

CBD USE IN SPORT

5 KEY FACTS FOR ATHLETES



BANNED INGREDIENT

Athletes are not allowed to use Cannabis during the In-Competition period* because Cannabis includes the banned ingredient THC. Even if Cannabis is used Out-of-Competition, if THC is still in an athlete's body during an In-Competition test, it can result in a positive test and a possible ban from sport.



HIGH RISK

Technically, CBD products are not banned at any time, however using CBD is risky for athletes. This is because even products marketed as containing 'pure' CBD can still be contaminated with THC and cause an athlete to test positive. One study found that 21% of CBD products contained THC.



NO BATCH-TESTING

There are currently no batch-tested CBD products available in Australia that meet Sport Integrity Australia's threshold to be considered 'low risk', or to be listed in the Sport Integrity app.



POSSIBLE BAN FROM SPORT

If you use a CBD product and test positive during competition, you can be banned from sport.



THERAPEUTIC USE EXEMPTIONS

If a doctor prescribes you a cannabinoid for a medical condition, you may be eligible for a Therapeutic Use Exemption (TUE), however the criteria is very strict.

Use the checklist to find out what you need for a TUE application: [ASDMAC Cannabis/Cannabinoids TUE Checklist | Sport Integrity Australia \(sportintegrity.gov.au\)](#).

Visit [Therapeutic Use Exemption \(TUE\) | Sport Integrity Australia \(sportintegrity.gov.au\)](#) for further information.

* The In-Competition period begins at 11:59pm the night before a competition and lasts until the end of a competition and/or any athlete testing. This period may vary for some sports (for example, Equestrian) or for major events like the Olympics or Paralympics.



**SPORT INTEGRITY
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CONTACT US

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