



**Official Notification of retirement from all forms of Rugby Union including International Rugby Union**

This document serves as official notification to SARU and the IRB that I, (Players' name and Surname), \_\_\_\_\_, have retired from playing all forms of rugby including International Rugby Union.

As a consequence I acknowledge that I will no longer be part of the IRB's Registered Testing Pool (RTP) or IRB's Testing Pool (TP) for Out of Competition Testing and will no longer have to provide whereabouts information. I understand that should I wish to return to International rugby competition at any point in the future, I will have to notify the IRB at least six (6) months before I can resume playing and acknowledge that I will be placed back on the IRB's RTP or TP and will be subject to No Advance Notice Out of Competition Testing during the six (6) month period.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_