



AFL CONTROLLED TREATMENTS LIST

PART A – CONTROLLED TREATMENTS

Pursuant to clause 11.2(a)(iii) of the AFL Anti-Doping Code, by this Part A the General Counsel determines that certain Treatments are Controlled Treatments

1) Controlled Treatments

Subject to the conditions set out in this Controlled Treatments List, any Treatment which has a substantial purpose of influencing a Player's football performance, training or recovery or treating a football injury shall be a Controlled Treatment unless the Treatment is excluded from this Controlled Treatments List or is an AFL Prohibited Treatment.

2) Exclusions

The following Treatments are specifically excluded from the Controlled Treatment List:

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| a) All foods, confectionary, juices and cosmetics | i) Massage therapy |
| b) Glucose | j) Phonophoresis and Iontophoresis |
| c) Natural sources of caffeine in food or beverage (not added) | k) Podiatry |
| d) Non-caffeine sports drinks | l) Vaccinations against specific infectious diseases |
| e) Electrolytes (e.g. Gastrolyte, Hydralyte) | m) Hypoxic treatment |
| f) Acupuncture and dry needling | n) Altitude training |
| g) Standard and specialist physiotherapy including electro-physical appliances (APA approved) | o) Extracorporeal Shock Wave Therapy |
| h) Standard physical therapies including the use of appliances such as strapping, ice, heat and orthotics | p) Pilates and yoga |
| | q) Physical recovery and conditioning sessions |
| | r) Paracetamol, ibuprofen, aspirin, diclofenac, naproxen used for up to a 2 day period |

PART B – CONDITIONS AND CRITERIA RELATING TO THE LIST

Pursuant to clause 11.2(a) and 11.6 of the AFL Anti-Doping Code, by this Part B the General Counsel declares certain conditions in relation to the determination of the Controlled Treatments List and sets out the criteria for prior written approval by a Club Medical Officer of certain Controlled Treatments.

3) Team Approval for certain Controlled Treatments

Pursuant to clause 11.6(a) of the AFL Anti-Doping Code, the General Counsel prescribes that where the Club Medical Officer provides prior written approval for the use or administration of the following substances as Controlled Treatments, he or she may do so collectively for any group of Players using Form A (attached):

- a) Sports bars, high protein bars and high carbohydrate bars;
- b) Non-caffeinated sports and carbohydrate gels;
- c) Whey protein and liquid meal;
- d) Oral iron replacement therapy during altitude training;

4) Individual Approval for certain Controlled Treatments

Pursuant to clause 11.6(a) of the AFL Anti-Doping Code, the General Counsel prescribes that where the Club Medical Officer provides prior written approval for the use or administration of the following substances as Controlled Treatments, he or she may do so specifically for an individual Player using Form B (attached):

- a) Oral vitamins Multivitamin, B Group, C, D and E;
- b) Oral Minerals and electrolytes given in non-specific or individual forms including calcium, zinc, iron, magnesium and sodium chloride;
- c) Caffeine at a dose less than 4mg/Kg – including drinks, gels, gum, mouth strips and tablet forms;
- d) Bicarbonate;
- e) Creatine monohydrate;
- f) Glucosamine and Chondroitin;
- g) Anti-oxidants including but not limited to glutathione and pycnogenol (Lact-Away);
- e) Carnitine;
- f) Fish and krill oil;
- h) Probiotics;
- i) Beta-alanine;
- j) Any plant extract, including but not limited to beetroot (nitrates), green tea (and extract), Echinacea, Garlic, Pomergranate, Blueberry, Quercetin and Olive leaf (taken other than as foods or juices);
- k) Glutamine;
- l) HMB;
- m) Coenzyme Q10;
- n) Single source amino acids including but not limited to Leucine, Lysine, Arginine, Glutamine and Alanine;

- o) Colostrum products;
- p) All herbal products including Valerian;
- q) Glutathione;
- r) hyperbaric therapy;
- s) Actovegin;
- t) Curcumin;
- u) Traumeel;
- v) any other Controlled Treatment excluding a Treatment referred to in Clause 5).

5) Medical Treatments

Pursuant to clause 11.2(a) of the AFL Anti-Doping Code, the General Counsel declares that as a condition of the entry of a Treatment onto the Controlled Treatments List, any Controlled Treatment that is provided by a Club Medical Officer as a medical treatment or provided on his/her referral as a medical treatment is deemed to have complied with the requirement under article 11.6 of the AFL Anti-Doping Code for prior written approval, provided that:

- a) the Treatment must still be entered on the Register of Controlled Treatments; and
- b) the Club Medical Officer's notes must be made available to the AFL Medical Directors on request.

6) Player's voluntary admission

Pursuant to clause 11.2(a) of the AFL Anti-Doping Code, the General Counsel declares that as a condition of the entry of a Treatment onto the Controlled Treatments List the General Counsel declares that a player shall not be in breach of clause 11.6(a) where the Player has volunteered information of his use of the Controlled Treatment to the Club or the AFL in circumstances where neither the Club nor the AFL had any prior knowledge of the use of the Controlled Treatment by the Player.

7) Player leave period

Pursuant to clause 11.2(a) of the AFL Anti-Doping Code, the AFL General Counsel declares that as a condition of the entry of a Treatment onto the Controlled Treatments List, a player shall be excused of any liability under clause 11.6(a) arising during any off –season period of annual leave from the Club taken in a block of not less than 7 days.



Andrew Dillon
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