



# Illicit Drugs Factsheet

## Cannabinoids (Cannabis)

### What are Cannabinoids (Cannabis)?

Cannabinoids are one of the most commonly used illicit drugs and can be found within the dried flowers, leaves or resin of the Cannabis plant. Cannabis may also be known as marijuana, pot, hash, ganja, green or weed. It is most commonly smoked but can also be eaten.

Cannabis use is most commonly associated with recreational or social settings but regardless of the environment in which it is taken, if it is found in your system on Match day there are serious consequences.

Cannabinoids are listed on the World Anti-Doping Agency (WADA) Prohibited List and have been prohibited In-Competition in Rugby since 1 January 2004.

### How does it affect the body?

The active ingredient in Cannabinoids, delta-9-tetrahydrocannabinol (THC) leads to feelings of euphoria and relaxation. Other effects on the body include:

- Impaired balance, co-ordination, concentration
- Slowed reaction time
- Impaired motor skills
- Drowsiness
- Dryness of mouth

### Long term risks may include:

- Mood swings
- Feelings of anxiety or paranoia
- Memory impairment
- Chronic bronchitis
- Increased risk of lung, mouth, tongue, and throat cancer

### How long does Cannabis stay in your system?

THC can be detected in the body up to several weeks after initial ingestion because it binds to the fatty tissue in the body where it is then released slowly. Clearance times may also be affected by the amount consumed, frequency of use, the potency of the Cannabis and how physically active the person is.

**REMEMBER** - a Player can test positive for Cannabis even if its use was in the days or weeks prior to a Match.

## Cannabis - Status in Rugby

Banned in competition

