



No. 37/2018

TO UEFA MEMBER ASSOCIATIONS
TO CLUBS PARTICIPATING IN UEFA COMPETITIONS

For the attention of
the President and the General Secretary

Your reference	Your correspondence of	Our reference VOU/RLE	Date 13 June 2018
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Anti-doping and medical pre-season information letter

Dear Sir or Madam,

In advance of the new season, I am writing to inform you about several aspects of UEFA's anti-doping and medical programmes that need to be communicated to players and relevant staff at your association or club. While this letter will be sent directly to clubs qualified for UEFA competitions, we ask that associations ensure it is forwarded to the representatives from each of their national teams.

Anti-doping

Player education

Given the disciplinary consequences that a player may face in the event of an anti-doping rule violation, we strongly recommend that clubs and associations take all necessary measures to ensure the adequate circulation of anti-doping information to all those who may require it, at all levels of the club/association.

We recommend that both national team and club doctors organise anti-doping information sessions for team staff and players. The sessions should include, as a minimum, information on the following topics: doping control procedures, prohibited substances and methods, anti-doping rule violations, the consequences of doping, the safe use of medication and the risks of food supplements and social drugs. Players should be informed that doping controls can be carried out at any time, both in- and out-of-competition, and that both urine and blood samples may be collected.

Players should also be shown the enclosed "Doping control data – information for players" document, which contains details on their rights and responsibilities during a doping control, the information included on the doping control form and also their acknowledgement and agreement to the processing of their data.

If you need additional information, copies of UEFA's anti-doping education leaflet, or would like support from your National Anti-Doping Organisation (NADO) to deliver education sessions, please do not hesitate to contact the UEFA anti-doping unit at antidoping@uefa.ch.

Doping controls

UEFA conducts doping controls in all its competitions. In addition to UEFA doping controls, players must be aware that doping controls may also be conducted by NADOs or by FIFA. UEFA aims to coordinate its doping controls as much as possible with these other organisations, and has signed collaboration agreements with 32 European NADOs for this purpose. Nevertheless, teams and players may be tested several times in quick succession, either randomly or targeted for a specific reason.

Use of paperless doping control forms

At the start of the 2018/19 season, UEFA will begin using paperless doping control forms. The paperless forms will modernise the doping control process, leading to a more efficient service for players, team representatives and Doping Control Officers (DCOs).

All the test information will be entered directly into an online form by the UEFA DCO and digitally signed by the player. This online system will be completely secured through the use of two factor authentication and can only be accessed by the DCO and, once the form has been submitted, by members of the UEFA anti-doping unit.

Rather than receiving a paper copy of the form, the player will have the option to receive a digital copy via email. They can provide their own email address or any other address of their choice (such as that of their team doctor or representative). In order to provide extra security, the digital copy of the form will be locked by a password of the player's choice.

Open draw procedure

UEFA will continue to use the 'open draw' procedure that was introduced for post-match tests at the start of the 2017/18 season. At football matches the draw is conducted 15 minutes before the end of the match, while in futsal it takes place after 10 minutes of elapsed time in the second half. The results of the draw are known immediately. Team representatives are requested to come to the doping control station (DCS) to witness the draw and receive the names of the players selected for the doping control.

Without prejudice to each player's personal responsibility to report for sample collection, the team representatives remain responsible for helping the DCO and/or chaperone to inform the relevant players that they have been selected for doping control and ensuring that they report to the DCS straight from the pitch as soon as the match is over. Team representatives must make sure that players selected for doping control are aware that they are **not** allowed to return to the dressing room.

In addition to randomly selecting players by means of an open draw, UEFA will continue to conduct target testing. Team representatives will be informed of the identities of any players being targeted at the same time as they are informed of any players drawn to be tested.

Minors

There are certain specific requirements for collecting a sample from a minor that must be adhered to in the test procedures. A minor is defined in the UEFA Anti-Doping Regulations as a natural person who has not reached the age of 18.

Athletes who are minors should be notified of their selection for a doping control in the presence of an adult, and may choose to be accompanied by a team representative throughout the entire sample collection session. Should an athlete who is a minor decline to have a representative present during the Sample Collection Session, a representative of the DCO must be present.

National associations and clubs participating in UEFA competitions undertake to ensure that the enclosed 'Acknowledgement and agreement form for minors' is duly completed and signed for each minor participating. Please note that this must be done before the start of a competition, and not only before final rounds. The completed forms must be kept by the national associations or clubs and submitted to UEFA upon request.

Instructions to organisers of UEFA matches

The home team must provide a doping control station (DCS) as described in the UEFA Anti-Doping Regulations.

As Wi-Fi is already required in stadiums in areas for players and officials, no additional connection is required to enable the DCO to use the paperless doping control forms. However, match organisers should ensure that the Wi-Fi is sufficiently strong in the DCS and that the Wi-Fi network name and password are clearly displayed for the benefit of the DCO.

For each match, the home team is requested to designate one person to act as a Doping Control Liaison Officer (DCLO) whose duty is to ensure that the doping control station and all necessary materials and equipment are available and ready for the purposes of the doping control. The DCLO does not need to be medically trained and can undertake other match organisational tasks. They should, however, be able to speak English and must remain available until the doping control has been completed. The DCLO must also organise transport for the DCO back to the hotel on completion of the doping control.

At each match two top-category seats must be reserved for UEFA DCOs in the directors' box or equivalent. These seats should be located at the end of a row, near the seat reserved for the UEFA match delegate and must provide easy access to the doping control station.

Stewards at the main stadium gates must be informed that persons who identify themselves as UEFA DCOs are to be granted free access to the stadium.

UEFA Anti-Doping Regulations, edition 2018

Revised UEFA Anti-Doping Regulations will come into force on **18 June 2018**. The updates to the regulations have been designed to meet two basic objectives: (i) to ensure that the structure is fully in line with the World Anti-Doping Code and the FIFA Anti-Doping Regulations; and (ii) to focus on the essential rules, rights and obligations in relation to the fight against doping.

WADA Prohibited List

Each year, the World Anti-Doping Agency (WADA) publishes on its website (<https://www.wada-ama.org>) a list of substances and methods that are prohibited in all sports. The Prohibited List comes into effect on 1 January each year and is published by WADA three months prior to coming into force; however, in exceptional circumstances, a substance may be added to the Prohibited List at any time. Players are responsible for ensuring that no prohibited substance, drug or medication enters his or her body.

Therapeutic Use Exemptions (TUEs)

UEFA's rules and procedures governing TUEs, which are harmonised with those of FIFA and WADA, have not changed since last season. Players who are participating in UEFA competitions or in senior international (national A team) friendly matches and have to use a prohibited substance or prohibited method for therapeutic purposes must request prior authorisation from UEFA by means of a UEFA TUE application form (enclosed).

The TUE application form must be completed and signed by the player and their doctor, and then sent with a complete file of medical evidence to the UEFA anti-doping and medical unit (confidential fax: +41 22 990 31 31, email: antidoping@uefa.ch). Forms must be sent to UEFA only and not to NADOs. Except in cases of medical emergency, doctors must not administer a prohibited substance or prohibited method before a TUE has been granted by UEFA.

TUEs granted by FIFA are automatically valid for UEFA competitions. However, TUEs granted by NADOs are not valid for UEFA competitions unless they have been recognised by UEFA. In accordance with Article 4.4.3 of the World Anti-Doping Code, the UEFA TUE Committee recognises TUEs granted by NADOs to players who were not participating in a UEFA competition at the time, provided that the following three conditions are all fulfilled:

- the NADO followed the UEFA criteria for granting a TUE, in particular with regard to asthma treatment;
- the UEFA anti-doping and medical unit is provided with a copy of the original application form and all medical information submitted to the authorising body (both translated into one of UEFA's official languages if necessary); and
- the UEFA TUE Committee confirms that the application complies with UEFA's TUE rules and requirements (which are the same as the FIFA and WADA rules).

Players participating in youth-level international friendly matches (i.e. any national youth team up to and including Under-21s) must apply to their NADO for a TUE, and not to UEFA.

TUE applications for prohibited beta-2 agonists categorised as such in the WADA Prohibited List and usually used for asthma conditions must include a complete medical file meeting the requirements set out in the enclosed UEFA Guide to the WADA Prohibited List and TUEs.

Please read the relevant enclosures carefully for more detailed information concerning TUEs.

Please note that intravenous infusions and/or injections of more than 100mL per twelve-hour period are prohibited and therefore require a TUE (with the exception of those legitimately received in the course of hospital treatments, surgical procedures or clinical diagnostic investigations). This is the case even if the liquid infused or injected does not contain any prohibited substance, since it is the method that is prohibited.

Anti-doping section of UEFA.com

All documents related to anti-doping matters (UEFA Anti-Doping Regulations, edition 2018; 2018 WADA Prohibited List; WADA Summary of major modifications to the List, UEFA Guide to the WADA Prohibited List and TUEs; TUE application form; UEFA circular 73/2017 concerning the 2018 WADA Prohibited List; players' education leaflets) and any other relevant anti-doping information may be downloaded in several languages from the dedicated anti-doping section of UEFA.com at:

<http://www.uefa.com/insideuefa/protecting-the-game/anti-doping/index.html>

UEFA has recently launched a confidential Integrity reporting platform. This platform has been designed to enable players and team staff to report their doping suspicions. UEFA encourages anyone who has witnessed an anti-doping rule violation being committed, or who has reasonable grounds to believe that doping has taken place in football, to get in touch. Informers can provide their contact details if they wish, or can access a secure post-box where information can be reported anonymously. The Integrity platform can be accessed online via UEFA's website <https://integrity.uefa.org/index.php> or via an 'Integrity App' that can be downloaded from the App Store or Google Play.

Medical

Pre-competition medical examinations

As detailed in circular 50/2017, revised Medical Regulations came into effect on 1 January 2018. As a result, the tests and examinations set out in Articles 4, 5 and 6.01 (i.e. up-to-date medical records, annual medical exam, and annual ECG) are now **mandatory for all players participating in UEFA competitions**. In addition, the examinations and tests set out in Article 6.02, 7 and 8 (i.e. echocardiography every two years, annual laboratory tests and annual orthopaedic exam) are mandatory for players taking part in the UEFA Champions League, UEFA Europa League, UEFA Super Cup, UEFA Youth League, and qualifying matches of the UEFA European Championship. All mandatory examinations and tests must be completed before the start of the competition.

UEFA minimum medical requirements

The UEFA minimum medical requirements (MMR) remain the same as last season. Host clubs and associations are reminded of the importance of compliance, and that failure to do so will result in referral of the club/association to UEFA's disciplinary bodies.

The 2017 edition of the UEFA Medical Regulations, with full details of mandatory pre-competition medical examinations and MMR, as well as the Guide to Minimum Medical Requirements are available to download in several languages from the dedicated medical section of UEFA.com:

<http://www.uefa.com/insideuefa/protecting-the-game/medical>

Should you have any queries or require additional information regarding the UEFA Anti-Doping Regulations, please contact Caroline Thom (caroline.thom@uefa.ch). All other questions can be addressed to antidoping@uefa.ch or medical@uefa.ch.

Yours faithfully,

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Theodore Theodoridis
General Secretary

Enclosures

- Doping control data – information for players
- Acknowledgement and agreement form for minors
- UEFA Guide to the WADA Prohibited List and TUEs
- TUE Application Form
- 2018 WADA Prohibited List
- Summary of major modifications and explanatory notes
- UEFA Anti-Doping Regulations, edition 2018
- UEFA Circular 73/2017
- UEFA Medical Regulations, edition 2017

cc (with enclosures)

- UEFA Executive Committee
- UEFA Medical Committee
- UEFA Anti-Doping Panel
- UEFA Doping Control Officer Panel
- European members of the FIFA Council
- FIFA, Zurich