewed as a non-batch tested supplement in terms of anti-doping risk and should be avoided by athletes.

- g) **Peptides.** Sports Integrity Australia (SIA) state that use of peptides presents serious integrity and health risks and may result in a breach of Australia's anti-doping rules. No AC staff member or contractor is to sell peptides to another AC player, AC staff member or AC contractor.

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).

16. EDUCATION

16.1 Contracted Players: All AC contracted players are to be educated on this Supplement Policy annually as part of the CA Education Unit's Integrity briefings. Each player will also receive additional education with the relevant AC Sports Dietitian regarding this Supplement Policy.

16.2 Pathway Players:

- a) Pathway players (state and national) will receive Supplement Policy Education in a group format.
- b) Parents or guardians of pathway players will receive Supplement Policy Education either online or in person.

16.3 Other Players and Staff:

- a) Non-contracted players selected into an AC squad or program;
- b) Contracted W/BBL players joining a W/BBL club (including overseas players) who have not attended an annual CA anti-doping player briefing in that year; and
- c) AC High Performance Department employees (including SSSM staff);

must be educated on the AC Supplement Policy annually, whether by the CA Education Unit (using the AC Integrity [Online AC Supplement Policy Education Module](#)) or by the relevant AC Sports Dietitian.

16.4 If an AC Sports Dietitian becomes aware that any player in their squad or program participates in another sport's elite or high performance program, the AC Sports Dietitian shall proactively educate that player on this Supplement Policy and the obligation on players to comply with the requirements of this Supplement Policy, consult with the player on their supplementation regime and record in the AMS Supplement Register all supplements provided to the player outside of AC.

16.5 If an AC Sports Dietitian or AC Medical Officer becomes aware of an emerging supplement risk to players, they must contact the CA Lead Sports Dietitian who will advise the CA Head of Integrity. This risk must then be communicated to all AC squads by the AC Dietitians and the CA Head of Integrity.

16.6 All AC Marketing, Sponsorship and Partnership staff must be educated annually on section 15 (Sponsorship) of this policy by the CA Head of Integrity.

16.7 This Supplement Policy is stored on the AMS so that players can access it at any time.

17. SPONSORSHIP

17.1 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**), an AC entity, player or player support personnel must provide full details of the Proposed Sponsorship Agreement to the CA Head of Integrity to assess the risk of harm to the player and/or Australian Cricket that may be caused by any such sponsorship arrangement.

17.2 In making the risk assessment, the CA Head of Integrity must provide details of the sports foods and/ or supplement(s) to the AC Supplement Panel. The panel will assess whether the product(s) are compliant with the AC Supplement Policy.

17.3 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 (a) to (c) above.

17.4 Supplement Guidelines for Commercial Partners will apply to any Proposed Sponsorship Arrangement.

18. AUSTRALIAN CRICKET (AC) SUPPLEMENT PANEL

18.1 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 Head of Sport Science and Sports Medicine (**SSSM**);
- e) CA Chief Medical Officer (**CMO**);
- f) CA Lead Sports Performance Dietitian;
- g) a State Association Sports Dietitian;
- h) CA Head of Integrity; and
- i) any relevant expert as determined by the CA Head of Performance Services and CA Lead Sports Performance Dietitian.

18.2 The independent panel 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.

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

18.4 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.

REVISIONS

Date	By
1 October 2016	AC Supplement Panel Members, CA Integrity Officer
25 September 2017	AC Supplement Panel Members, CA Integrity Officer
30 June 2018	AC Supplement Panel Members
8 April 2019	AC Supplement Panel Members
17 April 2020	AC Supplement Panel Members / AC State Dietitians
27 May 2021	AC Supplement Panel
10 June 2022	AC Supplement Panel
19 June 2023	AC Supplement Panel
17 June 2024	AC Supplement Panel
10 June 2025	AC Supplement Panel
2 June 2026	AC Supplement Panel, CA Integrity Officer, CA Head of Performance Services