



No. 31/2016

TO UEFA MEMBER ASSOCIATIONS

For the attention of  
the President and the General Secretary

TO CLUBS PARTICIPATING IN UEFA COMPETITIONS

Your reference	Your correspondence of	Our reference KCDAD/tho	Date 20 June 2016
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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 have to be communicated to players and relevant staff at your association and clubs.

Enclosed with this letter are green and blue folders which contain several reference documents to assist with your understanding of anti-doping matters and associated UEFA procedures. This includes the new 2016 edition of the UEFA Anti-Doping Regulations and the 2014 edition of the UEFA Medical Regulations (the same edition as last season).

**It is the responsibility of your association to provide one green folder labelled "Anti-Doping" to each of your national teams and one blue folder labelled "Anti-Doping" to each of your clubs that has qualified for 2016/17 UEFA competitions (UEFA Champions League, UEFA Europa League, UEFA Women's Champions League, UEFA Fustal Cup).**

### **Anti-doping**

#### **Doping controls**

In addition to UEFA doping controls, players must be aware that doping controls may also be conducted by national anti-doping organisations (NADOs) or by FIFA depending on the type of competition (national-level or FIFA competitions) or out-of-competition tests. UEFA has signed collaboration agreements with over 20 European NADOs, which has improved the coordination of testing. Despite this, teams and players may be tested several times in quick succession, either randomly or target tested for a specific reason.

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## **Responsibility**

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.

In addition, we recommend that both national team and club doctors organise anti-doping information sessions for medical staff, other team staff and players.

## **Players' leaflet**

For many years UEFA has distributed an anti-doping leaflet to teams participating in its competitions. This leaflet provides easy-to-understand information about the risks of doping, and helps teams to organise anti-doping information sessions for their players and staff. The leaflet exists in seven languages: English, French, German, Italian, Portuguese, Russian and Spanish. Thirty leaflets in the relevant language are enclosed with this letter.

As stated in the leaflet, all players must be fully informed of doping control procedures, anti-doping rule violations, the safe use of medication and the risks involved in taking any form of medication, food supplement or social drug. Players must also be informed that doping controls can be carried out at any time, both in and out of competition, and that blood and/or urine samples may be requested.

If you need additional players' leaflets or copies in other languages, please do not hesitate to contact the UEFA anti-doping and medical unit at [antidoping@uefa.ch](mailto:antidoping@uefa.ch).

## **UEFA Anti-Doping Regulations, edition 2016**

The 2015 World Anti-Doping Code (the "Code") was largely incorporated into the previous, 2015 edition of the UEFA Anti-Doping Regulations, except for those parts of the Code that regulate the disciplinary procedure for doping cases, which were originally intended to be included in the UEFA Disciplinary Regulations. However, because these disciplinary rules are specific to doping matters and do not apply to other football disciplinary cases, they have now been incorporated into the new, 2016 edition of the UEFA Anti-Doping Regulations rather than the UEFA Disciplinary Regulations.

In addition to the incorporation of Code disciplinary procedures, some other changes have been made to the Anti-Doping Regulations to harmonise UEFA's rules with those of FIFA. The changes to the regulations are as follows:

### **Delegation of testing to NADOs – Article 6**

There may be some occasions where UEFA, for practical reasons, may have to ask a NADO to test a player on its behalf. Should this be the case, UEFA would remain the body with the authority for the results management of the sample. Vice versa, it is also possible for UEFA may test on behalf of a NADO and for the NADO to retain the results management authority.

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### **Confidentiality and reporting – Article 13**

Final decisions on confirmed anti-doping rule violations will be published on UEFA.org and/or UEFA.com, including the name of the player or other person concerned, unless that person is under 18.

### **Status during suspension – Article 15**

A player who is suspended for an anti-doping rule violation is not allowed to train with their team during their suspension, which applies not only to football activities but to all sport. Depending on the length of the suspension, the player may be allowed to resume training a few months before the end of the suspension.

### **Provisional suspension – Article 16**

A player who tests positive for a substance such as EPO or an anabolic steroid automatically receives a provisional suspension. In the case of specified substances (categorised as such in the relevant WADA Prohibited List), the competent UEFA disciplinary body has the option of imposing a provisional suspension or accepting a provisional suspension requested by the player.

### **Appeal – Article 17**

In addition to WADA and the parties themselves, the national anti-doping organisation (NADO) of the player concerned can now also appeal to the Court of Arbitration for Sport (CAS) against a decision rendered by the UEFA Appeals Body.

WADA may appeal directly to the CAS without exhausting UEFA's internal remedies, provided that no other party lodges an appeal with the UEFA Appeals Body.

The deadlines for appeals before the CAS are stipulated in Article 17 and are different from the deadlines provided in the current UEFA Disciplinary Regulations for non-doping-related matters.

### **Instructions to organisers of UEFA matches – Appendix A**

Only water may be provided to players in the doping control station by match organisers. "Non-alcoholic" beer and "caffeine-free" soft drinks may no longer be provided as there is no guarantee that such drinks are 100% free of alcohol or caffeine. As in the past, should a player wish to have food or drinks other than water in the doping control station, they must ask their team to provide it, and they consume it at their own risk. Smoking and the consumption of alcohol are not allowed in the doping control station.

### **Whereabouts rules – Appendix C**

The whereabouts rules only apply to teams/players who have been notified of their inclusion in the whereabouts testing pool.

UEFA's whereabouts rules have become stricter for the 2016/17 season. The previous system of UEFA whereabouts non-compliances for players no longer exists; instead, all violations of the whereabouts rules by players (either failure to provide the required information, or a missed test) will be treated as Code-compliant whereabouts failures. A player who commits three whereabouts failures in the space of 12

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months may be found to have committed an anti-doping rule violation, and could face a suspension of up to two years.

In addition, the regulations now reflect the increased requirements on teams and players in terms of the whereabouts information that must be provided to UEFA. Any player in the testing pool who is absent from a team activity detailed in their team's whereabouts information must provide an address and a one-hour time slot when they are available for a doping control. If a player fails to provide this information, or cannot be found at the place and time indicated, they would receive a Code whereabouts failure.

UEFA whereabouts failures may be combined with whereabouts failures handed out by FIFA and/or by a NADO. The competent disciplinary body will re-examine each whereabouts failure before deciding whether or not together they constitute an anti-doping rule violation. The player will therefore have at least two opportunities to explain such whereabouts failures: once to the UEFA Anti-Doping and Medical Unit and once before the competent disciplinary body.

#### **Doping control form for blood passport – Appendix D, (D2bis form)**

The steroid module of the Athlete Biological Passport (ABP), which is based on urine samples, was introduced successfully last season. Following on from UEFA EURO 2016, UEFA will now expand the haematological module of the ABP from the start of the 2016/17 season in all competitions. There is no change to the established blood sample collection procedure. However, players will have to complete a specific doping control form that provides certain key information for the ABP.

Please note that for the purpose of the ABP, as for the steroid module, players may be tested repeatedly in quick succession. Please ensure that your team staff and players are informed about this.

#### **Therapeutic use exemptions (TUEs)**

UEFA's rules and procedures governing TUEs, which are harmonised with those of FIFA, 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 method for therapeutic purposes must request prior authorisation from UEFA by means of a UEFA TUE application form.

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 number +41 22 990 31 31 or email address [antidoping@uefa.ch](mailto:antidoping@uefa.ch)). Forms must be sent to UEFA only, not to NADOs. Except in cases of medical emergency, doctors must not administer a prohibited substance or use a prohibited method unless 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:

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- 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).

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

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 Guide to the WADA Prohibited List and TUEs.

### **Anti-doping section of UEFA.org**

All documents related to anti-doping matters (UEFA Anti-Doping Regulations, edition 2016; 2016 WADA Prohibited List; WADA summary of modifications made to 2015 WADA Prohibited List, Guide to the WADA Prohibited List and TUEs; TUE application form; UEFA Circular 53/2015 concerning the 2016 WADA Prohibited List and players' leaflets) and any other relevant anti-doping information may be downloaded in several languages from the dedicated anti-doping section of UEFA.org at:

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

### **Medical**

#### **UEFA minimum medical requirements**

The UEFA minimum medical requirements (MMRs) remain the same as last season. Clubs and associations are, however, asked to pay particularly attention to the rules relating to pre-match and pre-tournament information provision (Articles 16 and 17 of the UEFA Medical Regulations). Please note that failure to provide this information by the specified deadlines may result in referral of the host club/association to UEFA's disciplinary bodies.

#### **Medical section of UEFA.org**

The UEFA Medical Regulations and Guide to Minimum Medical Requirements are available to download in several languages from the dedicated medical section of UEFA.org:

<http://www.uefa.org/protecting-the-game/medical/index.html>

Should you have any queries or require additional information regarding the UEFA Anti-Doping Regulations, please contact Caroline Thom ([caroline.thom@uefa.ch](mailto:caroline.thom@uefa.ch)). For TUE matters and medical

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matters, please contact Richard Grisdale (richard.grisdale@uefa.ch). General queries can be addressed to antidoping@uefa.ch or medical@uefa.ch.

Yours faithfully,

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Theodore Theodoridis  
General Secretary ad interim

Enclosure(s)

- UEFA Anti-Doping Regulations, edition 2016 (new)
- 2016 WADA Prohibited List
- UEFA Medical Regulations, edition 2014
- 30 players' leaflets

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
- European NADOs
- European WADA-accredited laboratories