



Prohibited List **Questions & Answers for Footballers**

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1. What is the Prohibited List?

The Prohibited List is an inventory of the substances prohibited **at all times** (in and out of competition). It clearly indicates substances that should **NEVER** be used. Substances prohibited in competition only are listed afterwards and are separate from those prohibited at all times.

2. What is my responsibility towards the Prohibited List?

As a player, it is your personal duty to ensure that no prohibited substance enters your body. You are responsible for any prohibited substance or its metabolites or markers found to be present in your bodily specimens.

3. Can prohibited substances also be present in common medicines used by the general public?

Yes. Certain common medicines for the treatment of aches and pains, colds and flu, etc. contain substances that appear on the Prohibited List. There are also, for instance, products for treating hair loss that may contain prohibited substances or methods.

Medications are usually marketed under different names in different countries, and even if they have the same brand names, they may still differ in composition in order to comply with national laws on the use of certain substances. In one country, one product may be safe to take from an anti-doping perspective, while in another country a product sold under the same name may contain a prohibited substance.

4. Can prohibited substances also be present in food supplements?

Yes. The results of studies recently carried out on so-called food supplements used by footballers have shown that many of these products are **contaminated** with anabolic-androgenic steroids or by so-called pro-hormones; in other words, with prohibited substances.

This contamination is not evident from the information given on the packaging or on the accompanying leaflet!

Consequently, it makes no sense to use food supplements that will almost certainly not enhance performance but which entail a high risk of a positive doping test.

Players who use such food supplements are responsible for ascertaining whether they are contaminated with prohibited substances. In the case of a positive doping test, the player is likely to face disciplinary sanctions.

5. What shall I do if I have to take any medication or food supplement?

Given the disciplinary consequences that you may face in the event of an anti-doping rule violation, you should be aware of the contents of the Prohibited List, and before taking any medication or food supplements, consult your team doctor or your national anti-doping organisation to make sure they do not contain any of the prohibited substances.

6. What do I have to do if the only medication to treat my condition contains a prohibited substance?

You have to apply for a Therapeutic Use Exemption (TUE). To find out more about TUEs and the TUE process, see “TUE – Questions & Answers for Footballers”.

Before applying for a TUE, you should consult your team doctor to consider possible alternative treatments which do not involve the use of a prohibited substance or method. If such an alternative treatment exists, your TUE request is likely to be refused and the whole process will only delay your recovery.

7. How long does it take for medications to be eliminated from my body?

The amount of time someone's body takes to get rid of all traces of a substance depends on the nature of the substance and the amount taken, the individual's metabolism, the administration method, and a number of other factors such as the quantity of liquids consumed, interaction with other ingredients in the same medication or with other substances ingested. Basically, there is no general rule, and the delay can vary from a few hours to several months. More importantly, since you are also subject to out-of-competition testing, the fact that you will not be playing during the next two weeks does not preclude the possibility of being tested before your next match.

8. Where can I find out more about the List of Prohibited Substances?

You can print out the List of Prohibited Substances, the summary of changes in 2009, as well as a list of frequently asked questions, from the UEFA website: www.uefa.com (anti-doping section). Information on TUEs can also be found there.

This information is also available on WADA's website at (www.wada-ama.org).

You can also contact your national anti-doping organisation.