



# SUMMARY OF THE COMMONWEALTH SPORT ANTI-DOPING RULES FOR THE 2026 COMMONWEALTH GAMES

## **IMPORTANT NOTICE**

1. This is a simplified educational summary of the *Commonwealth Sport Anti-Doping Rules for the Glasgow 2026 Commonwealth Games* (“**the Anti-Doping Rules**”).
2. This summary does not explain every rule and is not a replacement for reading the full Anti-Doping Rules. All *Participants* at the *2026 Commonwealth Games* remain responsible for fully understanding and complying with the complete Anti-Doping Rules.
3. If anything in this summary differs from, omits, or appears inconsistent with the Anti-Doping Rules, the Anti-Doping Rules take precedence.
4. All capitalised terms in italics have the meaning given to them in the Definitions section of the Anti-Doping Rules.

## **INTRODUCTION**

Commonwealth Sport is committed to ensuring that the *2026 Commonwealth Games* are clean, fair and safe for every *Participant*. The Anti-Doping Rules that apply during the *2026 Commonwealth Games* are fully aligned with the *World Anti-Doping Code* (the “Code”) and follow the same principles, responsibilities and processes that *Participants* are already used to. In practice, this means these Anti-Doping Rules should feel familiar and there should be no big surprises.

During the *2026 Commonwealth Games* Commonwealth Sport is the *Testing Authority*. The Organising Committee is responsible for engaging a supplier to plan and deliver the Doping Control programme, and for Glasgow 2026 this supplier is UKAD, who will carry out this work on the Organising Committee’s behalf and in accordance with Commonwealth Sport’s Anti-Doping Rules.

## **KEY THINGS EVERY ATHLETE MUST KNOW**

*Athletes* and *Athlete Support Personnel* are expected to complete all anti-doping education before and during the *2026 Commonwealth Games*. This includes online modules, CGA briefings and Games-specific sessions.

*Athletes* are personally responsible for everything that enters their body and everything done to their body. This includes, but is not limited to:

1. Knowing and complying with the Anti-Doping Rules at all times;
2. Ensuring no *Prohibited Substance* is found in their *Sample* and no *Prohibited Method* is used, intentionally or unintentionally;
3. Checking all medications, supplements and treatments before using them (such as on Global DRO / Informed Sport);
4. Being available for *Testing* at any time and co-operating fully during the *Sample* collection process;
5. Reporting any past Anti-Doping Rule Violations from the last 10 years to Commonwealth Sport and their *International Federation*; and
6. Cooperating fully with investigations, information requests and any follow-up questions.

If unsure about anything - ask early, check everything and declare when needed.

## **WHAT COUNTS AS DOPING?**

You can commit an Anti-Doping Rule Violation (“**ADRV**”) even if you did not intend to cheat.

The Anti-Doping Rules set out specific violations (in red text) that apply during the *2026 Commonwealth Games*, which are:

### **ARTICLE 2.1: PRESENCE OF A PROHIBITED SUBSTANCE OR ITS METABOLITES OR MARKERS IN AN ATHLETE’S SAMPLE**

If a *Prohibited Substance* or its *Metabolites* or *Markers* are detected in an *Athlete*’s urine, blood, or dried-blood-spot sample, this is an ADRV. *Athletes* are strictly responsible for what is found in their body, even if they did not know they had taken it.

### **ARTICLE 2.2: USE OR ATTEMPTED USE BY AN ATHLETE OF A PROHIBITED SUBSTANCE OR A PROHIBITED METHOD**

*Using*, attempting to *Use*, or planning to *Use* a *Prohibited Substance* or *Prohibited Method* such as blood manipulation or certain IV infusions is prohibited. Attempts count, even if unsuccessful or abandoned.



### **ARTICLE 2.3: EVADING, REFUSING OR FAILING TO SUBMIT TO SAMPLE COLLECTION BY AN ATHLETE**

This includes, but is not limited to:

- Running away or hiding;
- Refusing to provide a sample;
- Failing to stay with the Chaperone; or
- Deliberately delaying the test without a valid justification.

Any act that avoids testing or makes it impossible for the Doping Control Officer to collect a *Sample* falls under this rule.

### **ARTICLE 2.4: WHEREABOUTS FAILURES BY AN ATHLETE**

Three whereabouts failures (missed tests and/or filing failures) within 12 months equals an ADRV, even during major events such as the *2026 Commonwealth Games*.

If *Athletes* are in a *Registered Testing Pool* or *Testing Pool*, they must continue to file accurate and complete whereabouts during the *2026 Commonwealth Games*.



There's a common misconception that whereabouts obligations are not applicable during the *2026 Commonwealth Games* – that is incorrect. If an *Athlete* is part of a *Testing Pool* then they still need to provide the same level of information as during the rest of the year (this includes their hotel room number).

### **ARTICLE 2.5: TAMPERING OR ATTEMPTED TAMPERING WITH ANY PART OF DOPING CONTROL BY AN ATHLETE OR OTHER PERSON**

*Tampering* includes any intentional act that interferes with testing or results management. Examples include, but are not limited to:

- Providing false information;
- Manipulating or attempting to manipulate a *Sample*;
- Interfering with equipment, paperwork, or DCO instructions;
- Altering medical documents or trying to mislead anti-doping personnel

Attempted tampering is treated the same as successful tampering.

### **ARTICLE 2.6: POSSESSION OF A PROHIBITED SUBSTANCE OR A PROHIBITED METHOD BY AN ATHLETE OR ATHLETE SUPPORT PERSON**

*Possession* of a *Prohibited Substance* or *Prohibited Method* can be an ADRV unless the *Athlete* or *Athlete Support Person* can show a valid medical justification, such as a recognised TUE. *Possession* includes *Prohibited Substances* found in personal bags, accommodation, or equipment belonging to you.

### **ARTICLE 2.7: TRAFFICKING OR ATTEMPTED TRAFFICKING IN ANY PROHIBITED SUBSTANCE OR PROHIBITED METHOD BY AN ATHLETE OR OTHER PERSON**

*Trafficking* includes supplying, distributing, selling, transporting, or arranging access to *Prohibited Substances* or *Prohibited Methods*. This covers any activity that helps others dope, not just personal use.



**ARTICLE 2.8: ADMINISTRATION OR ATTEMPTED ADMINISTRATION BY AN ATHLETE OR OTHER PERSON TO ANY ATHLETE IN-COMPETITION OF ANY PROHIBITED SUBSTANCE OR PROHIBITED METHOD, OR ADMINISTRATION OR ATTEMPTED ADMINISTRATION TO ANY ATHLETE OUT-OF-COMPETITION OF ANY PROHIBITED SUBSTANCE OR ANY PROHIBITED METHOD THAT IS PROHIBITED OUT-OF-COMPETITION**

Administering or attempting to administer a *Prohibited Substance* or *Prohibited Method* is strictly prohibited. This applies especially to *Athlete Support Personnel*, but *Athletes* can also violate this rule if they assist in administering substances to others.

**ARTICLE 2.9: COMPLICITY OR ATTEMPTED COMPLICITY BY AN ATHLETE OR OTHER PERSON**

Helping someone commit an ADRV, covering it up, encouraging it, or assisting them in avoiding detection counts as complicity. This includes, but is not limited to sharing doping methods, securing *PROHIBITED SUBSTANCES* FOR OTHERS OR OBSTRUCTING INVESTIGATIONS.

**ARTICLE 2.10: PROHIBITED ASSOCIATION BY AN ATHLETE OR OTHER PERSON**

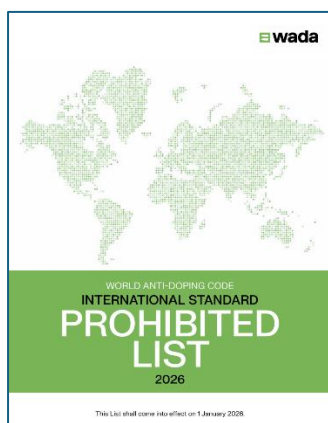
*Athletes* must not associate with any *Athlete Support Person* who is serving a ban. “Association” includes but is not limited to receiving training plans, treatment, advice or any professional services from that person if the *Athlete* has been informed of their status.

**ARTICLE 2.11: ACTS BY AN ATHLETE OR OTHER PERSON TO DISCOURAGE OR RETALIATE AGAINST REPORTING TO AUTHORITIES**

Threatening, intimidating or retaliating against any individual (including teammates, officials or volunteers) for reporting doping concerns is strictly prohibited. This includes attempts to silence or punish whistleblowers.

This also includes any act that aims to stop someone from reporting doping such as pressure, manipulation, or coercion which would amount to a violation.

**THE PROHIBITED LIST**



The WADA Prohibited List is updated every year. The [2026 Prohibited List](#) applies for the 2026 Commonwealth Games.

This list sets out:

- Substances banned at all times;
- Substances banned *In-competition only*;
- Substances banned *Out-of-competition only*; and
- Prohibited Methods such as blood manipulation or certain IV infusions.

Medications and supplements can change status from year to year, so always check before taking them. You can use [Global DRO](#) or [Informed Sport](#) to check medications and supplements purchased in the United Kingdom.



**THERAPEUTIC USE EXEMPTIONS (“TUES”)**



If an *Athlete* needs to take a medication that contains a *Prohibited Substance* they must have a valid TUE.

- Existing TUEs in ADAMS will be automatically reviewed and recognised by Commonwealth Sport and *Athletes* do not need to contact us.
- If the TUE is not in ADAMS, it must be submitted to Commonwealth Sport's Anti-Doping and Medical Commission by **19 June 2026**.
- For new TUEs during the 2026 *Commonwealth Games*:
  - Complete the CS TUE Application Form and have a physician sign it.
  - Provide all relevant medical documentation for the diagnosis and treatment.
  - Submit it to the designated Commonwealth Sport TUE address: [tue@commonwealthsport.com](mailto:tue@commonwealthsport.com)
  - The application will then be considered by Commonwealth Sport's Anti-Doping and Medical Commission.
  - The speed of a decision is highly dependant on the completeness of the medical documentation provided so please provide as much information as possible.
- In limited circumstances, an *Athlete* may apply for a retroactive TUE. For example, if emergency treatment of a medical condition was necessary.

Without a recognised TUE, an *Athlete* risks committing an ADRV.

### **TESTING AT THE 2026 COMMONWEALTH GAMES**

Athletes can be tested:

1. **At any time** E.g: *In-competition* or *Out-of-competition*.
2. **In any location**: E.g training venues, *Team Hotels* or *Games Venues*.

| In-Competition                        | Out-of-Competition                  |
|---------------------------------------|-------------------------------------|
| from 11:59 the day before competition | any test that is not In-Competition |

There will be no advance notice provided.

### **DURING SAMPLE COLLECTION: ATHLETE RIGHTS AND RESPONSIBILITIES**

The testing process is designed to be fair and independent and *Athlete* cooperation is essential to uphold those principles.

- A Chaperone or Doping Control Officer will notify the *Athlete*. Doping Control Staff will accompany the *Athlete* until the test is complete. Minors will also be accompanied by a third party.
- *Athletes* must remain within direct observation of the Doping Control Personnel at all times.
- *Athletes* have the right to have a representative and/or interpreter with them during the process (one of each).
- The *Athlete* must report immediately to the Doping Control Station unless they are allowed a short delay. Valid reasons for a short delay include for the *Athlete* to locate a representative/interpreter, receive medical treatment, obtain identification or to complete a training session or if In-Competition then to attend a medal ceremony, complete any media commitments, warm down or compete in further competitions. During this delay, the Chaperone will remain with the *Athlete* at all times.
- Athletes have the right to request a modification should they not be able to follow the standard process.



- The *Athlete* may be required to provide a combination of urine, blood, or dried-blood spot samples.

*Sample* collection kits may include collection vessels, A/B bottles, partial sample kits, blood collection tubes and dried-blood spot kits depending on the sample being collected.

## **RESULTS, HEARINGS AND SANCTIONS**

If an *Athlete's Sample* returns an *Adverse Analytical Finding* then Commonwealth Sport will review the finding and investigate whether any TUE is in place.

If a non-analytical ADRV may have been committed, Commonwealth Sport will gather information from Doping Control Officers or others as appropriate.

The *Athlete* (and their CGA/IF) will receive notice of the *Adverse Analytical Finding* by email, including any applicable *Provisional Suspension*. The *Athlete* may then request *B Sample* analysis at their own cost and provide a preliminary explanation.

Any hearings will be held before an *Independent Tribunal* constituted by Sport Resolutions.

## **Pro-bono (free) legal support will be made available to notified *Athletes* through Sport Resolutions.**

Sanctions for ADRVs are aligned to the *WADA Code* and can include, but are not limited to:

- Provisional suspension;
- Exclusion from the *2026 Commonwealth Games*;
- Disqualification of results;
- A period of ineligibility; and
- Team consequences.

## **PUBLIC DISCLOSURE**

Once a case has been resolved, Commonwealth Sport may publish (amongst other details) the:

- Participant's name;
- Rule violated;
- *Prohibited Substance* or *Prohibited Method* involved;
- *Sanction* imposed.

Exceptions may apply for minors and *Protected Persons*.

## **WHERE YOU CAN FIND SUPPORT**

Support is available from:

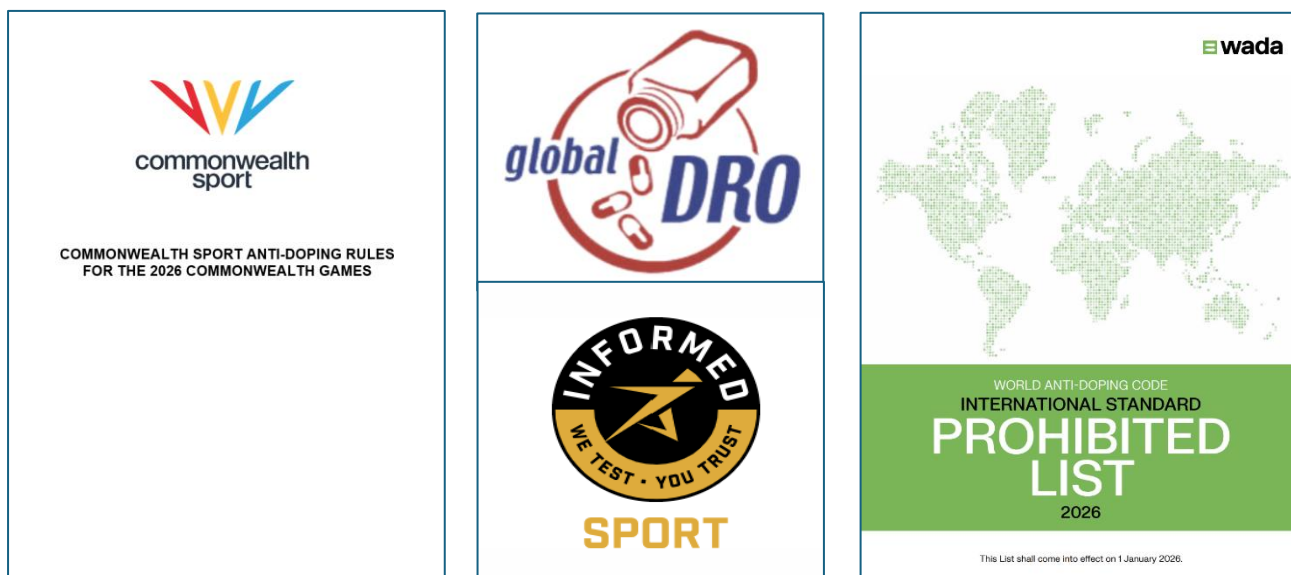
- Your CGA;
- Your team doctors;
- Your National Anti-doping Organisation; and
- Commonwealth Sport.

## **USEFUL RESOURCES**

- Commonwealth Sport's Anti-Doping Rules for the 2026 Commonwealth Games



- Commonwealth Sport's No Needle Policy.
- Global DRO: [Global DRO - Home](#)
- Informed Sport: [Sports Supplements Certification | Informed Sport](#)
- 2026 WADA Prohibited List: [WADA's 2026 Prohibited List is now in force | World Anti Doping Agency](#)
- Your National Anti-Doping Organisation's website and education resources



## **REPORTING**

It takes a team to stop a drug cheat. If you think someone is cheating, tell us.

We gather information from many places to help us build up a picture and decide what to do.

So, if you think something is going on, tell us – you will be doing the right thing, and no one will know you got in touch.

Use the following link or scan the QR code: [Protect Your Sport | UK Anti-Doping](#)



Online Form: <https://forms.theiline.co.uk/ukad>

Whatsapp: +44 7822 023233

Phone call: 0800 032 2332

Email: [pys@reportdoping.com](mailto:pys@reportdoping.com)

