

## **Scottish Rugby Player Banned For Two Years**

Sam Chalmers, the son of former Scotland and British Lions fly-half Craig, has been banned for two years from rugby for doping offences.

The 19-year-old Chalmers, who plays for Scottish club Melrose, rendered an apology after he was given the ban at an [International Rugby Board](#) hearing during which he admitted using a pill called Pro-SD to put on weight. The player tested positive while on duty with the Scotland Under-20s ahead of a Test with Ireland in May for methandienone and Stanozolol, which are both listed as anabolic androgenic steroids in the list of prohibited substances by the World Anti-Doping Agency. This match was a warm-up for the Junior World Cup in France.

The IRB committee said Sam Chalmers on his own account said he took Pro-SD thinking it was a 'testosterone pill' in the hope it would help him gain weight. The committee added he carried out no research or advice and accepted the risks in doing so and he was entirely at fault and he accepts the consequences.

The rugby player admitted in a statement issued to the media that his actions were stupid and naive. Chalmers also remarked that he would apologize to his club Melrose RFC, teammates, the Scottish [Rugby Union](#), friends and family. He further added he is disappointed in himself and have to take personal responsibility for this incident, which has ultimately led him to being banned from the game he have grown up with and love so much. He went on to add he would certainly encourage young players to seek out the correct advice from the right places before taking any kind of supplement or product.

Graham Ireland, Scottish Rugby's head of regulation, said Scottish Rugby takes a very clear stance on anti-doping and we have a zero-tolerance policy on doping offences in Scotland. He added we are committed to keeping the game in Scotland clean through a program of robust drug testing coupled with education on the dangers of illegal substances. Graham also remarked since the 2009-2010 season there have been around 800 drugs tests in [Scottish Rugby](#), at all levels of the game, and, in that period, there have now been two adverse findings – an amateur club player in 2010 who was found to have taken a slimming product that contained an illegal substance and, this latest case, involving a club player who took a product because he naively thought it could help him to put on weight.

His father played 60 times for Scotland and remarked he believes the lessons Sam has learned from this experience will only make him stronger and when he does return to rugby you will see a

player who has matured. He added that Sam has made a huge mistake and added his message to young players would be not to take any short cuts. The former Scotland and British Lions fly-half Craig Chalmers added these products may not only damage your career, but they can also damage your health and it is best to get the right advice from the right people before you take any product or supplement.