



To: **Secretaries/Chief Executive Officers of Unions and Regional Associations
in Membership of World Rugby**

From: **David Carrigy
Head of Development & International Relations**

Date: December 18, 2018

Re: **2019 WADA Prohibited List**

Please find attached the 2019 WADA Prohibited List of substances and methods prohibited in sport and applicable to Rugby **effective from January 1, 2019.**

Also attached are the following supporting documents:

- a) 2019 Explanatory Notes (outlines the modifications from the 2018 Prohibited List to the 2019 Prohibited List)
- b) 2019 Monitoring Programme (Outlines the substances placed on WADA's monitoring programme)

The 2019 Prohibited List and the supporting documents are also available for download and reference on the WADA website www.wada-ama.org, and will also be made available on World Rugby's anti-doping website under the Resources tab www.keeprugbyclean.com.

Please forward these documents to all your relevant rugby constituents, medical representatives and those involved in anti-doping within your Union.

If you have any queries regarding the WADA 2019 Prohibited List, please contact the World Rugby Anti-Doping Manager – Compliance & Results, David Ho, at david.ho@worldrugby.org or +353 1 2409 209.

Yours sincerely,

A handwritten signature in blue ink, appearing to read "David Carrigy".

**David Carrigy
Head of Development & International Relations**