



No.

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

Date

22 December 2017

2018 WADA Prohibited List

Dear Sir or Madam,

In accordance with paragraph 4.01 of the UEFA Anti-Doping Regulations, edition 2016, the 2018 WADA Prohibited List will apply to all UEFA competitions **from 1 January 2018**.

For this purpose, we enclose the new list of prohibited substances, as well as a WADA document summarising the changes compared with the 2017 List. This information is also available on the WADA website (www.wada-ama.org).

Main amendments to the 2018 List (see also enclosures)

The main amendments to the 2018 List are detailed below. For a complete list of all the amendments, please see the enclosed document *Summary of Major Modifications and Explanatory Notes*.

Substances and methods prohibited at all times (in- and out-of-competition)

S3: Beta-2 Agonists

- Dosing parameters of salbutamol were revised to make it clear that divided doses of salbutamol may not exceed 800 micrograms over any 12 hours.
- Tulobuterol was added as an example.
- The statement on the urinary thresholds was improved.

S5: Diuretics and masking agents

- In consideration of the information published in scientific articles since 2012 that particularly addresses the ability of glycerol to influence the athlete's plasma volume and parameters of the Athlete Biological Passport (ABP), the magnitude of glycerol-derived effects is regarded as minimal. Therefore, glycerol has been removed from the Prohibited List.

Prohibited Methods

M2: Chemical and physical manipulation

- M2.2: the permitted volume and timing of intravenous infusions were changed from infusions of no more than 50 mL per 6-hour period to no more than a total of 100 mL per 12-hour period in order to allow greater flexibility for the safe administration of non-prohibited therapeutic substances, for example, iron.
- To reflect medical practice, "hospital admissions" has been changed to "hospital treatments", and "clinical investigations" has been clarified as "clinical diagnostic investigations".

Substances and methods prohibited in-competition

S6: Stimulants

- 1,3-Dimethylbutylamine was added as an example. This substance can be found in some dietary supplements.

S8: Cannabinoids

- The category Cannabimimetics, e.g. "Spice, JWH-018, JWH-073, HU210" was changed to "synthetic cannabinoids, e.g. Δ9-tetrahydrocannabinol (THC) and other cannabimimetics". The synthetic cannabinoids are one of the main classes of novel psychoactive substances that have constantly emerging new drugs and changing availability. The previous list of examples continues to be prohibited, but are currently used less commonly. "Other cannabimimetics" replaced these examples.
- Cannabidiol is no longer prohibited. Synthetic cannabidiol is not a cannabimimetic; however, cannabidiol extracted from cannabis plants may also contain varying concentrations of THC, which remains a prohibited substance.

S9: Glucocorticoids

- Examples of commonly used glucocorticoids were added for greater clarity.

Therapeutic Use Exemptions (TUEs)

UEFA's rules and procedures governing TUEs, which are harmonised with those of FIFA, remain the same as in 2017, despite changes to the Prohibited List. 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 Medical and Anti-Doping Unit (confidential fax +41 22 990 31 31). 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, while TUEs granted by NADOs – to players who were not participating in a UEFA competition at the time – must first be recognised by UEFA in order to be valid for UEFA competitions. In accordance with Article 4.4.3 of the World Anti-Doping Code, the UEFA TUE Committee recognises TUEs granted by NADOs 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, including 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 the UEFA 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 U21) must apply to their NADO for a TUE, and not to UEFA.

TUE applications for prohibited beta-2 agonists must include a complete medical file meeting the requirements set out in the enclosed "Guide to the WADA Prohibited List and TUEs".

Responsibility

Players should be aware that doping controls can be carried out at all times, both in- and out-of-competition. We therefore remind you of Paragraph 2.01b) of the UEFA Anti-Doping Regulations, edition 2016: "*It is each player's personal duty that no prohibited substance enters his body and that no prohibited method is used. Accordingly, it is not necessary that intent, fault, negligence or knowing use on the player's part be demonstrated in order to establish an anti-doping rule violation for use of a prohibited substance or prohibited method*". Given the disciplinary consequences that a player may face in the event of an anti-doping rule violation, we ask that all players be fully informed of the risks involved in taking any form of medication or food supplement.

Please forward this circular and the 2018 WADA Prohibited List immediately to your team doctors, who must in turn inform the players. The List, the "Guide to the WADA Prohibited List and TUEs", as well as the UEFA Anti-Doping Regulations, edition 2016, are also available on the dedicated anti-doping section of the UEFA website at: <http://www.uefa.com/insideuefa/protecting-the-game/anti-doping/index.html>

If you have questions or require further information, please contact Marc Vouillamoz (marc.vouillamoz@uefa.ch) or Richard Grisdale (richard.grisdale@uefa.ch) in UEFA's Anti-Doping and Medical Unit.

Yours faithfully,

UEFA

Theodore Theodoridis
General Secretary

Enclosure(s)

- WADA Prohibited List 2018
- Summary of Major Modifications and Explanatory Notes
- UEFA Guide to the WADA Prohibited List and TUEs
- UEFA TUE application form

cc (with enclosures)

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