You are not allowed to pass inside information on to someone else which they then use for betting.

Inside information is something that you know due to your position in the game and which is not publicly available, such as information about an injury, team selection or transfer news.

If you are approached by someone with a view to providing inside information for betting, you must call The FA’s Integrity Unit on 0208 795 9640 or email them at Integrity@TheFA.com. Players may also contact The PFA on 0161 236 0575.