



NATIONAL RANKING TOUR Rules & Regulations and Selection Criteria 2024-2025

Introduction

September-December 2024 will be transitional months for where both Irish Tenpin Bowling Association (ITBA) and Northern Ireland Tenpin Bowling Federation (NITBF) Members will compete together for ranking points, before Members join the one 32 County NGB from 1st January 2025.

This document sets out the Rules, Regulations, and Format of the National Ranking Tours for Juniors, Adults, and Seniors, along with the Selection Criteria for domestic and international events.

Ranking Tour Structure

The 24/25 Ranking Tour is a series of **8 events** carried out during the bowling season on a monthly basis to determine the current ranking of each bowler. It also assists the Selection Committee(s) and defines, when needed, who will be representing Ireland in a particular event each year.

Each season at least one event must be held in each of the Association's sanctioned bowling centres, where possible.

The Ranking Tour is comprised of three tours:

- Juniors (Under 16s and Under 19s)
- Adults (including Under 30s)
- Seniors (over 50)

NOTE: From September 2024, Under 16s cannot compete in any sanctioned Adult event. Where a 17-18 year old competes in sanctioned Adult events they will not be permitted to travel as part of Adult Team Ireland, irrespective of the fact that they may have accumulated the required number of ranking points to be eligible for automatic qualification or selection.

Each season there will be 3 Gold, 3 Silver, and 2 Bronze level events, without exception the annual National Championships, Junior Irish Open, Senior National Championships and Irish Open will be Gold Level events. One Gold and One Silver event must be held in Northern Ireland. In addition, where possible, one event must be held outside of the Dublin area and Northern Ireland, to enable the promotion of bowling throughout the island.

Oil Patterns:

In line with the Association's High Performance Plan, the following oil patterns must be utilised:

Gold Level Events as outlined below offer higher ranking points and must be competed on an oil pattern of ratio 4:1 or under.

Silver Level Events as outlined below offer less ranking points to Gold events and must be competed on an oil pattern of ratio between 4:1-7:1.

Bronze Level Events as outlined below offer the least ranking points and must be competed on an oil pattern of ratio above 7:1.

Oil Patterns are to be selected by the Coaching Sub-committee at least 2 weeks prior to the event (where a Member of the Coaches Sub Committee is competing in the event they must abstain from selecting the pattern).

The Coaching Sub Committee will advise the bowling centre, applicable Sub Committee, Press Relations Officer, and Webmaster of the oil pattern by email.

Event Formats:

The format of each event is decided by the applicable Group Sub-committee and will be published at least four weeks in advance on www.tenpinbowling.ie and social media accounts.

Event entries will close one week prior to the event to enable planning to be finalised and lanes required confirmed with centres by the applicable Group Sub-committee.

Each event should contest, where possible, a format of Finals, with qualification comprising of at least 6 games (5 games in case of Seniors) (exception given to Junior Irish Open, and National Championships). The format of the finals is decided by the applicable Group Subcommittee.

Ranking Events 2024-2025

The full event calendar can be viewed on www.tenpinbowling.ie

Categories: Examples of categories under which athletes can compete at each event:

- Male Scratch Section
- Female Scratch Section
- Male Handicap Section
- Female Handicap Section
- Overall Scratch Section
- Overall Handicap Section

- Under 30s Scratch Section
- Under 16s Scratch Section
- Under 19s Scratch Section
- Bantam Section

Handicap Section

At each event athletes can also qualify for Handicap Finals.

Handicap system and placings format will be advised by applicable Sub Committee for each event – Junior Team Ireland, Adult Team Ireland, or Senior Team Ireland.

Ranking Points

In each event, points will be awarded to both women and men. Points will be awarded to an athlete's scratch finishing position after qualification games.

In the event of a tie on overall pinfall after qualification games athletes in the tied positions, for example a tie for 7th position, will be awarded the points applicable for position 7 (57pts) and position 8 (55pts) combined (112pts) and divided by 2 (number of athletes in the tie), resulting in the tied athletes being awarded 56pts each.

Where re-entry tournaments are utilised for ranking events, an athlete's first entry will be used for ranking position and points.

If there is a combined division, women and men will be awarded points in relation to their final qualifying position relative to the other athletes of the same gender.

- 1) Points in Bronze Tournaments will be awarded to the top 50 of each gender according to the presented list below.
- 2) Points in Silver Tournaments will be awarded to the top 50 of each gender according to the presented list **times two**.
- 3) Points in Gold Tournaments will be awarded to the top 50 of each gender according to the presented list **times three**.

Ranking Points Table

Position	Points	Position	Points
No.1	80	No.2	75
No.3	70	No.4	66
No.5	63	No.6	60
No.7	57	No.8	55
No.9	53	No.10	51
No.11	50	No.12	49
No.13	38	No.14	37

No.15	36	No.16	35
No.17	34	No.18	33
No.19	32	No.20	31
No.21	30	No.22	29
No.23	28	No.24	27
No.25	26	No.26	25
No.27	24	No.28	23
No.29	22	No.30	21
No.31	20	No.32	19
No.33	18	No.34	17
No.35	16	No.36	15
No.37	14	No.38	13
No.39	12	No.40	11
No.41	10	No.42	9
No.43	8	No.44	7
No.45	6	No.46	5
No.47	4	No.48	3
No.49	2	No.50	1

Standings

Once a tournament is completed, the applicable Group Sub-committee will create the Top 50 point lists in both sections – Men's and Women - based on scores and standings provided.

Rankings

Based on the point lists, the applicable Group Sub-committee will update both the Women and Men's standings. The standings will be published on www.tenpinbowling.ie and on official social media accounts within 48 hours of the conclusion of the event.

If a tie needs to be broken for any deciding position at the end of the season, the athlete in the highest position is the one with the highest number of maximum points awarded in all tournaments, then the athlete with the highest number of second highest maximum points awarded in all tournaments etc.

The Ranking Tour – Tournament Rules and Regulations

Entry fees:

To be determined by the applicable Group Sub-committee and in line with the status of the event.

General Rules:

 Registration for each squad will commence 30 minutes prior to the scheduled starting time and will close 10 minutes prior to the scheduled starting time. Athletes will not be permitted to register or play after the closing time.

- Athletes must check in prior to going on the lanes.
- Resin bags/Grip-sacks are only permitted to be used at the back of the players' area.
 Resin bags/Grip-sacks should be kept on the table/platform area to the back of each players' area. All residue must be wiped/removed completely from the surface of any bowling ball used.
- The use of Easy-Slide or any equivalent substance is not permitted for use on bowling shoes at any time.
- Allocation of Ranking Points and event formats are outlined above. Total games played are determined by the format of that specific tournament.
- Lane assignment is made randomly by the applicable Group Sub-committee prior to commencement of the event (lane assignments should be by random draw and not by entry times).
- Scores for the event are required to be filled in on the official Score Sheets provided upon registration.
- To score points in a ranking event, the athlete must be a current member of the ITBA. (NOTE: Current ITBA and NITBF memberships extended until the end of December 2024. Where a NITBF member does not have ITBA membership, ITBA Cross Border Membership must be taken out (free of charge) prior to the first event the athlete competes in. From January 2025 each athlete must take-out membership under the 32 County NGB).
- In the event of a tie for any position, the highest last game will decide the highest positioned athlete; if a tie still exists the highest positioned will be the athlete with the highest second last game, then the player with the highest third last game, etc.
- To comply with International Bowling Federation/ Sport Ireland/ Sport Northern
 Ireland Anti Doping Rules, athletes will not be permitted to smoke (includes e-cigs,
 vaping etc), consume or be under the influence of alcohol, at any point throughout
 the event.

An athlete found to be in non-conformance will be disqualified from the event and will be subject to disciplinary action by the ITBA.

- Anti-doping procedures will be in place, as stated in the Constitution, random checks may be carried out by the ITBA during any event.
- Attention will be paid to any athletes considered to be showing slow play. Any slow play will be brought to the attention of the Tournament Committee who will take appropriate action.
- All protests must be submitted to the Tournament Committee within 30 minutes of the game in which the infraction occurred.
- Complaint procedure all complaints must be submitted in writing to the Tournament Committee within 48 hours of the event.
- Any individual whose conduct is considered to be derogatory or not to be in the best interest of the sport, on or off the lanes, during the entire period of the event / Championships may be disqualified from the event / Championships and will be reported to the ITBA Executive.
- Mobile phones must be turned OFF once practice has concluded (mobile phones are also not permitted at training sessions). Failure to comply may result in disqualification.
- The use of earphones, unless medically prescribed, is not permitted during training sessions or following the conclusion of the event's practice. Failure to comply may result in disqualification.

- Coaching other than lane play is prohibited during the event / Championships. Failure to comply may result in disqualification.
- Decisions made by the Tournament Committee during the events will be binding on all parties.
- All bowlers are expected to comply with the members Code of Ethics, Social Media Policy and Anti-doping rules – all of which are available online – www.tenpinbowling.ie
- Failure to comply with these Rules may result in loss of ranking points and loss of eligibility for selection. Serious breaches of the General Code of Conduct, Code of Ethics or Social Media Policy may result in loss of eligibility for selection and withdrawal of ITBA membership.

Equipment Rules:

- Only bowling balls that appear on the latest <u>'United States Bowling Congress Approved Bowling Ball List'</u> may be used in each event.
- Once play has commenced no alterations to the surface of any bowling ball by sanding/scouring (abralon, sandpaper, etc) is permitted. Surface changes are only permitted during the practice period.
- Only approved bowling ball cleaners are permitted to be used once play has commenced. The full list of current approved cleaners can be viewed here.
- It is prohibited to use chemicals, solvents or other methods to change the hardness of the ball surface after it is manufactured.
- Spot checks of equipment will be in place throughout the 2024-2025 season in Ranked events to make sure that weights, surfaces and general standard are in compliance with United States Bowling Congress/ International Bowling Federation specifications. Penalty for a ball failing to comply with any of the above are as follows:
 - a. If it is only one ball which does not comply with the above, then it is removed from competitive play and the athlete receives a warning.
 - b. If it is more than one ball in the participants arsenal that fails to comply the ball(s) shall be removed from play and the applicable Sub-committee may decide to take further appropriate action within the ITBA Constitution's disciplinary procedures.
 - c. If the participant continues to use the balls which have been deemed unsuitable for competition after receiving a warning they will be disqualified from the event without a refund of entry fee.

Dress Code:

All athletes must adhere to the dress code requirements stated below.

Failure to comply will result in zero ranking points for the attended event.

These rules apply throughout the 2024/2025 season in all Association affiliated events including official training sessions.

a. Athlete must wear a bowling shirt whether it be a polo or dye sublimated, the definition of this is a shirt directly affiliated within the Tenpin Bowling Industry. Please note it is no longer a requirement for bowlers to have their full name or surname clearly visible in either print or embroidery on the back of a collared shirt or sports shirt.

The bowling shirt must not contain any logos which compromise the integrity of the Association.

b. Participants may wear plain-coloured - dress slacks, tracksuit bottoms, sports leggings, tailored golf shorts, skirts or skorts.

Length of skirt, skorts or shorts must be below the participant's fingertips when they are standing, and their arms are hanging down at their side. Length of skirt, skorts, and shorts MUST be long enough to not see your bottom area (even if covered by under shorts) at any time, standing or bent over.

- c. Prohibited items include denim, jeans, combats, sleeveless shirts, t- shirts or V-neck t- shirts, large studded belts, straps or buckles and street shoes.
- d. Where a Team Manager or Tournament Committee has been ratified by the ITBA Executive, the details of the Dress Code, within the Association's overall Code, will be advised to participants. Team Manager will advise of dress code for international representation.
- e. Members of the applicable Sub-committee have the final say if attire is suitable for participation in Ranked event. All queries and complaints can be sent formally to:

<u>juniors@tenpinbowling.ie</u> (for Juniors) <u>team.ireland@tenpinbowling.ie</u> (for Team Ireland and U30s) <u>seniors@tenpinbowling.ie</u> (for Seniors)

Injury/Withdrawal Criterion

In case of an injury (of which a partial decision is made on site by the Tournament Committee and then validated at the following applicable Group Sub-committee meeting) or an athlete withdrawing during the course of the event, the following ruling is activated:

Ruling: Player shall receive points based on their final position in the event once any games not played have had a zero (0) score assigned in for any games not played.

Tournament Committees

A Tournament Committee will be in place at each ranking event throughout the season.

The Tournament Committee will be formed by the applicable Group Sub-committee unless delegation is advised to the Executive of who is fulfilling this role.

The Tournament Committee are responsible for the following:

- Enforcing the rules of the ranking tour at each event
- Event registration (whether by email/ Google Form etc)
- Lane assignments (must be by random draw and not by event entry time)
- Lane movements
- Scores/ Results/ Scoresheets
- Make decisions on injuries and any dispute or eventuality occurring during the event.

Throughout the 2024-2025 season there will be at least one member of the applicable Group Sub-committee at each ranking event to uphold and enforce the Integrity Rules.

Integrity Rules:

An Athlete:

- > Must adhere to the General Code of Conduct.
- > must carry themselves in a respectful manner.
- > may not hit or damage any bowling centre property.
- > may not use profanity while participating whether it be in a positive or negative manner.
- > must treat the other competitors, staff and proprietors with respect and will not be derogatory towards them in any way during competition.
- must not distract other competitors while they are competing.

Penalties:

(Note: All Penalties are subject to ratification from the ITBA Executive)

- > Participant is issued a verbal warning.
- Participant is issued a Yellow card which reduces earned ranking points by 25%. (No Refund of Entry Fee)
- > Participant is issued a Red Card which reduces earned ranking points by 75%. (No Refund of Entry Fee)
- ➤ Participant is issued a Black Card which reduces earned ranking points by 100% and they are suspended for the following three ranked events. (No Refund of Entry Fee)
- ➤ If Participant has breached Four or More of the Integrity Rules in the one event they are then to be removed from the competition in which the breaches have happened and may be subject to a disciplinary hearing as outlined in the ITBA Constitution with either the applicable Sub-committee or the Executive (as considered appropriate).

Appeals:

All Penalties can be appealed but must be done in a formal manner via email to the applicable Sub-committee no later than 24hrs after the penalty has been issued. This in no way impacts upon an athlete's rights of appeal as set-out in the ITBA Constitution.

Sponsorship 2024-2025:

Any sponsorship secured by the applicable Group Sub-committee is to be utilised for event prize funds, reduced Entry Fees to National Championships, and to the reduce the costs of the applicable Triple Crown, Under 30s Euro Nations Challenge, European Men's Championships, European Youth Championships, or European Champions Cup.

Selection Process and Eligibility 2024-2025

- Selection Committees are to be appointed for Juniors, Adult, and Seniors by the ITBA Executive, in consultation with the applicable Group Sub-committee.
- The ITBA Executive, in consultation with the applicable Group Sub-committee will appoint a Team Manager and, if required, an Assistant Team Manager, who will assume responsibility over any teams selected. The Team Manager will sign a Team Manager's Contract which will set-out the main duties and responsibilities before, during and after any event.
- Where selection is necessary to determine which athlete(s) shall represent the
 country or the Association in any tournaments, such selection will be the
 responsibility of the relevant Selection Committee in compliance with the ITBA
 Constitution. The Selection Committees will be required to confirm that they will use
 the criteria set out in this document throughout the 2024-2025 season for any
 selection representation, including but not exclusively Triple Crowns, European
 Champions Cup, and European Men's Championships.
- The Selection Committees will submit Panels for ratification to the Executive
 Committee for both men and women. In the case where a member of a Panel is not
 accepted by the Executive Committee then the next available athlete will be put
 forward. A Panel is only formed once the Executive Committee has ratified the
 submitted Panel.
- To be eligible for a place on a Panel:
 - i) Panellists must be current members of the ITBA and hold a current Irish Passport or
 - ii) Be non-Irish passport holder, resident in Ireland/ Northern Ireland at time of application for selection for a minimum of 2 years and must not have represented any other country (other than Ireland/ Northern Ireland) at international level within the last 2 years.
- Any position on a Panel is subject to review based off but not exclusively:
 - i) Practice sessions (including attendance at Bowler Development Sessions).
 - ii) National and International tournament participation.
 - iii) Attitudes and behaviours displayed at local, domestic, and international events.

Leagues shall NOT be included in any review process.

- To be eligible for a place on a Panel, an athlete must also compete in a minimum of 5 ranking events throughout the season of which one must be in Northern Ireland (unless otherwise stated in the specific Championship selection criteria below).
- Teams and individuals selected for *top flight* international competition shall be chosen from those athletes currently named as Panel members.

- The Selection Committee(s) will adopt a selection process throughout the 2024-2025 Season based on 8 Ranked Tournaments held throughout the period, September 2024 to May 2025 and on the basis of the Ranking Points an athlete accumulates as outlined in this document. There will be No Ranking Points rollover for the 2024/2025 season.
- All participants seeking to earn ranking points must be fully paid up current General Members of the ITBA prior to the first competitive ball thrown (NOTE: ITBA and NITBF memberships extended until the end of December 2024. Where a NITBF member does not have ITBA membership, ITBA Cross Border Membership must be taken out (free of charge) prior to the first event the athlete competes in. From January 2025 each athlete must take out membership under the 32 County NGB).
- Ranking Points will be allocated based off an athlete's final scratch position at the end of qualifying of a tournament, provided the relevant Rules & Regulations have been adhered to.

Wildcard / Exemptions for 2024-2025:

Examples of reasons for which a Wildcard / Exemption can be applied for include:

- An athlete returning from injury and has displayed their quality in tournaments / leagues since their return.
- An athlete who competes in overseas tournaments, which limits their participation in domestic tournaments.
- An athlete living / working overseas, however an athlete would have to display their qualities in tournaments / leagues in the area where they currently reside.

European Men's Championship 2025

The European Men's Championship will be held in Aalborg, Denmark (4th -13th June 2025), and will comprise of a team of six athletes.

The following selection criteria will apply subject to meeting the criteria for selection as set out in this document:

- The Top 3 Ranked Male athletes on the ratified 2023/24 Team Ireland Panel, at the end of the 2023/24 ITBA Ranking Tour Season will earn automatic spot on the team.
- One Exempt athlete may earn an automatic spot on the team.
- Wildcards will be accepted for 4th- 6th positions on the team (unless there is an Exempt Athlete selected to earn an automatic spot on the team, Wildcards will then be accepted for 5th-6th positions), whereby the Team Ireland Selection Committee will utilise the athlete's performance in ITBA Ranking Events and NITBF Ranking Events from the 2023/2024 Season, and from ITBA Ranking Events held from September-December 2024. Where NITBF membership is held, the athlete must also hold ITBA Cross Border/ Full membership.
- Selected athletes must participate in training sessions organised by the Team Manager.
 Failure to participate may result in the athlete being removed from the team and the next athlete in line selected.

Exemptions and Wildcard applications must be received by the Adult Team Ireland Sub Committee by 4pm on 31st December 2024: team.ireland@tenpinbowling.ie

Adult Triple Crown 2025

To be eligible for selection, the athlete must have competed in a minimum of 5 ranked events (must include one in Northern Ireland). The athletes best 7 ranking events will be utilised to calculate Ranking.

An Exempt athlete will earn an automatic spot on the team.

The Top 5 Male and Female athletes at the end of the 2024/2025 Ranking Tour Season may be selected to represent Ireland at the Adult Triple Crown. Where there is no exempt athlete the Top 6 Male and Female athletes may be selected to represent Ireland.

Selected athletes must participate in training sessions organised by the Team Manager. Failure to participate will result in the athlete being removed from the team and the next athlete in line selected.

Youth Triple Crown 2025

To be eligible for selection, the athlete must have competed in a minimum of 5 ranked events (must include one in Northern Ireland). The athletes best 7 ranking events will be utilised to calculate Ranking.

One Exempt athlete may earn an automatic spot on the team.

The Top 3 U19 Male and Female athletes and the Top 3 U16 Male and Female athletes at the end of the 2024/2025 Ranking Tour Season may be selected to represent Ireland at the Youth Triple Crown. Where there is no exempt athlete the Top 4 U19 and U16 Male and Female athletes may be selected to represent Ireland.

Selected athletes must participate in training sessions organised by the Team Manager. Failure to participate will result in the athlete being removed from the team and the next athlete in line selected.

Senior Triple Crown 2025

To be eligible for selection, the athlete must have competed in a minimum of 3 Ranked events. The athletes best 3 of the first 4 ranking events will be utilised to calculate Ranking. Note: There is one Gold (x3), two Silver (x2) and one Bronze (x1) Ranking events in this period.

Seniors must be 50 years of age or above in the calendar year of the tournament.

One Exempt athlete may earn an automatic spot on the team.

The top 5 Male and Female athletes following January 2025's Ranking Event may be selected to represent Ireland at the Senior Triple Crown. Where there is no exempt athlete the Top 6 Male and 6 Female athletes following January's 2025's Ranking Event may be selected to represent Ireland.

Selected athletes must participate in training sessions organised by the Team Manager. Failure to participate will result in the athlete being removed from the team and the next athlete in line selected.

Exemptions and Wildcard applications must be received by the Senior Team Ireland Sub Committee by 4pm on 31st January 2025: seniors@tenpinbowling.ie

European Youth Championship 2025

The European Youth Championships will be held in Samsun, Turkey (12th-21st April 2025) and comprises of teams of 4 Boys and 4 Girls.

Athletes must be under the age of 18 as of 1st September 2024.

The following selection criteria will apply subject to meeting the criteria for selection as set out in this document:

- Wildcards will be accepted.
- The Panel will be formed from the EYC Junior Panel (to be submitted by the Junior Team Ireland Selection Committee in November 2024 and ratified by the ITBA Executive) and from the Wildcards received.
- The Junior Team Ireland Selection Committee will utilise the athlete's
 performance in ITBA Junior Ranking Events from January-May 2024, NITBF
 Ranking Events from the 2023/2024 Season, and from ITBA Junior Ranking
 Events held from September- December 2024. Where NITBF membership is held,
 the athlete must also hold ITBA Cross Border/ Full membership. The
 recommended average for these events is 170 and over (Girls), 180 and over
 (Boys).
- Selected athletes must participate in at least 80% of training sessions organised by the Team Manager. Failure to participate may result in the athlete being removed from the team and the next athlete in line selected.

Wildcard applications must be received by the Junior Team Ireland Sub Committee by 4pm on 31st December 2024: juniors@tenpinbowling.ie

Under 30s Euro Nations Challenge 2025:

The Under 30s Euro Nations Challenge will be held in Ayr, Scotland (date TBC) and will comprise of teams of 4 Men and 4 Females.

To be eligible for selection, the athlete must have competed in a minimum of 5 ranked events (must include one in NI). The athletes best 7 ranking events will be utilised to calculate Ranking.

Athletes must be 18 years old on first day of event and must not have reached 30 years on the last day of the event.

One Male and one Female Exempt athlete may earn an automatic spot on the team.

The Top 3 Male and Female athletes at the end of the 2024/2025 Adult Ranking Tour Season may be selected to represent Ireland at the U30s Euro Nations Challenge. Where this is no Exempt athlete, the Top 4 Male and 4 Female athletes at the end of the 2024/2025 Adult Ranking Tour Season may be selected to represent Ireland at the U30s Euro Nations Challenge.

Selected athletes must participate in training sessions organised by the Team Manager. Failure to participate will result in the athlete being removed from the team and the next athlete in line selected.

European Championships of Champions 2025

The European Championships of Champions 2025 will be held in Vienna, Austria (20th-26th October 2025).

The male and female winners of the 2025 National Championships will be selected to represent Ireland at the European Champions Cup.

Note (for all domestic and international events):

Should an athlete accept an invitation to represent Ireland, only to find it necessary to withdraw at late notice, the initial selection criteria and result will remain in force and the next appropriate athlete will be selected by the Selectors (provided a late change is acceptable to competition organising committee).

OVERALL SUMMARY

It is the responsibility of the athlete to ensure compliance with all of the Rules and Regulations stipulated in this document. If there are any queries about a rule or penalty, please do not hesitate to contact the applicable Sub-committee directly at:

Junior Team Ireland: juniors@tenpinbowling.ie

Adult Team Ireland: team.ireland@tenpinbowling.ie

Senior Team Ireland: seniors@tenpinbowling.ie

The goal of these Rules and Regulations, which have been ratified by the ITBA Executive, is to bring more integrity and professionalism into our sport on a national level.

Any Rules listed in this document are in addition to the General Rules of the ITBA and are effective as of 1^{st} September 2024 until the end of the 2025 Bowling Calendar Year and cover all Association affiliated events including official training sessions.

Appendix 1 – Anti Doping

All bowlers must comply with Irish Anti-Doping Rules and with the World Anti-Doping Code (WADA 2021 code). Let's continue to keep Irish Tenpin Bowling drug free and support the Sport Ireland Anti-Doping Unit, World Anti-doping Agency(WADA) and UKAD's anti-doping rules by using the safe and secure ways such as - Report Doping: www.sportireland.ie/Anti-Doping/ Competitor's

*Rules & Regulations correct as of 1st November 2024