



# THE FOOTBALL ASSOCIATION ANTI-DOPING PROGRAMME

ANTI-DOPING REGULATIONS  
& PROCEDURAL GUIDELINES

Produced by The Football Association Football Regulation & Administration Division

## THE FOOTBALL ASSOCIATION ANTI-DOPING PROGRAMME REGULATIONS (the “ANTI-DOPING REGULATIONS”)

### PREAMBLE

This Preamble is a binding part of these Regulations.

Any term used in these Regulations denoting the masculine gender includes the feminine gender.

The headings contained in the Anti-Doping Regulations are provided for the purposes of convenience only and do not form part of and shall not affect the construction of the Anti-Doping Regulations.

Definitions are contained in Schedule Two to the Anti-Doping Regulations and Rule A2 of the Rules of The Football Association.

### 1. EFFECTIVE VERSION

The amendments to these Regulations shall come into full force and effect on 22 July 2016 (the “effective date”). Anti-Doping Rule Violations by a Participant that occurred prior to the effective date shall be taken into consideration for the purposes of determining whether a Violation committed by that Participant under these Regulations is a first, second or subsequent Violation.

The limitation period of ten years for bringing disciplinary action contained in Regulation 22 applies retroactively unless the period has already expired by the effective date. Otherwise, these Regulations shall not apply retroactively to matters arising prior to that date; provided, however, that any case pending prior to the effective date, or brought after that date but based on an Anti-Doping Rule Violation that occurred prior to that date, shall be governed by the version of The FA’s Anti-Doping Regulations in force at the time of the Anti-Doping Rule Violation, subject to any application of the principle of *lex mitior* by the tribunal hearing the case.

Where a period of suspension imposed under a version of The FA’s Anti-Doping Regulations in force prior to the effective date has not yet expired as at the effective date, any Participant who is so suspended may apply to The FA for a reduction in the period of suspension in light of any amendments made by these Regulations. To be valid, such application must be made before the period of suspension has expired.

Participants should be aware that the current version of the Anti-Doping Regulations may not be the version published in The FA Handbook. The current version will be published on The FA’s website, located at [www.TheFA.com](http://www.TheFA.com).

These Regulations may be supplemented by further instructions or guidelines issued by The FA from time to time (“Supplemental Guidance”). Such Supplemental Guidance is binding on Participants.

### 2. AIMS OF ANTI-DOPING

Doping has become a constant concern of international sports organisations and national governments.

The fundamental aims of anti-doping are threefold:

- to uphold and preserve the ethics of sport;
- to safeguard the physical health and mental integrity of Players; and
- to ensure that all Players have an equal chance.

The above fundamental aims are laid down by FIFA, WADA and The FA.

### 3. PARTICIPANTS' RESPONSIBILITIES

Participants accept the Anti-Doping Regulations as a condition of participation in football and shall be bound by them.

In particular, Players must –

- Be aware of and comply with all applicable anti-doping policies and Rules and Regulations adopted by The FA;
- Be aware in particular of what constitutes an Anti-Doping Rule Violation under the Anti-Doping Regulations, including what substances and methods are prohibited under the Anti-Doping Regulations;
- Make themselves available for Sample collection at all times and provide whereabouts information as required;
- Take responsibility for all substances that they ingest and for all substances and methods that they Use;
- Inform medical personnel of their obligation not to Use Prohibited Substances and Prohibited Methods and to take responsibility to ensure that any medical treatment received does not contravene the Anti-Doping Regulations;
- Inform The FA and FIFA of any decision by a body that is not a signatory to the World Anti-Doping Code of an Anti-Doping Rule Violation committed by the Player in the last ten years; and
- Co-operate with any investigation regarding a potential Anti-Doping Rule Violation.

In particular, Player Support Personnel must –

- Be aware of and comply with all applicable anti-doping policies and Rules and Regulations adopted by The FA;
- Co-operate with The FA's Anti-Doping Programme;
- Use their influence on Player values and behaviour to foster anti-doping attitudes;
- Inform The FA and FIFA of any decision by a body that is not a signatory to the World Anti-Doping Code of an Anti-Doping Rule Violation committed by the Player Support Personnel in the last ten years; and
- Co-operate with any investigation regarding a potential Anti-Doping Rule Violation.

The Anti-Doping Rule Violations set out in the Anti-Doping Regulations may be committed by Participants. Where appropriate, the Anti-Doping Regulations stipulate if a particular Anti-Doping Rule Violation can only be committed by a certain category of Participants, such as Players or Player Support Personnel.

### 4. DRUG TESTING

Players are obliged to undergo drug tests as set out in these Anti-Doping Regulations. Testing may take place In Competition (i.e. on the day of a match up until the time that the testing procedures have been completed) or Out of Competition (i.e. at any other time) and at any location without any advance notice.

### 5. PROHIBITED SUBSTANCES AND PROHIBITED METHODS

Prohibited Substances and Prohibited Methods are set out or referenced in the List of Prohibited Substances and Prohibited Methods (the "Prohibited List"). Participants should note that the Prohibited List may be updated from time to time by WADA independently of the Anti-Doping Regulations. Any changes made to the Prohibited List by WADA will be immediately recognised and enforced by The FA. Any substance or method that is added to the Prohibited List by WADA shall immediately be deemed a Prohibited Substance or

Prohibited Method (as applicable) for the purpose of the Anti-Doping Regulations. The version of the Prohibited List that is current at any given time will be available on WADA's website located at [www.wada-ama.org](http://www.wada-ama.org) and on The FA's website, located at [www.TheFA.com/anti-doping](http://www.TheFA.com/anti-doping).

WADA's determination of the prohibited substances and methods that will be included in the Prohibited List is final. Neither that determination nor the determination of how such substances or methods are to be classified on the Prohibited List (for example and without limitation, as banned at all times or just In Competition; or as a Specified Substance) may be challenged in any way by any Participant.

In the event that WADA expands the Prohibited List by adding a new class of Prohibited Substances, WADA's Executive Committee shall determine whether any or all of the Prohibited Substances within the new class of Prohibited Substances shall be considered Specified Substances.

#### 6. **STRICT LIABILITY**

Adverse Analytical Findings and the Use of Prohibited Substances and Prohibited Methods will be dealt with as strict liability violations. This means, for example, that a Player will be guilty of an Anti-Doping Rule Violation if a Prohibited Substance or any of its Metabolites or Markers is present in that Player's body. It is not necessary to demonstrate intent, Fault, negligence or knowing Use on the Player's part to establish an Anti-Doping Rule Violation for such presence, or for Use of a Prohibited Substance or Prohibited Method; and a Player's alleged lack of intent, Fault, negligence or knowledge is not a valid defence to a charge that such an Anti-Doping Rule Violation has been committed.

#### 7. **MANDATORY PENALTIES**

Participants should note that there are a number of mandatory penalties set out in the Anti-Doping Regulations, which are based on the penalties stipulated by WADA. It is only in exceptional circumstances that these penalties may be reduced.

#### 8. **ENQUIRIES**

Any enquiries should be made to:

The Anti-Doping Manager  
The FA Integrity Department  
The Football Association  
Wembley Stadium  
PO Box 1966  
London  
SW1P 9EQ

Tel: 0800 169 1863 ext.6478

## DOPING REGULATIONS

### PART ONE - ANTI-DOPING RULE VIOLATIONS

#### General

1. These Anti-Doping Regulations are intended to implement the mandatory provisions of the World Anti-Doping Code (the "Code") and should be interpreted in accordance with that purpose. The comments annotating the mandatory provisions of the Code shall be used to assist in the understanding and interpretation of these Regulations. In addition, where these Anti-Doping Regulations bring into effect the provisions of the 2015 FIFA Anti-Doping Regulations, in the event of any conflict between these Anti-Doping Regulations and the FIFA Anti-Doping Regulations the provisions set out in the FIFA Anti-Doping Regulations shall prevail.
2. The term "Anti-Doping Rule Violation" means a breach of any one of Regulations 3-12 (inclusive). Committing an Anti-Doping Rule Violation will be regarded as a breach of the Anti-Doping Regulations, and therefore as a breach of Rule E 25 of the Rules of The Football Association.

#### Anti-Doping Rule Violations

3. Presence of a Prohibited Substance or its Metabolites or Markers in a Player's Sample:
  - (a) The presence of a Prohibited Substance or any of its Metabolites or Markers in a Sample provided by a Player is prohibited unless the Player establishes that the presence is consistent with a Therapeutic Use Exemption that has been granted to the Player.
  - (b) Sufficient proof that an Anti-Doping Rule Violation has been committed pursuant to Regulation 3 is established by any of the following: the presence of a Prohibited Substance or its Metabolites or Markers in the Player's "A" Sample where the Player waives analysis of the "B" Sample and the "B" Sample is not analysed; or, where the Player's "B" Sample is analysed and the analysis confirms the presence of the Prohibited Substance or its Metabolites or Markers found in the Player's "A" Sample; or, where the Player's "B" Sample is split into two bottles and the analysis of the second bottle confirms the presence of the Prohibited Substance or its Metabolites or Markers found in the first bottle.
  - (c) It is a Player's duty to ensure that no Prohibited Substance enters his body, and a Player is therefore strictly responsible for any Prohibited Substance or its Metabolites or Markers found to be present there. 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 pursuant to Regulation 3. A Player's lack of intent, Fault, negligence or knowledge is not a valid defence to a charge that an Anti-Doping Rule Violation has been committed pursuant to Regulation 3.
  - (d) Subject to Regulation 3(e), the presence of any quantity of a Prohibited Substances or its Metabolites or Markers in a Player's Sample will constitute an Anti-Doping Rule Violation.
  - (e) The Prohibited List may make special provision for substances which have a quantitative reporting threshold and/or which can be produced endogenously.
  - (f) The penalties set out in Regulation 51 apply to this violation.
4. Use or Attempted Use by a Player of a Prohibited Substance or a Prohibited Method:
  - (a) The Use or Attempted Use of a Prohibited Substance or Prohibited Method by a Player is prohibited unless the Player establishes that the Use or Attempted Use is consistent with a Therapeutic Use Exemption that has been granted to the Player.

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- (b) It is a Player's duty to ensure that no Prohibited Substance enters his body and that he does not Use any Prohibited Method. 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 of Use pursuant to Regulation 4. A Player's lack of intent, Fault, negligence or knowledge is not a valid defence to a charge that an Anti-Doping Rule Violation of Use has been committed pursuant to this Regulation. However, it is necessary to demonstrate intent on the Player's part to establish an Anti-Doping Rule Violation of Attempted Use pursuant to Regulation 4.
- (c) The success or failure of the Use or Attempted Use of the Prohibited Substance or Prohibited Method is irrelevant.
- (d) Out of Competition Use of a substance that is only prohibited In Competition is not an Anti-Doping Rule Violation pursuant to Regulation 4. If, however, a Sample collected In Competition returns an Adverse Analytical Finding for such a substance or any of its Metabolites or Markers, that constitutes an Anti-Doping Rule Violation pursuant to Regulation 3 even if the Adverse Analytical Finding was caused by Use of the substance Out of Competition.
- (e) The penalties set out in Regulation 51 apply to this violation.
5. Evading, Refusing or Failing to Submit to Sample Collection:
- (a) It is prohibited for a Player to evade Sample collection, or (without compelling justification) to refuse or fail to submit to Sample collection after notification by a Competent Official.
- (b) The penalties set out in Regulation 52 apply to this violation.
6. Registered Testing Pool Whereabouts Failures:
- (a) It is prohibited for a Player who is in a Registered Testing Pool to have three filing failures and/or missed tests (as those terms are defined in the International Standard for Testing and Investigations) within a twelve month period.
- (b) Players who are included in FIFA's International Registered Testing Pool ("IRTP Players") or in the National Registered Testing Pool ("NRTP Players") will be notified in writing by The FA of that fact. IRTP Players are subject to the applicable requirements of FIFA's Anti-Doping Regulations, which can be found at [www.fifa.com](http://www.fifa.com). NRTP Players will be subject to equivalent requirements set out in the International Standard for Testing and Investigations, which will be notified to them when they are notified that they have been included in the NRTP. For the avoidance of doubt, IRTP Players and NRTP Players also remain subject to all of the requirements of the Anti-Doping Regulations, save only the requirements that Regulation 15 makes applicable to Players who are not in the IRTP or NRTP.
- (c) It is the responsibility of all IRTP and NRTP Players and their Clubs to ensure that they are aware of the applicable requirements for Players in a Registered Testing Pool, including the requirements to file whereabouts information and to be available for testing at that whereabouts, and a Player's liability for an Anti-Doping Rule Violation based on three failures in any 12 month period to file the required whereabouts information and/or to be available for testing at the whereabouts specified in such filing.
- (d) IRTP Players must file the whereabouts information required by FIFA with The FA, In accordance with FIFA's Anti-Doping Regulations, and The FA will submit that information to the FIFA Anti-Doping Unit.
- (e) The penalties set out in Regulation 53 apply to this violation.

7. Tampering or Attempted Tampering with any part of Doping Control:
  - (a) Tampering or Attempted Tampering with any part of Doping Control by a Participant is prohibited. Tampering is conduct which subverts the Doping Control process but which would not otherwise be included in the definition of Prohibited Methods. Tampering shall include, without limitation, intentionally interfering or Attempting to interfere with a Doping Control official, providing fraudulent information to an Anti-Doping Organisation, or intimidating or Attempting to intimidate a potential witness.
  - (b) The penalties set out in Regulation 52 apply to this violation.
8. Possession of a Prohibited Substance or a Prohibited Method:
  - (a) Each of the following – (i) Possession by a Player In Competition of any Prohibited Method or any Prohibited Substance; (ii) Possession by a Player Out of Competition of any Prohibited Method or any Prohibited Substance that is prohibited Out of Competition; (iii) Possession by a Player Support Personnel In Competition of any Prohibited Method or any Prohibited Substance; and (iv) Possession by a Player Support Personnel Out of Competition, but in connection with a Player, a Match or a training session, of any Prohibited Method or any Prohibited Substance that is prohibited Out of Competition - is prohibited unless the Player or Player Support Personnel establishes that the Possession is consistent with a Therapeutic Use Exemption that has been granted to a Player or other acceptable justification.
  - (b) The penalties set out in Regulation 51 apply to this violation.
9. Trafficking or Attempted Trafficking in any Prohibited Substance or Prohibited Method:
  - (a) Trafficking or Attempted Trafficking in a Prohibited Substance or a Prohibited Method by a Participant is prohibited.
  - (b) The penalties set out in Regulation 54 apply to this violation.
10. Administration or Attempted Administration of a Prohibited Substance or Prohibited Method:
  - (a) The Administration or Attempted Administration of a Prohibited Substance or a Prohibited Method to a Player (with or without his or her knowledge) by a Participant is prohibited, unless it is (i) Administration or Attempted Administration that is consistent with a Therapeutic Use Exemption that has been granted to the Player; or (ii) Administration or Attempted Administration Out of Competition of a substance that is not prohibited Out of Competition.
  - (b) The penalties set out in Regulation 54 apply to this violation.
11. Complicity:
  - (a) The following is prohibited: assisting, encouraging, aiding, abetting, conspiring in, covering up or any other type of intentional complicity by a Participant involving an Anti-Doping Rule Violation, Attempted Anti-Doping Rule Violation, or contravention of Regulation 42(a) by another Participant.
  - (b) The penalties set out at Regulation 55 apply to this violation.
12. Prohibited Association:
  - (a) It is prohibited for a Participant to associate in a professional or sport-related capacity with any person falling within the definition of Player Support Personnel who (i) if subject to the authority of an Anti-Doping Organisation, is serving a period of suspension; or (ii) if not subject to the authority of an Anti-Doping Organisation, and where the issue of suspension has not been addressed in a results management process pursuant to the Code, has been convicted of or

found in a criminal, disciplinary or professional proceeding to have engaged in conduct which would have constituted a violation of anti-doping rules if Code-compliant rules had been applicable to that person (the disqualifying status of such person shall be in force for the longer of six years from the criminal, professional, or disciplinary decision or the duration of the criminal, professional or disciplinary sanction imposed); or (iii) is acting as a front or intermediary for any person described in (i) or (ii).

- (b) In order for this Regulation 12 to apply, it is necessary (i) that the Participant has been advised previously in writing by The FA, WADA or another Anti-Doping Organisation with jurisdiction over him or her of the Player Support Personnel's disqualifying status and therefore of the potential consequences of prohibited association with the Player Support Personnel; and (ii) that the Participant can reasonably avoid such association.
- (c) The FA, WADA or other Anti-Doping Organisation shall use reasonable efforts to advise the Player Support Personnel who is the subject of the notice to the Participant that the Player Support Personnel may, within 15 days, provide an explanation as to why the criteria in Regulation 12(a)(i) or (ii) do not apply.
- (d) This Regulation 12 applies even if the Player Support Personnel's disqualifying conduct occurred before the effective date of these Regulations.
- (e) The burden shall be on the Participant to establish that any association with a Player Support Personnel described in Regulation 12(a)(i) or (ii) is not in a professional or sport-related capacity.
- (f) The penalties set out at Regulation 56 apply to this violation.

### Misconduct

- 13. Breach of any of Regulations 14-17 (inclusive) does not constitute an Anti-Doping Rule Violation but instead shall constitute Misconduct within the meaning of Rule E.1 of the Rules of The Football Association, for which the Regulatory Commission shall have at its disposal all of the penalties set out in Regulation 8.1 of the Regulations for Football Association Disciplinary Action, save that for a proven breach of Regulation 15 the penalty set out at Regulation 15(f) of these Regulations shall apply.
- 14. Club whereabouts information:
  - (a) All Clubs must furnish The FA upon request with any whereabouts information The FA requires from time to time in respect of any Players who are not IRTP Players or NRTP Players. That information shall include as a minimum:
    - (i) training dates;
    - (ii) start and finish times of training;
    - (iii) the address at which such training will take place; and
    - (iv) the home address for a Player and any other address at which a Player regularly resides overnight.
  - (b) The FA (whether through the Anti-Doping Unit or otherwise) may issue directions from time to time about:
    - (i) the type of whereabouts information to be submitted by Clubs; and/or
    - (ii) the manner and time frame in which such whereabouts information must be submitted.
  - (c) It shall be a breach of this Regulation 14 for a Club to fail to provide regular details of the times, dates and venues of the Club's training sessions in the manner directed by The FA.



- (d) It shall also be a breach of this Regulation 14 by the Club if the information contained in such reports is either initially inaccurate or has not been updated by the Club as necessary to ensure it remains accurate.
15. Missed tests (Players not in the IRTP or NRTP):
- (a) A Player who is not an IRTP Player or an NRTP Player shall be deemed to be aware of the whereabouts information provided by his Club to The FA further to Regulation 14, and must be present and available for drug testing in accordance with that whereabouts information. If such Player is not present and available for drug testing in accordance with that whereabouts information on any occasion, then (subject only to Regulations 15(b) and 15(c)) he shall be deemed to have missed a test and will be so notified by The FA. Any Player who is deemed to have missed a test may be targeted for testing. It is a breach of this Regulation 15 for a Player who is not an IRTP Player or an NRTP Player to miss three tests within any 12 month period.
- (b) Any Player born on or before 31 August 1998 who is not present and available for drug testing at the squad time and location stated in the whereabouts information provided by his Club will be deemed to have missed a test unless he satisfies the following two conditions:
- (i) In advance of such absence, he provides The FA with details of an alternative venue at which he will be present and available for drug testing, which must include a stipulated 60 minute time slot during which such testing may take place. This time slot must be on the same day as the Player's absence, must be between 6am and 11pm, and must not commence for at least two hours from the time that the Player notifies The FA of his absence; and
- (ii) He is present and available for drug testing at that alternative venue for the whole of the 60 minute time slot stipulated by him.
- (c) Any Player born on or after 1 September 1998 at a Club with an Under 18 squad in Professional Development League 1 (this excludes Professional Development Leagues 2 and 3) who is not present and available for drug testing at the squad time and location provided in the whereabouts information submitted by his Club will be deemed to have missed a test unless he satisfies one of the following two conditions:
- (i) He notifies The FA of his absence in advance of that absence; or
- (ii) Following that absence, he provides The FA with independent corroborative evidence of the reason for that absence.
- (d) It is the responsibility of each Player to make himself familiar with and to comply with any and all requirements of this Regulation that apply to him.
- (e) This Regulation does not apply to Players who are included in the IRTP or the NRTP for the period that they are so included.
- (f) For a violation of Regulation 15, a minimum of one year's suspension and a maximum of two years' suspension must be imposed, based on the Player's degree of Fault.
16. Interference:
- (a) Interference with the conduct of a drug test or any other aspect of the Anti-Doping Programme by a Participant will be a breach of this Regulation 16. In addition, a Participant is liable for any such interference by a third party of which that Participant has knowledge. The actions set out in Regulations 16(b) - (e)

- (inclusive) are a non-exhaustive list of examples of conduct that shall be regarded as a breach of this Regulation 16.
- (b) The independent private testing/screening of a Player for a Prohibited Substance for any reason whatsoever.
  - (c) Interference in the drug testing process that falls short of the Tampering/ Attempted Tampering violation set out in Regulation 7, including (for example but without limitation) handling Samples when not permitted or authorised to do so by a Competent Official.
  - (d) A Club failing to comply with the reasonable instructions of The FA or a Competent Official with regard to the adequacy of the Doping Control Station (which must contain the minimum facilities set out in the Procedural Guidelines).
  - (e) Conduct intended to procure that a Player is not presented for drug testing or is delayed from being presented for drug testing. This may include (by way of example and without limitation):
    - (i) a Club either failing to allow a Competent Official access to a Player to notify him of a test, or delaying such access;
    - (ii) a Club intentionally or negligently causing a failure to notify a Player or a delay in notifying a Player that he is required to submit to testing;
    - (iii) a delay in the Player submitting himself for testing following such notification (provided that a delay in the Player submitting himself for testing following notification may be treated as a failure to submit to drug testing and so as an Anti-Doping Rule Violation under Regulation 5);
    - (iv) a Club failing to present a selected Player for testing due to the Player sustaining a serious injury, where the Club fails to provide satisfactory evidence of the Player's admission to hospital and/or attendance at a medical consultation in relation to that injury to The FA within 14 days of the intended drug test. A serious injury is one which renders a Player incapable of taking a test and/or requires immediate attendance at hospital for medical treatment;
    - (v) where The FA has attended a Club for Out of Competition testing and the Club fails to present a selected Player for testing due to a scheduled medical appointment, where the Club fails to provide satisfactory evidence of the prior arrangement of the appointment and the Player's attendance at that appointment to The FA within 14 days of the intended drug test.
  - (f) Nothing in this Regulation 16 shall prevent any of the conduct mentioned being pursued as an Anti-Doping Rule Violation under Regulation 5, Regulation 7 and/or Regulation 11 where appropriate.
17. Possession or Use of a Prohibited Substance by a Player Support Personnel:
- (a) It is a breach of this Regulation 17 for a Player Support Personnel to Use any Prohibited Substance or to Possess any Prohibited Substance without valid justification.
  - (b) Possession of a Prohibited Substance by a Player Support Personnel that constitutes an Anti-Doping Rule Violation under Regulation 8 shall be dealt with as an Anti-Doping Rule Violation pursuant to that Regulation.
  - (c) Possession of a Prohibited Substance by a Player Support Personnel that does not constitute an Anti-Doping Rule Violation under Regulation 8 shall be dealt with as Misconduct pursuant to this Regulation 17 (or, where appropriate, under The FA's Social Drugs Policy Regulations).

18. For the avoidance of doubt, Regulations 13-17 do not restrict The FA's general power to bring proceedings for Misconduct pursuant to Rule E.1 of the Rules of The Football Association in any circumstances that it deems appropriate, whether related to The FA's Anti-Doping Programme or otherwise. Instead, Regulations 13-17 simply identify specific examples of conduct related to The FA's Anti-Doping Programme that may be treated as Misconduct pursuant to that Rule E.1.

#### **PART TWO – DRUG TESTING AND INVESTIGATIONS PROCEDURES**

19. The FA will carry out drug testing:
- (a) without giving advance notice to Participants; and
  - (b) both In Competition and Out of Competition, at any time and place.
20. Where more than one member of a team has been notified of an Anti-Doping Rule Violation in connection with a Competition, The FA shall conduct appropriate target testing of the team during that Competition in the same playing season.
21. Administrative and procedural guidelines for the conduct of drug testing are set out in the Procedural Guidelines for the Conduct of Drug Testing and Investigations (the "Guidelines") contained in Schedule One. Procedural guidelines for Sample collection are also set out in the International Standard for Testing and Investigations (the "ISTI"), a copy of which is available on WADA's website ([www.wada-ama.org](http://www.wada-ama.org)). To the extent that the Guidelines are inconsistent with the ISTI, the ISTI shall prevail.

#### **PART THREE – DISCIPLINARY PROCEEDINGS FOR ANTI-DOPING RULE VIOLATIONS**

##### **Disciplinary proceedings**

22. Where:
- (a) a laboratory detects the presence of a Prohibited Substance in a Sample; or
  - (b) a laboratory or The FA discovers evidence of the Use or Attempted Use of a Prohibited Substance or a Prohibited Method; or
  - (c) other evidence comes to The FA's attention suggesting that any Anti-Doping Rule Violation may have been committed;

The FA shall consider the evidence available and decide whether to charge a Participant with an Anti-Doping Rule Violation. The FA may not issue a charge unless the Participant has been notified of the alleged Anti-Doping Rule Violation, or notification has been reasonably attempted, within ten years of the date on which the Anti-Doping Rule Violation is alleged to have occurred.

23. Prior to issuing any such charge, The FA shall inform the Participant, and (in the case of a Player) a senior representative of his Club and (if the Player is a member of The Professional Footballers' Association ("The PFA"), and the Player consents) a representative of the PFA, and shall invite the Participant to give an explanation for the evidence of the commission of an Anti-Doping Rule Violation. The FA may require a written explanation from the Participant within a designated time, and may also require that the Participant attends a personal interview. The Participant is entitled to be accompanied by one representative of his Club, a legal adviser, and (where applicable) a representative of The PFA. Such an interview may be recorded and may be used by The FA in any disciplinary proceedings brought against such Participant or in any related disciplinary proceedings.
24. If no satisfactory explanation is provided, The FA will generally decide to commence disciplinary proceedings against the Participant. Such proceedings will be conducted in accordance with the Regulations for Football Association Disciplinary Action and any other applicable regulations, save to the extent contrary provisions are included in these Anti-Doping Regulations. As one such contrary provision, in any case where each of The FA,

- Participant, WADA and UKAD consents, proceedings alleging an Anti-Doping Rule Violation may be heard directly at CAS without any other prior hearing.
25. The ability of The FA to impose a Provisional Suspension under this Regulation 25 is separate from, and operates independently of, Rule E16.
- (a) The FA shall provisionally suspend a Player from the date that The FA's notification of an Adverse Analytical Finding in respect of an A Sample for a Prohibited Substance other than a Specified Substance is communicated to the Player (a "mandatory Provisional Suspension").
  - (b) The FA may provisionally suspend a Participant in all other Anti-Doping Rule Violation cases (an "optional Provisional Suspension").
  - (c) If a Provisional Suspension is based on an A Sample Adverse Analytical Finding, and subsequent analysis of the B Sample does not confirm that Adverse Analytical Finding, then any Provisional Suspension that was imposed on a Player based on that Adverse Analytical Finding shall be lifted without delay.
  - (d) In the event a Provisional Suspension is imposed, the Participant shall be entitled to either (i) a Provisional Hearing on a timely basis after its imposition; or (ii) an expedited hearing and determination of the charge against him.
  - (e) At a Provisional Hearing, a Provisional Suspension may only be lifted where –
    - (i) In respect of a mandatory Provisional Suspension only, the Player establishes that the Anti-Doping Rule Violation is likely to have involved a Contaminated Product; or
    - (ii) In respect of either a mandatory or an optional Provisional Suspension, either (A) the Anti-Doping Rule Violation charged has no realistic prospect of being upheld due to a fundamental flaw in the case; or (B) there is a strong, arguable case that in the circumstances of the particular case no period of suspension is likely to be imposed.
  - (f) A Regulatory Commission's decision not to lift a mandatory Provisional Suspension due to a Player's assertion regarding a Contaminated Product shall not be appealable. Other decisions relating to Provisional Suspensions may be appealed in accordance with Regulation 74.

#### **Burden and standard of proof**

26. Notwithstanding that a different burden and / or standard of proof may apply in other disciplinary proceedings brought pursuant to FA Rules and Regulations, in proceedings alleging an Anti-Doping Rule Violation The FA shall bear the burden of proving, to the comfortable satisfaction of any Regulatory Commission or Appeal Board or any other relevant commission or board (as applicable), bearing in mind the seriousness of the allegations that are made, that an Anti-Doping Rule Violation has taken place. This standard of proof is greater than a mere balance of probability but less than proof beyond a reasonable doubt. For the avoidance of doubt, this Regulation 26 does not apply to a charge for Misconduct for breach of any of Regulations 14-17.
27. Where these Anti-Doping Regulations place the burden of proof on a Participant to rebut a presumption or establish specific facts or circumstances, the standard of proof shall be on the balance of probabilities.

#### **Methods of proving Anti-Doping Rule Violations**

28. Facts relating to Anti-Doping Rule Violations may be established by any reliable means, including but not limited to admissions and data collected as part of the Athlete Biological Passport or other profiling data.
29. Analytical methods or decision limits approved by WADA after consultation within the relevant scientific community and which have been the subject of peer review are

presumed to be scientifically valid. Any Participant seeking to rebut this presumption of scientific validity shall (as a condition precedent to any such challenge) first notify WADA of the challenge and the basis of the challenge. CAS may also inform WADA of any such challenge of its own volition. At WADA's request, the CAS panel shall appoint an appropriate scientific expert to assist the panel in its evaluation of the challenge. Within 10 days of WADA's receipt of such notice, and WADA's receipt of the CAS file, WADA shall also have the right to intervene as a party, appear amicus curiae or otherwise provide evidence in such proceeding.

30. WADA-accredited laboratories and other laboratories approved by WADA are presumed to have conducted Sample analysis and custodial procedures in accordance with the International Standard for Laboratories. A Participant may rebut this presumption by establishing that a departure from the International Standard for Laboratories occurred that could reasonably have caused the Adverse Analytical Finding (or the factual basis for any other Anti-Doping Rule Violation with which the Participant is charged). If the Participant does so, then The FA shall have the burden of establishing that such departure did not cause the Adverse Analytical Finding (or the factual basis for the other Anti-Doping Rule Violation with which the Participant is charged).
31. Departures from any other International Standard, the Guidelines or any other Anti-Doping Regulation, rule or policy which did not cause an Adverse Analytical Finding or the factual basis for any other Anti-Doping Rule Violation with which a Participant is charged shall not invalidate such evidence. It is for the Participant to establish that such a departure occurred which could have reasonably caused the Adverse Analytical Finding or the factual basis for the other Anti-Doping Rule Violation. If the Participant does so, then The FA shall have the burden of establishing that such departure did not cause the Adverse Analytical Finding or the factual basis for the other Anti-Doping Rule Violation charged.
32. Facts established by a decision of a court or professional disciplinary tribunal which is not the subject of a pending appeal shall be irrebuttable evidence of those facts against the Participant to whom the decision pertained unless that Participant establishes that the decision contravened principles of natural justice. To the extent that this Regulation differs from Regulation 6.9 of the Regulations for Football Association Disciplinary Action, this Regulation shall prevail. This Regulation applies only to Anti-Doping Rule Violation cases.
33. A Regulatory Commission hearing an Anti-Doping Rule Violation charge may draw any such adverse inference as it sees fit against a Participant based on the Participant's refusal to appear at the hearing or answer questions relating to the charge, after any request that he does so that is made in reasonable time.

#### **PART FOUR – THERAPEUTIC USE EXEMPTIONS**

34. A Player may request that The FA grants him permission to Use, for therapeutic purposes, substances or methods on the Prohibited List the Use of which would otherwise be prohibited. The FA may delegate the question of whether a Therapeutic Use Exemption ("TUE") should be granted to the NADO or any such other body The FA considers appropriate. The procedure and criteria for the grant of a TUE are attached as Schedule Five to these Anti-Doping Regulations.
35. The only way in which it may be established that the Use of a Prohibited Substance or a Prohibited Method constituted a legitimate medical treatment is through the grant of a TUE in respect of such Prohibited Substance or Prohibited Method.

#### **PART FIVE – PENALTIES (GENERAL)**

##### **Imposition of penalties**

36. In disciplinary proceedings brought pursuant to these Regulations, if it is found that an Anti-Doping Rule Violation has been committed, a penalty shall be imposed in accordance with

Parts Six and Seven of these Regulations. Unless the Participant establishes that there are grounds to eliminate or reduce such penalty in accordance with any applicable provision of Part Eight, the Regulatory Commission or Appeal Board shall have no discretion to reduce those penalties. Subject only to paragraph 2.11 of Schedule 1 to these Anti-Doping Regulations, a mandatory element of each penalty for an Anti-Doping Rule Violation is the Public Disclosure of that penalty.

37. A fine may also be imposed for an Anti-Doping Rule Violation, but only where the maximum period of suspension specified in Part Six or Seven has been imposed, and only where doing so is in accordance with the principle of proportionality. Where a fine or costs order is imposed in respect of an Anti-Doping Rule Violation, this shall not be considered as grounds for reducing any period of suspension applicable under these Regulations.
38. Where a Player commits an Anti-Doping Rule Violation In-Competition, any awards received by the Player due to participation in the relevant Match will be forfeited by the Player.

#### **Commencement of suspensions**

39. Subject to Regulations 40 and 41, a period of suspension shall commence from the date of the final hearing decision providing for suspension or (if the Participant waives the right to a hearing or there is otherwise no hearing) on the date that the Player is notified of the period of suspension.
40.
  - (a) Where there have been substantial delays in the hearing process or other aspects of Doping Control that are not attributable to the Participant, the period of suspension may be deemed to have started at any time from the date the Anti-Doping Rule Violation occurred (e.g. the date of the Sample collection) to take account of such delays.
  - (b) The period of any Provisional Suspension, where it is adhered to by the Participant, will count towards the total period of suspension imposed. However no period before the imposition of a Provisional Suspension shall count towards the total period of suspension imposed even if the Player voluntarily did not participate in football activity during this time or was suspended from doing so by his Club.
  - (c) Where a period of suspension is imposed upon a team in accordance with Regulation 57, unless fairness requires otherwise, the period of suspension shall start on the date of the final hearing decision providing for suspension or, if the hearing is waived, on the date suspension is accepted or otherwise imposed. Any period of team Provisional Suspension shall be credited against the total period of suspension to be served.
41. Where the Participant promptly admits the Anti-Doping Rule Violation (which means, in all cases, before he participates in football activity again) after being notified of it by The FA, the period of suspension may be deemed to have started at any time from the date the Anti-Doping Rule Violation occurred (e.g. the date of the Sample collection). However, in all cases where this Regulation is applied the Participant must serve at least one half of the period of suspension starting from the date that the Participant accepted the imposition of the suspension, the date of a hearing decision imposing a sanction, or the date that the sanction is otherwise imposed. This Regulation does not apply where the period of suspension has been reduced under Regulation 72 due to a prompt admission.

#### **Status during a suspension**

42.
  - (a) A Participant who is suspended pursuant to these Regulations cannot during the period of suspension participate in any capacity in any Match or any other football-related activity or in any activities under the jurisdiction of another Code signatory or member of a Code signatory, other than anti-doping education or

rehabilitation programmes. As an exception to the foregoing, The FA may (in its absolute discretion) permit a Player who has been suspended for six or more months pursuant to these Regulations to return to training and/or other football-related activity with a Club (but not participate in any Match) prior to the end of his suspension, during the shorter of (i) the last two months of the period of suspension; or (ii) the last quarter of such a period of suspension. No such return is permitted unless agreed in writing in advance by The FA.

- (b) A Participant who is subject to a period of suspension pursuant to these Regulations that is longer than four (4) years may, after completing four (4) years of the period of suspension, participate in local sport events not sanctioned or otherwise under the jurisdiction of a Code signatory or member of a Code signatory but only so long as the local sport event is not at a level that could otherwise qualify such Participant directly or indirectly to compete in (or accumulate points toward) a national championship or International Event and does not involve the Participant working in any capacity with Minors.
43. For an Anti-Doping Rule Violation not involving a Specified Substance, in addition to any period of suspension The FA will withhold some or all of any sports-related payments otherwise due to the Participant from The FA during the period of suspension.
44. Where any Participant contravenes Regulation 42(a), a new period of suspension equal in length to the original suspension imposed on the Participant shall be added to the end of the original suspension. The additional period of suspension may be adjusted based on the Participant's degree of Fault and other circumstances of the case. A Regulatory Commission shall determine whether such a contravention has occurred and (if so) whether and the extent to which the additional period of suspension specified in this Regulation 44 should be adjusted.
45. Where any Participant assists any other Participant's contravention of Regulation 42(a), such assistance may be pursued as an Anti-Doping Rule Violation under Regulation 11 (complicity).

#### **Reinstatement testing**

46. A Player who is the subject of a suspension pursuant to these Regulations remains subject to these Regulations (including, without limitation, the requirement to submit to drug testing to determine compliance with these Regulations) during the period of suspension. Therefore, he must make himself available for testing during that period of suspension and must at the request of The FA (or other sports governing body if the Player moves outside of The FA's jurisdiction) provide details of his whereabouts to The FA (or other sports governing body, as applicable) to allow such testing to take place.
47. Any Player who retires from football while he is the subject of a suspension pursuant to these Regulations must make himself available for testing if he seeks to participate in any other sports competition. Where any such Player seeks a return to football activity, he may only make such return once he has notified The FA of his intention to return and has made himself available for Out of Competition testing for a period equal to the period of suspension he remained subject to when he retired, or six months, whichever is the longer.
48. If a Player who is not suspended retires from football, such that he is no longer subject to testing by The FA or any other relevant authority, he may not return to participate in football activity unless he notifies The FA in writing at least six months before he expects to resume football activity and makes himself available for Out of Competition testing and (if requested) complies with the whereabouts requirements during that six month period. WADA in association with the NADO may grant an exemption from this six month written notice requirement where its application would be manifestly unfair to the Player.

**Counselling, treatment and rehabilitation**

49. The Regulatory Commission may consider whether a period of assessment, counselling, treatment or rehabilitation is appropriate. In deciding upon a course of assessment, counselling, treatment or rehabilitation, the Regulatory Commission may make such a course subject to such conditions as it considers appropriate in the circumstances. If the Regulatory Commission imposes a period of assessment, counselling, treatment or rehabilitation and the Player refuses to undergo, or fails to complete, such a period, The FA may commence disciplinary proceedings against that Player under Rule E25 of the Rules of The Football Association, or impose a pre-existing penalty such as a deferred suspension as if no period of assessment, counselling, treatment or rehabilitation had taken place.

**PART SIX - PENALTIES FOR A FIRST ANTI-DOPING RULE VIOLATION**

50. The term "intentional" as used in this Part Six is meant to identify those Participants who cheat. The term therefore requires that the Participant engaged in conduct which he knew constituted an Anti-Doping Rule Violation or knew that there was a significant risk that the conduct might constitute or result in an Anti-Doping Rule Violation and manifestly disregarded that risk. An Anti-Doping Rule Violation resulting from an Adverse Analytical Finding for a substance which is only prohibited In-Competition shall be rebuttably presumed to be not intentional if the substance is a Specified Substance and the Participant can establish that the Prohibited Substance was Used Out-of-Competition. An Anti-Doping Rule Violation resulting from an Adverse Analytical Finding for a substance which is only prohibited In-Competition shall not be considered intentional if the substance is not a Specified Substance and the Participant can establish that the Prohibited Substance was Used Out-of-Competition in a context unrelated to sport performance.
51. Subject to the relevant provisions of Part Eight of these Regulations, for a violation committed by a Player under Regulation 3 (presence) or Regulation 4 (Use or Attempted Use), or committed by a Player or Player Support Personnel under Regulation 8 (Possession), the following penalties must be imposed:
- (a) Where the Anti-Doping Rule Violation does not involve a Specified Substance, 4 years' suspension, unless the Player or Player Support Personnel establishes that the violation was not intentional, in which case 2 years' suspension;
  - (b) Where the Anti-Doping Rule Violation does involve a Specified Substance, 2 years' suspension, unless The FA establishes that the violation was intentional, in which case 4 years' suspension.
52. Subject to the relevant provisions of Part Eight of these Regulations, for a violation committed by a Player under Regulation 5 (evading, refusing or failing to submit to Sample collection) or by any Participant under Regulation 7 (Tampering or Attempted Tampering), 4 years' suspension must be imposed, unless the Player establishes that an Anti-Doping Rule Violation contrary to Regulation 5 was not intentional, in which case 2 years' suspension must be imposed.
53. Subject to the relevant provisions of Part Eight of these Regulations, for a violation committed by a Player under Regulation 6 (Registered Testing Pool Whereabouts Failures), a minimum of one year's suspension and a maximum of two years' suspension must be imposed, based on the Player's degree of Fault. The flexibility between one year and two years' suspension is not available in any case where a pattern of last-minute whereabouts changes or other conduct raises a serious suspicion that the Player was trying to avoid being available for Testing. In such cases a penalty of two years' suspension must be imposed.
54. Subject to the relevant provisions of Part Eight of these Regulations, for a violation committed by a Player or any other Participant under Regulation 9 (Trafficking or Attempted Trafficking) or Regulation 10 (Administration or Attempted Administration), the following penalties must be imposed:



- (a) A minimum of 4 years' suspension, up to a lifetime suspension, depending on the seriousness of the violation in question. Any violation involving a Minor shall be considered particularly serious for these purposes. If the violation involves a Participant administering or trafficking to a Minor, the violation shall result in a lifetime suspension unless the violation involves only a Specified Substance.
  - (b) Any significant violations that may also breach non-sporting laws and / or regulations shall be reported to the competent authority.
55. Subject to the relevant provisions of Part Eight of these Regulations, for a violation committed by a Participant under Regulation 11 (complicity) the penalty shall be a minimum of two years' suspension up to a maximum of four years' suspension, depending on the seriousness of the violation.
56. Subject to the relevant provisions of Part Eight of these Regulations, for a violation committed by a Participant under Regulation 12 (prohibited association) the penalty shall be a minimum of one year's suspension up to a maximum of two years' suspension, depending on the Participant's degree of Fault and the other circumstances of the case.

#### **Sanction on a Club**

57. If more than two Players of a team are found to have committed Anti-Doping Rule Violations during a Competition and in the same playing season, whilst registered to play for that team, a Regulatory Commission shall impose a sanction on that team or its Club, in addition to any sanctions imposed on the Players who committed such Anti-Doping Rule Violations. This sanction shall automatically follow from the Anti-Doping Rule Violations committed by the Players. The team or Club will not be entitled to challenge the findings of the Regulatory Commission or Appeal Board in relation to the Anti-Doping Rule Violations committed by the Players, but shall be entitled only to address a Regulatory Commission in mitigation as to the sanction to be imposed on the team or Club.
58. The sanctions available to a Regulatory Commission in such circumstances shall be as follows –
- (a) A points deduction;
  - (b) Forfeit of a match or matches;
  - (c) Exclusion of a team from a competition;
  - (d) A fine.

#### **PART SEVEN - SANCTIONS FOR MULTIPLE VIOLATIONS**

59. Prior Anti-Doping Rule Violations:
- (a) For the purpose of determining whether an Anti-Doping Rule Violation committed by a Participant under these Regulations should be treated as a first, second or subsequent violation for sanctioning purposes:
    - (i) Anti-Doping Rule Violations by the same Participant that occurred prior to the effective date of these Regulations shall be counted. Where the sanction for the first violation was determined based on a previous version of these Regulations, the period of suspension applicable under these Regulations shall be applied for the purposes of determining the suspension under Regulation 60.
    - (ii) Anti-Doping Rule Violations by the same Participant that were committed pursuant to the Regulations of FIFA, UEFA, or any other sports governing body (wherever located in the world and whether or not such other bodies govern football) shall be counted, provided that those violations are consistent with the Code and within that other body's authority. The

Regulatory Commission has the discretion to take any prior violations that do not meet these criteria into account.

- (b) Notwithstanding Regulation 59(a) or any other provision of these Regulations:
    - (i) An Anti-Doping Rule Violation for which a Participant has established No Fault or Negligence shall not be considered a prior violation under this Part Seven, and nor shall any breach of any of Regulations 14-17.
    - (ii) A previous Anti-Doping Rule Violation must take place within the same ten year period as the Anti-Doping Rule Violation for which a sanction is being determined in order to be taken into account under this Part Seven.
60. For a violation that is a Participant's second Anti-Doping Rule Violation, the period of suspension shall be the greater of -
- (a) Six months; or
  - (b) One half of the period of suspension imposed for the first Anti-Doping Rule Violation, without taking into account any reduction under Regulations 70-72 (Substantial Assistance/ admission in the absence of other evidence / prompt admission); or
  - (c) Twice the period of suspension otherwise applicable to the second Anti-Doping Rule Violation treated as if it were a first violation, without taking into account any reduction under Regulations 70-72 (Substantial Assistance/ admission in the absence of other evidence / prompt admission).
61. Any period of suspension established in accordance with Regulation 60 may be further reduced by the application of Regulations 70-72 (Substantial Assistance/ admission in the absence of other evidence / prompt admission).

#### **Subsequent Anti-Doping Rule Violations**

62. A third or subsequent Anti-Doping Rule Violation will always result in a lifetime period of suspension, unless it fulfils the conditions for elimination or reduction of the period of suspension due to No Fault or Negligence or No Significant Fault or Negligence under Regulations 66-69, or involves an Anti-Doping Rule Violation under Regulation 6 (Registered Testing Pool Whereabouts Failures). In these particular cases, the period of suspension shall be from eight years to a lifetime.

#### **Additional rules for multiple Anti-Doping Rule Violations**

63. Second or subsequent Anti-Doping Rule Violations may only be taken into account for sanctioning purposes if The FA establishes that the Participant committed the second or subsequent violation after the Participant received notice or The FA made a reasonable attempt to give notice of the previous Anti-Doping Rule Violation. If The FA is unable to meet this burden, for sanctioning purposes the Anti-Doping Rule Violations shall be considered as one single violation and the penalty imposed shall be the more severe penalty.

#### **Additional rules for prior, but later-discovered Anti-Doping Rule Violations**

64. If, after the establishment of a first Anti-Doping Rule Violation, The FA discovers facts involving an Anti-Doping Rule Violation by the Participant that occurred prior to notification regarding the first Anti-Doping Rule Violation, then The FA shall impose an additional sanction based on the sanction that could have been imposed if the two Anti-Doping Rule Violations had been dealt with by a Regulatory Commission at the same time.

### **PART EIGHT - REDUCTION OF PENALTIES FOR EXCEPTIONAL OR SPECIFIC CIRCUMSTANCES**

#### **General**

65. If the Participant establishes any of the applicable conditions set out in this Part Eight, the Regulatory Commission may replace the penalties set out in Part Six of these Regulations with the penalties stipulated in this Part Eight.

**Elimination of the period of suspension based on No Fault or Negligence**

66. If a Participant establishes in an individual case that he bears No Fault or Negligence for the Anti-Doping Rule Violation in question, then any otherwise applicable period of suspension will be eliminated. This Regulation only applies in exceptional circumstances.
- (a) This Regulation 66 may only be applied to Anti-Doping Rule Violations under Regulation 3 (presence), Regulation 4 (Use or Attempted Use) or Regulation 8 (Possession). It may not be applied to any other Anti-Doping Rule Violation.

**Reduction of the period of suspension based on No Significant Fault or Negligence**

67. Where the Anti-Doping Rule Violation involves a Specified Substance, and the Participant can establish that he bears No Significant Fault or Negligence for that violation, then the penalty shall be (at a minimum) a reprimand and no period of suspension, and (at a maximum) two years' suspension, depending on the Participant's degree of Fault.
68. In cases where the Participant can establish No Significant Fault or Negligence and that the Prohibited Substance in question came from a Contaminated Product, then the period of suspension shall be (at a minimum) a reprimand and no period of suspension, and (at a maximum) two years' suspension, depending on the Participant's degree of Fault.
69. If a Participant establishes in an individual case where Regulations 67 and 68 are not applicable that he bears No Significant Fault or Negligence, then, subject to further reduction or elimination as provided in Regulations 70-72 (Substantial Assistance/ admission in the absence of other evidence / prompt admission), the otherwise applicable period of suspension may be reduced based on the Participant's degree of Fault, but the reduced period of suspension may not be less than one-half of the period of suspension otherwise applicable. If the otherwise applicable period of suspension is a lifetime, the reduced period may be no less than eight years.
- (a) This Regulation 69 may be applied to any Anti-Doping Rule Violation except those where intent is an element of the violation or an element of a particular sanction or another Regulation already specifies a range of periods of suspension for the violation based on the Participant's degree of Fault.
70. Substantial Assistance in Discovering or Establishing Anti-Doping Rule Violations:
- (a) The FA or Regulatory Commission may suspend a part of any period of suspension imposed in an individual case where the Participant has provided Substantial Assistance to The FA, NADO, UEFA, FIFA or another national football association or an Anti-Doping Organisation, criminal authority or disciplinary body, which results in The FA, NADO, UEFA, FIFA, the national association or other Anti-Doping Organisation discovering or bringing forward an Anti-Doping Rule Violation by another person or which results in a criminal authority or disciplinary body discovering or bringing forward a criminal offence or the breach of professional rules committed by another person and the information provided by the Participant providing Substantial Assistance is made available to the Anti-Doping Organisation with results management responsibility. If the decision to suspend the suspension on account of Substantial Assistance is made after a final decision following an appeal from a decision of a Regulatory Commission in respect of an Anti-Doping Rule Violation or the expiration of time in which an appeal must be brought, then the approval of WADA or FIFA is required.
- (b) Subject to Regulation 70(a), the extent to which the otherwise applicable period of suspension may be suspended shall be based on the seriousness of the Anti-Doping Rule Violation committed by the Participant and the significance of the Substantial Assistance provided by the Participant to the effort to eliminate doping in sport.

- (c) No more than three-quarters of the otherwise applicable period of suspension may be suspended. If the otherwise applicable period of suspension is a lifetime, the non-suspended period under this section must be no less than eight years.
  - (d) If the FA or Regulatory Commission suspends any part of the otherwise applicable period of suspension under Regulation 70(a), it shall promptly provide a written justification for its decision to each Anti-Doping Organisation having a right to appeal the decision.
  - (e) If the Participant fails to continue to cooperate and to provide the complete and credible Substantial Assistance upon which a suspension of the period of suspension was based, the Anti-Doping Organisation that suspended the period of suspension shall reinstate the original period of suspension. If an Anti-Doping Organisation decides to reinstate an original period of suspension or decides not to reinstate an original period of suspension, that decision may be appealed by any person entitled to appeal under Regulation 74.
  - (f) To further encourage Participants to provide Substantial Assistance to Anti-Doping Organisations, at the request of the Anti-Doping Organisation conducting results management or at the request of the Participant who is asserted to have committed an Anti-Doping Rule Violation, WADA may agree at any stage of the results management process, including after a final appeal decision, to what it considers to be an appropriate suspension of the otherwise-applicable period of suspension and other penalty. In exceptional circumstances, WADA may agree to suspensions of the period of suspension and other penalties for Substantial Assistance greater than those otherwise provided for in Regulation 70(a), or even no period of suspension, and/or no return of prize money or payment of fines or costs. WADA's approval shall be subject to reinstatement of sanction as provided in Regulation 70(e). WADA's decisions in this context may not be appealed by any other Anti-Doping Organisation.
  - (g) If an Anti-Doping Organisation suspends any part of an otherwise applicable sanction because of Substantial Assistance, then notice providing justification for the decision shall be provided to the other Anti-Doping Organisations with a right to appeal. In unique circumstances where WADA determines that it would be in the best interest of anti-doping, WADA may authorise an Anti-Doping Organisation to enter into appropriate confidentiality agreements limiting or delaying the disclosure of the Substantial Assistance agreement or the nature of Substantial Assistance being provided.
71. Admission of an Anti-Doping Rule Violation in the absence of other evidence
- Where a Participant voluntarily admits to having committed an Anti-Doping Rule Violation before having received notice of a Sample collection that could establish that Anti-Doping Rule Violation or, in the case of an Anti-Doping Rule Violation other than under Regulation 3 (presence of a Prohibited Substance), before receiving first notification of the admitted violation pursuant to these Regulations, and that admission is the only reliable evidence of the violation at the time of admission, then the period of suspension may be reduced, but not below one half of the period of suspension otherwise applicable.
72. Prompt Admission of an Anti-Doping Rule Violation after being Confronted with a Violation of Regulation 5 or Regulation 7
- A Participant who is potentially subject to a four-year suspension for evading or refusing Sample collection or Tampering with Sample collection may, by promptly admitting the asserted Anti-Doping Rule Violation after being confronted by an Anti-Doping Organisation, and also upon the approval and at the discretion of both WADA and The FA, receive a reduction in the period of suspension down to a minimum of two years, depending on the seriousness of the violation and the Participant's degree of Fault.

73. Reduction in sanction under more than one provision
- Before applying any reduction or suspension under this Part Eight, the otherwise applicable period of suspension shall be determined. If the Participant establishes entitlement to a reduction or suspension of the period of suspension under two or more provisions of this Part Eight, then the period of suspension may be reduced or suspended, but not below one quarter of the otherwise applicable period of suspension.

#### **PART NINE - APPEALS**

74. The following decisions may be appealed exclusively as provided in this Part Nine: a decision that an Anti-Doping Rule Violation was committed, a decision imposing or not imposing a sanction for an Anti-Doping Rule Violation, or a decision that no Anti-Doping Rule Violation was committed; a decision that an Anti-Doping Rule Violation proceeding cannot go forward for procedural reasons (including, for example, prescription); a decision by WADA not to grant an exception to the six months' notice requirement for a retired Player to return to Competition under Regulation 48; a decision by WADA assigning results management; a decision by The FA not to bring forward an Adverse Analytical Finding or an Atypical Finding as an Anti-Doping Rule Violation, or a decision not to go forward with an Anti-Doping Rule Violation after an investigation; a decision to impose a Provisional Suspension as a result of a Provisional Hearing; The FA's failure to comply with Regulation 25 (provisional suspensions); a decision that The FA lacks jurisdiction to rule on an alleged Anti-Doping Rule Violation or any resulting sanction; a decision to suspend, or not suspend, a period of suspension or to reinstate, or not reinstate, a suspended period of suspension under Regulation 70; a decision under Regulation 44 (punishment of Participant for contravening Regulation 42(a)); and a decision by The FA not to recognise another Anti-Doping Organisation's decision.
75. In addition to The FA and the Participant who is the subject of the decision, FIFA, the NADO and WADA shall also have the right to appeal against a decision referenced in Regulation 74. Such decisions shall be notified immediately to FIFA, the NADO and WADA. The deadline for FIFA, the NADO and / or WADA to lodge such an appeal shall be 21 days from receipt of the decision and any case file from The FA. Any Regulation that stipulates a time limit applicable to other appellants in the Regulations for Football Association Appeals shall not apply to FIFA, the NADO or WADA in such cases. Both the Participant who is the subject of the decision and The FA shall have the right to act as a Respondent where an appeal is brought by FIFA, the NADO or WADA. Any Anti-Doping Organisation that is a party to an appeal shall promptly provide the appeal decision to the Participant and to the other Anti-Doping Organisations that would have been entitled to appeal.
76. FIFA and WADA shall also have the right to appeal to CAS against any decision of the Appeal Board in relation to an Anti-Doping Rule Violation that would otherwise be final and binding under the Regulations for Football Association Appeals. Such decisions of the Appeal Board shall be sent immediately to FIFA and WADA. The deadline for FIFA and WADA to lodge such an appeal shall be 21 days from receipt of the decision and any case file from The FA. Cross appeals and other subsequent appeals by any respondent named in cases brought to CAS under the Code are specifically permitted. Any party with a right to appeal under this Regulation must file a cross appeal or subsequent appeal at the latest with the party's answer.
77. Notwithstanding any other provision of these Regulations, where WADA has a right of appeal under these Regulations against a decision, and no other party has appealed against that decision, WADA may appeal that decision directly to CAS without having first to exhaust any other remedy, including (without limitation) without having to appeal to the Appeal Board. Where The FA fails to render a decision with respect to whether an Anti-Doping Rule Violation was committed within a reasonable deadline set by WADA, WADA

may elect to appeal directly to CAS as if The FA had rendered a decision finding no Anti-Doping Rule Violation. If CAS determines that an Anti-Doping Rule Violation was committed and that WADA acted reasonably in electing to appeal directly to CAS, WADA's costs and legal fees shall be reimbursed by The FA.

78. The scope of review for any appeal pursuant to these Regulations includes all issues relevant to the matter and is expressly not limited to the issues or scope of review before the initial decision maker. In making its decision in any appeal, CAS need not give deference to the discretion exercised by the body whose decision is being appealed.

#### **PART TEN – MISCELLANEOUS**

79. The FA will recognise testing, hearing results or other final adjudication of any signatory of the Code that are consistent with the Code and within the signatory's authority. The FA will recognise the same actions of bodies that are not signatories of the Code if the rules of those bodies are otherwise consistent with the Code.
80. Where doping control has been carried out in accordance with FIFA's Anti-Doping Regulations, whether by FIFA or another confederation or association, The FA shall recognise the results of such doping control.
81. The FA shall recognise and render effective decisions taken by FIFA or another national association regarding a breach of FIFA's Anti-Doping Regulations.
82. Personal information that is provided pursuant to these Regulations shall be collected, stored, processed and/or disclosed in compliance with the applicable law and the International Standard for the Protection of Privacy and Personal Information. Any Participant providing such information shall be deemed to have consented to such treatment.

## SCHEDULE ONE

### Procedural Guidelines for the Conduct of Drug Testing and Investigations

#### PART ONE – GENERAL PROVISIONS

##### 1. General

- 1.1. Testing will be carried out in conformity with the International Standard for Testing and Investigations and these Guidelines (as amended from time to time). The FA has drug testing jurisdiction over all Participants. Players may be drug tested at any place and any time, including during any period of suspension. Drug testing may be conducted on both male and female Players and reference in these Regulations and Guidelines to “a Player” includes either gender, as appropriate. Testing shall only be undertaken for anti-doping purposes, although Samples collected in such testing may also be analysed to determine compliance with The FA’s Social Drugs Policy Regulations prohibiting the Out of Competition use of social drugs (as defined in those Regulations).
- 1.2. Drug testing refers to the collection of both blood and urine Samples. The decision to collect blood and/or urine Samples at a test event is at the absolute discretion of the NADO and The Football Association. The minimum requirements for blood testing set out in clause 6.1 only apply to Premier League and Football League Championship Clubs. Any Player may be subject to blood testing regardless of which league he participates in.
- 1.3. Drug testing may be conducted on Minors and should be carried out in accordance with the International Standard for Testing and Investigations Annex C (Modifications for Athletes who are Minors). Where a Minor is to be tested, any consent or signature that is required by these Regulations is to be given by a representative of the Player’s Club. It is the responsibility of each Club to ensure that it has obtained, from a person with parental responsibility for any Minor, prior written consent to the conduct of drug testing upon such a Minor. No Minor may participate in any football activity without such consent being obtained.
- 1.4. Players are obliged to undergo drug testing as set out in these Regulations and Guidelines. In particular, every Player designated to undergo a drug test by a Doping Control Officer, or Blood Collection Official, whether as a result of target testing or random selection, is obliged to provide a urine Sample and, if requested, a blood Sample, and to cooperate promptly and fully with all Competent Officials.

##### 2. Confidentiality

- 2.1. A Player has the right to access information relevant to his test held in relation to the Anti-Doping Programme. The FA may however refuse such access if, for example but without limitation, the release of such information:
  - (a) would jeopardise any charges brought or to be brought by The FA or jeopardise an ongoing investigation whether or not this involves the Player who was being charged;
  - (b) would jeopardise the rights of third parties (including the source(s) of information received by The FA); or
  - (c) appears to be sought by the Player for an improper or collateral purpose.
- 2.2. Periodically The FA may publish to the NADO and the public in general, in summary and anonymised form, reports of tests undertaken on Players.
- 2.3. In the event of an Adverse Analytical Finding, The FA shall notify the NADO, and FIFA by no later than completion of the results management process described in part 6 below, and shall notify the same organisations where it has withdrawn such an allegation, imposed a Provisional Suspension, or agreed with a Participant to the imposition of a sanction without a hearing. The FA may also notify UEFA of the results of any Sample analysis.

- 2.4 The NADO and FIFA shall be regularly updated on the status and findings of any review or proceedings conducted pursuant to these Regulations with a prompt written reasoned explanation or decision explaining the resolution of the matter.
- 2.5 In the event The FA charges a Participant with commission of an Anti-Doping Rule Violation, The FA shall notify the NADO and FIFA simultaneously with the issue of the charge to the Participant. Notification shall include: the Participant's name, country and discipline within football, the Participant's competitive level, whether the test (if any) was In-Competition or Out-of-Competition, the date of Sample collection, the analytical result reported by the laboratory, and other information as required by the International Standard for Testing and Investigations, or, for Anti-Doping Rule Violations other than under Regulation 3, the rule violated and the basis of the alleged violation.
- 2.6 The FA shall notify the NADO and FIFA of the decision of any FA Regulatory Commission and/or Appeal Board considering an Anti-Doping Rule Violation.
- 2.7 The recipient organisations shall not disclose any of this information beyond those persons with a need to know (which would include the appropriate personnel at the applicable Club) until The FA has made Public Disclosure or has failed to make Public Disclosure of this information.
- 2.8 Any information relating to a whereabouts-related failure in respect of a Player shall not be disclosed beyond those persons with a need to know unless and until that Player is found to have committed an Anti-Doping Rule Violation or Misconduct based on such whereabouts-related failure. Such persons who need to know shall also maintain the confidentiality of such information until the same point.
- 2.9 The FA shall not comment publicly on the specific facts of a pending case, except in response to public comments attributable to the Participant concerned or his representatives.
- 2.10 In the event of an Anti-Doping Rule Violation being determined by a final decision in disciplinary proceedings, including any appeal proceedings, The FA shall make Public Disclosure by publishing on its website the details of the decision, including the Anti-Doping Rule Violation, the name of the Participant who committed the violation, the Prohibited Substance or Prohibited Method involved (where applicable), and the penalty imposed. Where the final decision is that no Anti-Doping Rule Violation has been committed, the decision may only be Publicly Disclosed, whether in its entirety or in redacted form, with the consent of the Participant. The FA shall use reasonable efforts to obtain such consent. Public Disclosure on The FA's website of any decision pursuant to this paragraph 2.10 shall be for the longer of either one month or the duration of any suspension imposed on the Participant.
- 2.11 The mandatory requirement to make Public Disclosure of decisions contained in paragraph 2.10 shall not apply where the Participant who has committed an Anti-Doping Rule Violation is a Minor, or in the case of decisions finding Misconduct contrary to any of Regulations 14-17. Any publication by The FA in relation to such cases will be entirely at its discretion.
- 2.12 Notwithstanding paragraph 2.10, the Regulatory Commission or Appeal Board may order that some or all of the text of any decision it reaches in an anti-doping case may not be published, where there are compelling reasons not to publish. In such cases, only the outcome may be published.

## **PART TWO – DRUG TESTING**

3. Doping Control Form
- 3.1 It should be noted that the Doping Control Form used in the Anti-Doping programme is generic and not specific to football. In the event of any conflict between the terms of any form and the Anti-Doping Regulations or these Guidelines, the Anti-Doping Regulations and Guidelines shall prevail.



4. Test Distribution Planning
  - 4.1. The NADO will draw up the test distribution plan for football in consultation with The FA Anti-Doping Unit. The test distribution plan must be compliant with the WADA Technical Document for Sport Specific Analysis (TDSSA) and the requirements of the International Standards for Testing and Investigations. The FA will provide a copy of its test distribution plan to WADA upon request. Players shall be selected for Sample collection using random selection methods and targeted testing, as required.
  - 4.2. Target testing shall be based on an assessment of the risks of doping and the most effective use of resources to ensure optimum detection and deterrence. Target testing conducted Out of Competition shall be as determined by the NADO in consultation with The FA Anti-Doping Unit, or by The FA Anti-Doping Unit independently. During In Competition periods, the DCO and / or The Football Association Supervising Officer (“FASO”) may also select additional Players for Sample collection, e.g. based on behaviour indicating doping. If more than one Player in a team has tested positive, target testing may be performed on all Players in the team.
  - 4.3. For individual Players, target testing may be performed as a consequence of:
    - (a) behaviour indicating doping;
    - (b) abnormal biological parameters (blood parameters, steroid profiles etc.);
    - (c) injury;
    - (d) repeated, or suspicious failure to make whereabouts filings;
    - (e) player test history;
    - (f) the conditions of a disciplinary order;
    - (g) reinstatement following a period of suspension; or
    - (h) any other reason determined by The FA or the NADO.Neither The FA nor the NADO is obliged to provide the Player or Club representative with a reason for the Player's selection for a target test.
  - 4.4. Testing that is not target testing shall be determined by random selection.

#### General

5. Notification of Drug Testing
  - 5.1. The Sample collection will be carried out by Doping Control Officers (DCOs), Chaperones or Blood Collection Officers (BCO's). During testing conducted In Competition and during testing conducted using the whereabouts information specified in Regulation 15, a FASO may also be present (i) to act as a point of liaison between the Club and Player and the DCO(s)/BCO(s)/ Chaperone(s), and (ii) to facilitate the conduct of drug testing and (iii) to report any matters of interest or concern to The FA.
  - 5.2. Before drug testing is carried out, if requested by the Player and/or any Club official, the Competent Officials must show their identification cards. The Competent Officials are under no obligation to present their identification cards where the circumstances render this unreasonable.
  - 5.3. On arriving at a venue for In Competition drug testing or for testing using the whereabouts information specified in Regulation 15, the Competent Officials will attempt to make contact with an official from the relevant Club. For an In Competition test the official would be the Secretary of the home Club or (if the Secretary is not present or otherwise unavailable) another official from the home Club.
  - 5.4. If requested by a DCO, BCO, FASO or Chaperone, any Player selected for drug testing may be required to produce photographic identification to prove his identity.

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6. Facilities for the Collection of Samples
    - 6.1. At all venues used for drug testing, Clubs are obliged to provide as a minimum the following secure areas (collectively known as the "Doping Control Station") for the collection of Samples:
      - (a) A clean, adequately lit private waiting area, with sufficient seating for the Players waiting to be tested;
      - (b) A clean, private working area of sufficient size to comfortably accommodate the persons referred to in paragraph 13.3 below, which should contain clean fixed surfaces for sampling equipment and Samples;
      - (c) Private toilets; and
      - (d) Where blood testing is being conducted, a comfortable chair and/or bed for the Player to use during the provision of a blood Sample, and sufficient space for the Player to lie down.
    - 6.2. The Doping Control Station must be allocated for the sole use of the Competent Officials for the duration of the doping control process. Where practical, all areas required for the Doping Control Station must be linked with or proximate to each other. The Doping Control Station must be clearly identified. The Doping Control Station should be made available in a usable condition and should be clean.
    - 6.3. The Competent Officials will provide the equipment that is required for the drug testing, including (where applicable) collection vessels, containers, Sample bottles, and approved sealing equipment.
    - 6.4. Prior to the start of testing, the Competent Officials should satisfy themselves that the Doping Control Station facilities are adequate. Clubs must comply with any reasonable requests made by Competent Officials who do not believe that the facilities are adequate. The FA may make a written request for a Club to alter or improve its Doping Control Station or the facilities used for the same, and the Club shall alter or improve its Doping Control Station to meet the request within a reasonable timeframe to be stipulated by The FA.
    - 6.5. The DCO(s) will make every effort to collect Samples as discreetly as possible and with maximum privacy, but it must be recognised that circumstances may impose difficulties upon a DCO that cannot easily be overcome.
    - 6.6. Once the Competent Officials have confirmed their satisfaction with the facilities provided, only those people listed in paragraph 13.3 of these Guidelines should be allowed into the Doping Control Station until completion of the doping control process.
    - 6.7. It is recommended that the Club arranges for a security guard/steward to be positioned outside the Doping Control Station to keep unauthorised persons from entering the Station. A 'No Entry' sign should be displayed.
  7. Verification of whereabouts information
    - 7.1. On occasion, The FA may send officials to training venues in order to verify in any respect the accuracy of the whereabouts information submitted by a Club or Player. Such verification may be conducted separately to or in conjunction with drug testing. Clubs must provide FA staff attending for this purpose with all necessary assistance to complete this task satisfactorily. Any inaccuracy of the whereabouts information submitted by a Club or Player that is discovered in this manner may be treated as a breach of Regulation 14 and/or Regulation 15, as appropriate.
  8. Random selection of Players
    - 8.1. The selection of Players for drug testing shall be determined by the NADO in consultation with The FA Anti-Doping Unit, or by The FA Anti-Doping Unit independently. If it is decided to select Players on a random basis, the random selection by a draw of required Players will be conducted by the Lead DCO witnessed by the Competent Officials.

- 8.2. Only the Competent Officials need to be present for the draw. Although official(s) from the relevant Club(s) whose Players are subject to testing may be invited to be present, the absence of such officials will not invalidate the draw.
- 8.3. Additional “reserve” Players will be drawn in case a Player drawn is unable and/or fails to submit to the doping control process. For the avoidance of doubt, if a Player is determined to have failed without compelling justification to submit to the doping control process, he may be charged with an Anti-Doping Rule Violation under Regulation 5.
- 8.4. The timing of the draw will be at the complete discretion of The FA and the NADO, but in the case of an In Competition test it will not ordinarily take place later than half-time.
- 8.5. During any test event, target testing of further Players may also be conducted at that time as a separate matter.
9. Target testing
  - 9.1. In addition to random testing, the NADO in consultation with The FA Anti-Doping Unit, or The FA Anti-Doping Unit independently, may conduct target testing on Clubs or Players, including Players in the current representative England team squads. Target testing may be requested by the Professional Footballers’ Association and/or Clubs.
  - 9.2. Target testing will take place at a date and time determined by the NADO in consultation with The FA Anti-Doping Unit, or The FA Anti-Doping Unit independently. The Player may be required to supply whereabouts information to The FA to allow such testing to take place.
10. Player rights and responsibilities
  - 10.1. The Player’s rights in relation to the drug testing process include the right to:
    - (a) have the team physician or other representative and (if required) an interpreter present; and
    - (b) be informed and ask for additional information about the Sample collection process.
  - 10.2. The Player’s obligations in relation to the drug testing process include the requirement to:
    - (a) report immediately for a test following notification, unless there are valid reasons for a delay, as determined at the absolute discretion of the DCO or BCO;
    - (b) remain within direct observation of the BCO, DCO or the Chaperone at all times from the point of notification until completion of the Sample collection; and
    - (c) comply with Sample collection procedures (where practicable the Player shall be advised of the possible consequences of failure to comply).
11. Notification of Players
  - 11.1. An appropriate Club representative will be notified of the Players selected for testing. For In Competition testing this will be via a written notice in the form set out in Schedule 4.
  - 11.2. The Club and all Club officials must ensure that the Competent Officials are given clear and unobstructed access to Players selected for testing without delay. Clubs and Club officials must provide the Competent Officials with all reasonable assistance they may require to locate the Player and carry out the notification process and Sample collection as expeditiously and as efficiently as possible. Clubs and Club officials must do all in their power to ensure that the Competent Officials make contact with Players selected for testing as soon as reasonably practicable. Any failure to comply with the above may be treated as a breach of Regulation 7 (Tampering or Attempted Tampering) or Regulation 16 (interference with the drug testing process), as appropriate.
  - 11.3. Once contact has been made between the selected Player and the Competent Official, the Player will be notified of his selection for drug testing and must (in accordance with paragraph 13.1) immediately report to the Doping Control Station. The Player must allow

- himself to be chaperoned at all times following the notification. Save only where written acknowledgement is clearly impracticable at the time of notification, upon notification the Player must acknowledge that he has been selected for drug testing by signing the relevant section of the Doping Control Form. In those exceptional cases where written acknowledgement is impracticable at the time of notification, the Player should confirm the notification when he gets to the Doping Control Station, by signing the relevant section of the form at that point.
- 11.4. If a Player is determined to have avoided notification without compelling justification, he may be charged with an Anti-Doping Rule Violation under Regulation 5 (evading or refusing or failing to submit to Sample collection) or (if Regulation 5 does not apply) with Misconduct.
12. Authorisation not to test
- 12.1. At the absolute discretion of the FASO, a Player may be excused participation in a test if the Player has sustained a serious injury which renders him incapable of taking a drug test and/or requires immediate attendance at hospital for medical treatment. The FA reserves the right for a Competent Official to accompany the injured Player to allow a test to be carried out following the required medical treatment.
- 12.2. If the injured Player is not accompanied to hospital, the Player and/or the Club must provide evidence to The FA of the Player's admission to hospital or of other medical treatment arising from that injury within 14 days of the day of the intended test.
- 12.3. Where a Sample cannot be collected from a Player due to injury, a Sample will be taken from another Player of the same team, either selected at random or pre-selected as a reserve. Clubs and Club officials must ensure that a Player pre-selected as a reserve does not leave the stadium, training ground or other relevant venue until the Player has checked with a DCO that he is not required for drug testing.
13. Collection of Samples
- 13.1. Having been notified, a Player must immediately report to the Doping Control Station. On reporting to the Doping Control Station, the Player must (if he has not done so already) acknowledge that he has been selected for drug testing by signing the relevant section of the Doping Control Form. He must then remain there until the testing process is completed. He may leave the Doping Control Station only under exceptional circumstances with the prior permission of the Lead DCO and then only if chaperoned by a DCO or Chaperone at all times until his return to the Doping Control Station.
- 13.2. If a Player fails or refuses to report to provide a Sample, reports but then refuses to provide a Sample, or otherwise fails to follow the directions of the Competent Officials, he may be subject to penalties for an Anti-Doping Rule Violation under Regulation 5 or Regulation 7 or (if neither Regulation 5 nor Regulation 7 applies) for Misconduct.
- 13.3. Only the following persons should be allowed into the working room of the Doping Control Station:-
- (a) the FASO;
  - (b) the DCO(s);
  - (c) the BCO(s);
  - (d) the Chaperone(s);
  - (e) the Player;
  - (f) the team physician or other representative nominated by the Player (and interpreter if required); and
  - (g) any other person specified by the NADO and/or The FA.

- The Competent Officials may reasonably refuse access to the Doping Control Station to any person not listed in this paragraph 13.3.
- 13.4. Where a Sample is to be taken from a Player who is a Minor, the Player will be given the opportunity to have a representative, selected by and of the same gender as the Player, where practicable, present during the doping control process at all times.
  14. Failure to comply with doping control
    - 14.1. When any Competent Official becomes aware of any matters occurring before, during or after a Sample collection session that may lead to a determination of a failure to comply, he must inform the FASO and Lead DCO immediately.
    - 14.2. The Lead DCO shall then:
      - (a) inform the Player or other party concerned of the consequences of a possible failure to comply if practicable;
      - (b) complete the Player's Sample collection session, if possible;
      - (c) provide a detailed written report of any possible failure to comply to The FA and the NADO.
    - 14.3. The FA shall then:
      - (a) inform the Player or other party concerned of the possible failure to comply in writing and grant the Player an opportunity to respond;
      - (b) instigate an investigation of the possible failure to comply based on all relevant information and documentation;
      - (c) document the evaluation process.
    - 14.4. If The FA determines that there has been a potential failure to comply, it shall promptly notify the Player or other party in writing of the possible consequences, i.e. that a potential failure to comply will be investigated and that appropriate follow-up action will be taken in accordance with the Anti-Doping Regulations.
    - 14.5. Any additional necessary information about the potential failure to comply shall be obtained from all relevant sources, including the Player or other party, as soon as possible and recorded.
    - 14.6. The FA shall investigate the potential failure to comply and take appropriate follow-up action in accordance with the Anti-Doping Regulations and any applicable disciplinary regulations.
    - 14.7. The FA Anti-Doping Unit shall establish a system for ensuring that the outcomes of its investigation into the potential failure to comply are considered for the purposes of results management and, if applicable for further planning and target testing.
  15. Urine Samples
    - 15.1. As soon as a Player feels that he is ready to provide a urine Sample, he may select a Sample collection vessel and a lid from a number of clean, unused vessels/lids and proceed to provide the Sample. The collection of the Sample should be witnessed by a DCO who is the same gender as the Player.
    - 15.2. Each Player is to be requested to provide a minimum of 90ml of urine. However, any 'shortfall' in the amount of urine provided shall not invalidate the test provided there is sufficient Sample for the analysis to be adequately performed.
    - 15.3. If initially a Player is unable to provide the required amount of urine, the Sample should be sealed and kept secure in the Doping Control Station. If a Competent Official permits him to leave the Doping Control Station (under chaperone), the Player must satisfy himself that the partial Sample has been sealed and safely stored prior to leaving the Doping Control Station. When ready to add to the Sample previously provided, the Player may return to

- the relevant area and provide a further Sample in accordance with the procedure set out in paragraph 15.1 of these Guidelines.
- 15.4. Once the DCO is satisfied that a sufficient amount of urine has been collected, the Player will be asked to select a box containing two tamper-evident Sample bottles and to pour his Sample from the collection vessel into the bottles. One Sample bottle will be used as the "A" Sample and the other as the "B" Sample.
  - 15.5. If one or more further Samples are provided pursuant to paragraph 15.3 of these Guidelines, such Sample(s) will be mixed together by the Player (or in exceptional circumstances where the Player is unable to do so, by a DCO) to create a single Sample.
  - 15.6. The DCO will carry out a test on the residue of the Sample left in the collection vessel to check the specific gravity of the Sample to ensure that it falls within the range required by the International Standard for Testing and Investigations. If the Sample does not fall within the required range, the Player must provide further Sample(s) in accordance with the procedure set out in paragraph 15.1 of these Guidelines until a Sample is provided that falls within the required range. The number of additional Samples to be collected is at the sole discretion of the DCO conducting the test, who may decide to abandon the test if circumstances prevent the collection of further Samples. For the avoidance of doubt, a Sample may still be analysed if it falls outside of the specified range.
  - 15.7. The urine Sample must be divided by the Player (or in exceptional circumstances where the Player is unable to do this, by a DCO in the presence of the Player) into the two bottles. It is recommended that the "A" Sample consists of at least 60ml and the "B" Sample of at least 30ml of urine.
  - 15.8. The two bottles must be closed and sealed by the Player (or in exceptional circumstances where the Player is unable to do this, by a DCO in the presence of the Player) and inserted into the box for transit to the laboratory. The Player should ensure that the code on each bottle is the same as the code entered by the DCO on the Doping Control Form.
  - 15.9. The Player, any accompanying representative and the DCO present at the Doping Control Station must sign the Doping Control Form, confirming that the above procedures were carried out satisfactorily. If the Player thinks that the procedures were not carried out satisfactorily, he should declare so in writing on the Doping Control Form and state his reasons for dissatisfaction. If the Player does not indicate any dissatisfaction with the testing procedure, this shall amount to conclusive evidence that the test was properly conducted and the Player will be deemed to have waived a claim to any irregularity in the collection of the Sample.
16. Blood Samples
- 16.1. Upon arrival at the Doping Control Station, the Player will be provided with an opportunity to hydrate. The Player will be required to sit, and to remain seated and relaxed for a time specified by the DCO before providing the blood Sample. Should the Player not comply with this request, this will be recorded by the DCO.
  - 16.2. The DCO or BCO will ask the Player to provide information in relation to each of the following:
    - (i) the Player's use of medication that may affect the Sample collection, particularly any medication that may affect blood clotting; and
    - (ii) any disorder suffered by the Player that may affect bleeding.
  - 16.3. If the Player provides any information in relation to either of the above, this should be recorded on the Doping Control Form, and the BCO (after consultation with the DCO) may determine in his or her sole discretion not to proceed with the collection procedure, in which case the DCO shall complete the Doping Control Form stating the reason why the BCO did not proceed with the collection.

- 16.4. After the required rest period, the DCO shall direct the Player to choose three sealed packs of blood collection kit from a selection of at least six. The DCO/BCO will then direct the Player to choose one blood Sample storage kit (containing an A and B Sample bottle) from a selection of at least three.
- 16.5. If, in assessing the Player's veins, the BCO considers that a butterfly needle is required for Sample collection, the Player shall be asked to select a butterfly needle from a selection of sealed needles.
- 16.6. The BCO will then insert the needle into the Player's vein and attach the appropriate number of container(s) to the needle to collect the blood from the Player.
- 16.7. In the event that the BCO is unable to draw sufficient blood from the first attempt, the BCO will undertake a second attempt to collect the blood Sample from a different puncture site and using a new collection kit. No more than three attempts in total to insert a needle into the Player's body will be made on a Player at any one blood collection session. Should all three attempts fail, the blood collection session will be terminated and the DCO or BCO will record the reasons for terminating the collection session. The entire blood Sample collection session will be carried out (to the extent reasonably practicable) in full view of the Player.
- 16.8. Once the BCO has collected the blood from the Player, the blood Sample containers will be inverted gently to mix the blood with the anti-coagulant (if required) and then placed on a table in full view of the Player and the BCO.
- 16.9. The DCO/BCO or Player will then place one blood Sample container into each of the A and B Sample bottles and seal the bottles. The DCO/BCO will then record the blood Sample bottle codes onto the Doping Control Form and record the time of sealing.
- 16.10. The Player shall be provided with an opportunity to document on the Doping Control Form any blood transfusions that he/she may have undergone over the last six months and/or to indicate any medications taken by him or her over the past seven days. The Player will also be required to complete the 'Consent for Research' section of the Doping Control Form to document whether the Player consents for his Sample to be used for research.
- 16.11. The Player, any accompanying representative and the DCO/BCO present at the Doping Control Station must sign the Doping Control Form, confirming that the above procedures were carried out satisfactorily. If the Player considers that the procedures were not carried out satisfactorily, he should declare so in writing on the Doping Control Form and state his reasons for dissatisfaction. If the Player does not indicate any dissatisfaction with the testing procedure, this shall amount to conclusive evidence that the test was properly conducted and the Player will be deemed to have waived a claim to any irregularity in the collection of the Sample.

### **PART THREE – PROCEDURES SPECIFIC TO IN COMPETITION TESTING**

17. Selection of Matches
- 17.1. Drug testing may be conducted at any Match involving Participants and no prior notice needs to be given either to the Clubs concerned or to the Players.
- 17.2. The Matches at which the drug tests are to be conducted will be decided by The FA in consultation with the NADO, or by The FA independently. All Matches are open to testing.
18. Procedures following the selection of Players
- 18.1. Once Players have been selected the Club must allow the Competent Officials access to observe the Players from the tunnel area and or from an adjacent or nearby area of the pitch or stand where the Competent Officials can easily accompany the selected Players from the field of play in the event of substitution, injury or other reason for leaving the field of play.

**PART FOUR – PROCEDURES SPECIFIC TO OUT OF COMPETITION TESTING**

19. General

In association with the NADO or any other body so designated by The FA, The FA may conduct unannounced Out Of Competition testing on any Player at any place and any time, whether or not such place and/or time has been provided by the Club or Player as part of the provision of whereabouts information.
20. Procedures following the selection of Players
- 20.1. Once Players have been selected, the Competent Officials must give Players a reasonable time to complete training or any other activity in which they are engaged before giving the verbal notification in accordance with paragraph 11.3 above.
- 20.2. The Club must allow the Competent Officials access to observe the Players complete training or any other activity in which they are engaged.

**PART FIVE – STORAGE, DESPATCH AND ANALYSIS OF SAMPLES**

22. Storage and Despatch of Samples
- 22.1. All Samples should be stored in a secure place pending despatch to the laboratory.
- 22.2. Where blood Samples are collected, the A and B Sample bottles may (depending on the transportation system being used) be placed into a plastic sleeve under the observation of the Player. The bottles will be placed into a temperature-controlled container for transportation, whatever the transportation system used.
- 22.3. Samples should be sent to the laboratory as soon as is reasonably practicable.
23. Use of accredited laboratories
- 23.1. Analysis of the Samples shall be carried out in WADA-accredited laboratories or laboratories otherwise approved by WADA. The choice of WADA accredited laboratory (or other laboratory or method) used for the Sample analysis shall be determined exclusively by The FA or by any other body as may be designated by The FA.
24. The purpose of Sample analysis and Investigations
- 24.1. Samples shall be analysed to detect Prohibited Substances and Prohibited Methods identified in the Prohibited List and other substances as may be directed by WADA, and/or to assist the NADO and/or The FA in profiling relevant parameters, including DNA or genomic profiling, or for any other legitimate anti-doping purpose. They may also be analysed to determine compliance with The FA's Social Drugs Policy Regulations. Samples may be collected and stored for future analysis.
- 24.2. Investigations shall be undertaken in relation to Atypical Findings and Adverse Passport Findings, and in relation to other indications of potential Anti-Doping Rule Violations, to gather intelligence or evidence (including, in particular, non-analytical evidence) in order to determine whether an Anti-Doping Rule Violation has occurred.
25. Research on Samples
- 25.1. No Sample may be used for research without the Player's written consent.
26. Analysis of Samples
- 26.1. Laboratories shall analyse Samples and report results in conformity with the International Standard for Laboratories. The head of the laboratory shall send the test results to the NADO. The head of the laboratory may also send results to The FA.
- 26.2. Any Sample may be subject to further analysis by The FA or NADO at any time before both the A and B Sample analytical results (or A Sample result where B Sample analysis has been waived or will not be performed) have been communicated to the Player as the asserted basis for an Anti-Doping Rule Violation contrary to Regulation 3. A Sample may be stored and subject to further analyses for the purposes of paragraph 24.1 at any time exclusively



- at the direction of The FA, WADA or the NADO (any Sample storage or further analysis initiated by WADA shall be at WADA's expense). Further analysis of Samples shall be conducted in substantial conformity with the requirements of the International Standard for Laboratories and the International Standard for Testing and Investigations.
- 26.3. All Samples provided by Players further to doping control under the responsibility of The FA are the property of the designated Sample collection body. The designated Sample collection body shall immediately following Sample provision by the Player concerned transfer ownership of that Sample to The FA. Following consultation with The FA, the NADO may make reasonable directions in relation to the re-analysis of Samples based on knowledge and information arising after the initial analysis. The FA shall comply with such reasonable directions.
  - 26.4. The FA will endeavour to ensure that the analysis of the "A" Sample is carried out as soon as possible after arrival at the designated laboratory.
  - 26.5. Access to the laboratory during analysis should be restricted to authorised members of the laboratory and to authorised observers.
  - 26.6. If at any stage any question, issue or problem arises in relation to the Sample, the laboratory may conduct any further or other tests necessary to clarify or resolve the matter at issue. The results of such tests may be relied upon by The FA in any disciplinary proceedings.

#### **PART SIX – RESULTS MANAGEMENT**

27. Communication of Results
- 27.1. Following notification of an Adverse Analytical Finding or other Anti-Doping Rule Violation, the matter shall be subject to the results management process set out below.
- 27.2. The results management process shall be conducted by the NADO and/or The FA Anti-Doping Unit as agreed between them. For the avoidance of doubt, The FA shall be the body that conducts the results management process unless The FA agrees otherwise.
- 27.3. For the purpose of this Part, references hereafter to the NADO and the FA Anti-Doping Unit shall, where appropriate, be understood as meaning the relevant person or body of The FA and references to the Participant shall, where appropriate, be understood as meaning any Player Support Personnel or other person.
- 27.4. If the Player is under 18 years of age at the time of the above notification, the Player will be asked to provide consent for The FA to notify his or her parent(s)/guardian(s).
28. Initial review regarding Atypical Findings and notification
- 28.1. Upon receipt of an Atypical Finding, the NADO or The FA shall conduct a review to determine whether:
  - (a) The finding is consistent with a valid and applicable TUE that has been granted to the Player (and if the Player has applied for a retroactive TUE then the review may be stayed pending determination of that application); or
  - (b) There has been any apparent departure from the International Standard for Laboratories or the International Standard for Testing and Investigations that caused the finding.
- 28.2. If the initial review does not reveal an applicable TUE or an apparent departure that caused the Atypical Finding, the NADO or The FA shall conduct the required investigation. After the investigation has been completed, the Player and his Club, and WADA shall be notified whether or not the Atypical Finding will be brought forward as an Adverse Analytical Finding. Notice of an Atypical finding will not be provided before completion of the investigation unless it is determined that the B Sample should be analysed, in which case the Player will be notified.

29. Initial review regarding Adverse Analytical Findings and notification
- 29.1. Upon receipt of an Adverse Analytical Finding, the NADO or The FA shall conduct a review to determine whether:
- (a) The finding is consistent with a valid and applicable TUE that has been granted to the Player (and if the Player has applied for a retroactive TUE then the review may be stayed pending determination of that application); or
  - (b) There has been any apparent departure from the International Standard for Laboratories or the International Standard for Testing and Investigations that caused the Adverse Analytical Finding.
- 29.2. If the initial review does not reveal an applicable TUE or departure that caused the Adverse Analytical Finding, the NADO or The FA shall at once confidentially notify a representative of The FA Integrity Department. Before giving any person notice of an alleged Anti-Doping Rule Violation, The FA shall refer to ADAMS or another system approved by WADA and contact WADA and other relevant Anti-Doping Organisations to determine whether the Player has any prior Anti-Doping Rule Violation.
- 29.3. The FA shall then notify the Player and his Club simultaneously. This notification will include details of the following:
- (a) the Adverse Analytical Finding;
  - (b) the relevant Anti-Doping Rule Violation(s);
  - (c) the Player's right to promptly request the analysis of the "B" Sample and of the fact that the "B" Sample analysis may be deemed waived if such request is not received within the time limit set by The FA Anti-Doping Unit;
  - (d) the fact that analysis of the "B" Sample analysis may be conducted at the request of The FA regardless of the Player's decision in this respect;
  - (e) the scheduled date, time and place for the "B" Sample analysis;
  - (f) the opportunity for the Player and/or the Player's representative to attend the "B" Sample opening and analysis; and
  - (g) the Player's right to request copies of the "A" and "B" Sample laboratory documentation package, which includes information as required by the International Standard for Laboratories.
30. Analysis of the "B" Sample in Adverse Analytical Findings
- 30.1. The Player has the right to request the analysis of the "B" Sample within 5 calendar days of being notified of an Adverse Analytical Finding. The request for analysis of the "B" Sample has no impact on a provisional suspension of the Player.
- 30.2. A Player may accept an "A" Sample analytical result by waiving his right to the "B" Sample analysis. The FA may however request the analysis of the "B" Sample at any time if it believes that such analysis will be relevant to consideration of the Player's case.
- 30.3. The FA shall, either via the NADO or directly itself, communicate the request for analysis of the "B" Sample immediately to the head of the laboratory where the "B" Sample is stored. The analysis of the "B" Sample shall be carried out as soon as possible. Any delay in processing of the 'B' Sample shall not be considered as a departure from the International Standard for Laboratories that may invalidate the analytical procedure or results. No reason shall be accepted for changing the date of the "B" Sample analysis.
- 30.4. The Player and/or his representative shall be allowed to be present at the opening of the "B" Sample analysis and to attend the analysis throughout. A representative of the Player's association or club may also be present and attend throughout, as may a representative of The FA and/or the NADO.

31. Results management
- 31.1. The results of the "B" Sample analysis shall be sent immediately to the NADO to determine whether they confirm the Adverse Analytical Finding made in respect of the "A" Sample.
32. Review of Atypical Passport Findings and Adverse Passport Findings.
- 32.1. Review of Atypical Passport Findings and Adverse Passport Findings shall take place as provided in the International Standard for Testing and Investigations and International Standard for Laboratories. At such time as the NADO or The FA is satisfied that an Anti-Doping Rule Violation has occurred, it shall promptly notify the Player and the Player's Club of the alleged Anti-Doping Rule Violation, and the basis for that allegation.
33. Review of Whereabouts Failures.
- 33.1. Review of potential filing failures and missed tests for Players in a Registered Testing Pool shall take place as provided in the International Standard for Testing and Investigations. At such time as The FA is satisfied that a Regulation 6 Anti-Doping Rule Violation has occurred, it shall promptly notify the Player and the Player's Club of the alleged Anti-Doping Rule Violation, and the basis for it.
34. Review of other Anti-Doping Rule Violations
- 34.1. In the case of any possible Anti-Doping Rule Violation where there is no Adverse Analytical Finding and no Atypical Finding, The FA shall conduct any investigation based on the facts of the case that it deems to be necessary.
- 34.2. At such time as The FA has reason to believe that an Anti-Doping Rule Violation might have occurred, it shall promptly notify the Player and the Player's Club of the alleged Anti-Doping Rule Violation, and the basis for it.
35. Response to Charge
- 35.1. Where a Player is charged with an Anti-Doping Rule Violation, he shall be given a time limit to respond to the charge.
35. Retirement from sport
- 35.1. If a Player retires while a results management process is under way, The FA retains jurisdiction to complete its results management process.
- 35.2. If a Player retires before any results management process has begun, The FA has jurisdiction to conduct results management in respect of any matter occurring prior to such retirement.

## SCHEDULE TWO

### DEFINITIONS

**“Administration”** means providing, supplying, supervising, facilitating, or otherwise participating in the Use or Attempted Use by another Person of a Prohibited Substance or Prohibited Method. However, this definition shall not include the actions of bona fide medical personnel involving a Prohibited Substance or Prohibited Method used for genuine and legal therapeutic purposes or other acceptable justification and shall not include actions involving Prohibited Substances which are not prohibited in Out-of-Competition Testing unless the circumstances as a whole demonstrate that such Prohibited Substances are not intended for genuine and legal therapeutic purposes or are intended to enhance sport performance;

**“Adverse Analytical Finding”** means a report from a laboratory or other WADA-approved entity that identifies in a Sample the presence of a Prohibited Substance or its Metabolites or Markers (including elevated quantities of endogenous substances) or evidence of the Use of a Prohibited Method, consistently with the International Standard for Laboratories and related technical documents;

**“Adverse Passport Finding”** means a report identified as such, as described in the applicable International Standards;

**“Anti-Doping Organisation”** means a signatory that is responsible for adopting rules for initiating, implementing or enforcing any part of the doping control process. Examples of anti-doping organisations include the International Olympic Committee or other major event organisations that conduct testing at their events, WADA, international federations, and national anti-doping organisations such as the NADO;

**“Anti-Doping Rule Violation”** means a breach of any one of Regulations 3-12 (inclusive);

**“Athlete Biological Passport”** means the program and methods of gathering and collating data as described in the International Standard for Testing and Investigations and International Standard for Laboratories;

**“Attempt”** means purposely engaging in conduct that constitutes a substantial step in a course of conduct planned to culminate in the commission of an Anti-Doping Rule Violation. However, there shall be no Anti-Doping Rule Violation based solely on an attempt to commit a violation if the person renounces the attempt prior to it being discovered by a third party not involved in the attempt;

**“Atypical Finding”** means a report from a laboratory or other WADA-approved entity that requires further investigation as provided by the International Standard for Laboratories or related technical documents prior to the determination of an Adverse Analytical Finding;

**“Atypical Passport Finding”** means a report described as an Atypical Passport Finding in the applicable International Standards;

**“Blood Collection Officer(s) or BCO(s)”** means the person(s) appointed by the NADO or any other body so designated by The FA to carry out the doping control process including for example but without limitation the collection of blood Samples;

**“CAS”** means the Court of Arbitration for Sport, Lausanne, Switzerland;

**“Chain of custody”** means the sequence of individuals or organisations who have the responsibility for a Sample from the provision of the Sample until the Sample has been received for analysis;

**“Chaperone”** means the person(s) appointed by the NADO or any other body so designated by The FA to assist in the Doping Control Process;

**“Code”** means the World Anti-Doping Code;

**“Competent Official”** means a BCO, DCO, a Chaperone or the FASO;

**“Competition”** has the same meaning as in Rule A2 of the Rules of the Football Association;

**“Contaminated Product”** means a product that contains a Prohibited Substance that is not disclosed on the product label or in information available in a reasonable internet search;

**“Doping Control”** means all steps and processes from test distribution planning through to ultimate disposition of any appeal including all steps and processes in between such as provision of whereabouts information, Sample collection and handling, laboratory analysis, therapeutic use exemptions, results management, hearings and appeals;

**“Doping Control Officer(s)” or “DCO(s)”** means the person(s) appointed by the NADO or any other body so designated by The FA to carry out the doping control process, including (for example but without limitation) the collection of Samples. If there is more than one DCO present during the doping control process, the Lead DCO shall have overall authority for that process;

**“Doping Control Station”** means the area reserved to carry out the doping control process as described in the Procedural Guidelines;

**“FA” or “Football Association” or “Association”** shall mean The Football Association or its designee. The FA may in its absolute discretion delegate any of its functions under the Regulations to the NADO.

**“Fault”** means any breach of duty or any lack of care appropriate to a particular situation. Factors to be taken into consideration in assessing a Participant’s degree of Fault include, for example, the Participant’s experience, whether they are a Minor, special considerations such as impairment, the degree of risk that should have been perceived by the Player and the level of care and investigation exercised by the Player in relation to what should have been the perceived level of risk. In assessing the Participant’s degree of Fault, the circumstances considered must be specific and relevant to explain the Participant’s departure from the expected standard of behaviour. Thus, for example, the fact that a Player would lose the opportunity to earn large sums of money during a period of suspension, or the fact that the Player only has a short time left in his or her career, or the timing of the sporting calendar would not be relevant factors to be considered in reducing the period of suspension under the provisions of Part Eight;

**“FIFA Regulations”** means the Statutes, Regulations, directives and circulars of FIFA as well as the Laws of the Game issued by the International Football Association Board;

**“Football Association Supervising Officer”, or “FASO”,** means the person appointed by The FA to facilitate the doping control process;

**“In Competition”** means the time period starting at midnight on the day of a match until the time on that match day that the Sample collection procedures have been completed by the Competent Officials (note that this time period will be different for Players depending on the time at which Sample collection procedures are completed for individual Players);

**“International Standard”** means a standard (e.g. the International Standard for Testing and Investigations) adopted by WADA in support of the World Anti-Doping Code. Compliance with an International Standard (as opposed to another alternative standard, practice or procedure) shall be sufficient to conclude that the procedures addressed by the International Standard were performed properly. An International Standard shall include any technical documents issued pursuant to the International Standard;

**“Marker”** means a compound, group of compounds or biological parameters that indicate the Use of a Prohibited Substance or Prohibited Method;

**“Match”** means a single football match, including but not limited to any football match within the definition of “Match” contained in FA Rule A2;

**“Metabolite”** means any substance produced by a biotransformation process;

**“Minor”** means a natural person who has not reached the age of 18;

**“Misconduct”** is as defined in the Rules of The Football Association;

**“National Anti-Doping Organisation”, or “NADO”,** means the entity(ies) designated by each country as possessing the primary authority and responsibility to adopt and implement anti-doping rules, direct the collection of Samples, the management of test results, and the conduct of hearings, all at the national level. This includes an entity that may be designated by multiple countries to serve

as the regional anti-doping organisation for such countries. If this designation has not been made by the competent public authority(ies), the entity shall be the country's National Olympic Committee or its designee such as The FA. In respect of the United Kingdom (UK), "NADO" means UK Anti-Doping;

**"No Fault or Negligence"** means that the Participant is able to establish that he did not know or suspect, and could not reasonably have known or suspected even with the exercise of utmost caution, that he or she had Used or been administered the Prohibited Substance or Prohibited Method or otherwise violated an Anti-Doping Rule. Except in the case of a Minor, for any violation of Regulation 3, the Player must also establish how the Prohibited Substance entered his system;

**"No Significant Fault or Negligence"** means the Participant is able to establish that his Fault or negligence, when viewed in the totality of the circumstances and taking into account the criteria for No Fault or negligence, was not significant in relation to the Anti-Doping Rule Violation. Except in the case of a Minor, for any violation of Regulation 3, the Player must also establish how the Prohibited Substance entered his system. For cannabinoids, a Player may establish No Significant Fault or Negligence by clearly demonstrating that the context of the Use was unrelated to sport performance;

**"Out of Competition"** means any time which is not In Competition;

**"Participant"** has the same meaning as in Rule A2 of the Rules of the Football Association;

**"Player"** has the same meaning as the defined term in Rule A2 of the Rules of The Football Association, in addition to any other football player who is not eligible to play for a Club by reason of a period of suspension that has been imposed by The FA, FIFA or UEFA;

**"Player Support Personnel"** means any personnel working with, treating or assisting a Player participating in or preparing for football matches or training sessions, including but not limited to a coach, trainer, manager, agent, Intermediary (as defined in The FA Regulations on Working with Intermediaries), club staff, official, nutritionist, medical or paramedical personnel, or parent;

**"Possession"** means the actual physical possession, or the constructive possession (which shall be found only if the person has exclusive control or intends to exercise control over the Prohibited Substance or Prohibited Method or the premises in which a Prohibited Substance or Prohibited Method exists); provided, however, that if the person does not have exclusive control over the Prohibited Substance or Prohibited Method or the premises in which a Prohibited Substance or Prohibited Method exists, constructive possession shall only be found if the person knew about the presence of the Prohibited Substance or Prohibited Method and intended to exercise control over it. Provided, however, there shall be no Anti-Doping Rule Violation based solely on possession if, prior to receiving notification of any kind that the person has committed an Anti-Doping Rule Violation, the person has taken positive action demonstrating that he never intended to have possession and has renounced possession by expressly declaring it to an anti-doping organisation. Notwithstanding anything to the contrary in this definition, the purchase (including by any electronic or other means) of a prohibited substance or prohibited method constitutes Possession by the person who makes the purchase;

**"Prohibited List"** means the list of Prohibited Substances and Prohibited Methods that is produced by WADA as updated from time to time and recognised by The FA in accordance with paragraph 5 of the Preamble;

**"Prohibited Method"** means any method defined as such in the Prohibited List;

**"Provisional Hearing"** means an expedited abbreviated hearing on notice that occurs prior to the full hearing of the charge and provides the Player with an opportunity to make representations, whether written or oral, in respect of a Provisional Suspension only;

**"Prohibited Substance"** means any substance or class of substances defined as such in the Prohibited List;

**“Provisional Suspension”** means a Player or other person is barred temporarily from participating in any football or football activity prior to the final decision in respect of the relevant Anti-Doping Rule Violation at a Regulatory Commission hearing;

**“Public Disclosure”** means dissemination to the general public;

**“Registered Testing Pool”** means the pool of highest priority Players (established at international level or at national level) who are subject to focussed testing In and Out of Competition as part of a test distribution plan and are therefore required to provide whereabouts information as provided in Article 5.6 of the International Standard for Testing and Investigations;

**“Sample”** means any biological material collected for the purpose of Doping Control;

**“Specified Substance”** means any substance classified as such in the Prohibited List;

**“Substantial Assistance”**: A person providing substantial assistance must: (1) fully disclose in a signed written statement all information he possesses in relation to Anti-Doping Rule Violations, and (2) fully cooperate with the investigation and adjudication of any case related to that information, including, for example, presenting testimony at a hearing if requested to do so by an anti-doping organisation or hearing panel. Moreover, the information provided must be credible and must comprise an important part of any case that is initiated or, if no case is initiated, must have provided a sufficient basis on which a case could have been brought;

**“Suitable specific gravity for analysis”** means specific gravity measured at 1.005 or higher with a refractometer, or 1.010 or higher with lab sticks;

**“Tampering”** means altering for an improper purpose or in an improper way; bringing improper influence to bear; interfering improperly; obstructing, misleading or engaging in any fraudulent conduct to alter test results or prevent normal procedures from occurring;

**“Target testing”** means selection of specific Players for testing based on criteria set forth in the International Standard for Testing and Investigations;

**“Testing”** means the parts of the doping control process involving test distribution planning, Sample collection, Sample handling, and Sample transport to the laboratory;

**“Therapeutic Use Exemption”, or “TUE”**, means an exemption to take a substance for medical purposes which is normally prohibited under the Anti-Doping Regulations. The procedure for the grant of a Therapeutic Use Exemption is set out in the Regulations and Schedule Five;

**“Trafficking”** means selling, giving, transporting, sending, delivering or distributing (or Possessing for any such purpose) a Prohibited Substance or Prohibited Method (either physically or by any electronic or other means) by a Participant to any third party; provided, however, this definition shall not include the actions of a bona fide medical personnel involving a Prohibited Substance used for genuine and legal therapeutic purposes or other acceptable justification, and shall not include actions involving Prohibited Substances that are not prohibited in Out-of-Competition testing unless the circumstances as a whole demonstrate such Prohibited Substances were not intended for genuine and legal therapeutic purposes or intended to enhance sport performance;

**“Use”** means the utilisation, application, ingestion, injection or consumption by any means whatsoever of any Prohibited Substance or Prohibited Method; and

**“WADA”** means the World Anti-Doping Agency.

### SCHEDULE THREE

The version of the Prohibited List published below was current when this Handbook was published. The version of the Prohibited List that is current at any given time will be available on WADA's website located at [www.wada-ama.org](http://www.wada-ama.org) and on The FA's website, located at [www.TheFA.com/anti-doping](http://www.TheFA.com/anti-doping).

#### THE PROHIBITED LIST

WORLD ANTI-DOPING CODE  
INTERNATIONAL  
STANDARD



# PROHIBITED LIST

JANUARY 2016



This List shall come into effect on 1 January 2016.

The official text of the *Prohibited List* shall be maintained by WADA and shall be published in English and French.  
In the event of any conflict between the English and French versions, the English version shall prevail.



IN ACCORDANCE WITH ARTICLE 4.2.2 OF THE WORLD ANTI-DOPING CODE, ALL *PROHIBITED SUBSTANCES* SHALL BE CONSIDERED AS "*SPECIFIED SUBSTANCES*" EXCEPT SUBSTANCES IN CLASSES S1, S2, S4.4, S4.5, S6.a, AND *PROHIBITED METHODS* M1, M2 AND M3.

## SUBSTANCES & METHODS PROHIBITED AT ALL TIMES

(IN- AND OUT-OF-COMPETITION)

### PROHIBITED SUBSTANCES

#### S0 NON-APPROVED SUBSTANCES

Any pharmacological substance which is not addressed by any of the subsequent sections of the *List* and with no current approval by any governmental regulatory health authority for human therapeutic use (e.g. drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is prohibited at all times.

#### S1 ANABOLIC AGENTS

Anabolic agents are prohibited.

##### 1. ANABOLIC ANDROGENIC STEROIDS (AAS)

###### a. Exogenous\* AAS, including:

**1-Androstenediol** [5 $\alpha$ -androst-1-ene-3 $\beta$ ,17 $\beta$ -diol];  
**1-Androstenedione** [5 $\alpha$ -androst-1-ene-3,17-dione];  
**1-Testosterone** [17 $\beta$ -hydroxy-5 $\alpha$ -androst-1-en-3-one];  
**4-Hydroxytestosterone** [4,17 $\beta$ -dihydroxyandrost-4-en-3-one];  
**19-Norandrostenedione** [estr-4-ene-3,17-dione];  
**Bolandiol** [estr-4-ene-3 $\beta$ ,17 $\beta$ -diol];  
**Bolasterone**;  
**Boldenone**;  
**Boldione** [androsta-1,4-diene-3,17-dione];  
**Calusterone**;  
**Clostebol**;  
**Danazol** [[1,2]oxazolo[4',5':2,3]pregna-4-en-20-yn-17 $\alpha$ -ol];  
**Dehydrochlormethyltestosterone** [4-chloro-17 $\beta$ -hydroxy-17 $\alpha$ -methylandrosta-1,4-dien-3-one];  
**Desoxymethyltestosterone** [17 $\alpha$ -methyl-5 $\alpha$ -androst-2-en-17 $\beta$ -ol];  
**Drostanolone**;  
**Ethylestrenol** [19-norpregna-4-en-17 $\alpha$ -ol];  
**Fluoxymesterone**;  
**Formebolone**;  
**Furazabol** [17 $\alpha$ -methyl [1,2,5]oxadiazolo[3',4':2,3]-5 $\alpha$ -androstan-17 $\beta$ -ol];

**Gestrinone**;  
**Mestanolone**;  
**Mesterolone**;  
**Metandionone** [17 $\beta$ -hydroxy-17 $\alpha$ -methylandrosta-1,4-dien-3-one];  
**Metenolone**;  
**Methandriol**;  
**Methasterone** [17 $\beta$ -hydroxy-2 $\alpha$ ,17 $\alpha$ -dimethyl-5 $\alpha$ -androstan-3-one];  
**Methyldienolone** [17 $\beta$ -hydroxy-17 $\alpha$ -methylestra-4,9-dien-3-one];  
**Methyl-1-testosterone** [17 $\beta$ -hydroxy-17 $\alpha$ -methyl-5 $\alpha$ -androst-1-en-3-one];  
**Methylnortestosterone** [17 $\beta$ -hydroxy-17 $\alpha$ -methylestr-4-en-3-one];  
**Methyltestosterone**;  
**Metribolone** [methyltrienolone, 17 $\beta$ -hydroxy-17 $\alpha$ -methylestra-4,9,11-trien-3-one];  
**Mibolerone**;  
**Nandrolone**;  
**Norboleone**;  
**Norclostebol**;  
**Norethandrolone**;  
**Oxabolone**;  
**Oxandrolone**;  
**Oxymesterone**;  
**Oxymetholone**;  
**Prostanozolol** [17 $\beta$ -[[tetrahydropyran-2-yl]oxy]-1'H-pyrazolo[3,4:2,3]-5 $\alpha$ -androstan-17 $\beta$ -ol];  
**Quinbolone**;  
**Stanozolol**;  
**Stenbolone**;  
**Tetrahydrogestrinone** [17-hydroxy-18 $\alpha$ -homo-19-nor-17 $\alpha$ -pregna-4,9,11-trien-3-one];  
**Trenbolone** [17 $\beta$ -hydroxyestr-4,9,11-trien-3-one];

and other substances with a similar chemical structure or similar biological effect[s].

**b. Endogenous\*\* AAS when administered exogenously:**

Androstenediol (androst-5-ene-3 $\beta$ ,17 $\beta$ -diol);  
 Androstenedione (androst-4-ene-3,17-dione);  
 Dihydrotestosterone (17 $\beta$ -hydroxy-5 $\alpha$ -androstan-3-one);  
 Prasterone (dehydroepiandrosterone, DHEA,  
 3 $\beta$ -hydroxyandrost-5-en-17-one);  
 Testosterone;

and their metabolites and isomers, including but not limited to:

3 $\beta$ -Hydroxy-5 $\alpha$ -androstan-17-one;  
**5 $\alpha$ -Androstane-3 $\alpha$ ,17 $\alpha$ -diol;**  
 5 $\alpha$ -Androstane-3 $\alpha$ ,17 $\beta$ -diol;  
 5 $\alpha$ -Androstane-3 $\beta$ ,17 $\alpha$ -diol;  
 5 $\alpha$ -Androstane-3 $\beta$ ,17 $\beta$ -diol;  
**5 $\beta$ -Androstane-3 $\alpha$ ,17 $\beta$ -diol;**  
**7 $\alpha$ -Hydroxy-DHEA;**  
**7 $\beta$ -Hydroxy-DHEA;**  
**4-Androstenediol (androst-4-ene-3 $\beta$ , 17 $\beta$ -diol)**  
**5-Androstenedione (androst-5-ene-3,17-dione);**  
**7-Keto-DHEA;**  
**19-Norandrosterone;**  
 19-Noretiocholanolone.  
**Androst-4-ene-3 $\alpha$ ,17 $\alpha$ -diol;**  
**Androst-4-ene-3 $\alpha$ ,17 $\beta$ -diol;**  
**Androst-4-ene-3 $\beta$ ,17 $\alpha$ -diol;**  
**Androst-5-ene-3 $\alpha$ ,17 $\alpha$ -diol;**  
**Androst-5-ene-3 $\alpha$ ,17 $\beta$ -diol;**  
**Androst-5-ene-3 $\beta$ ,17 $\alpha$ -diol;**  
 Androsterone  
 Epi-dihydrotestosterone;  
 Epitestosterone;  
 Etiocholanolone.

**2. OTHER ANABOLIC AGENTS****Including, but not limited to:**

Clenbuterol, selective androgen receptor modulators (SARMs, e.g. andarine and ostarine), tibolone, zeranol and zilpaterol.

**For purposes of this section:**

- \* "exogenous" refers to a substance which is not ordinarily produced by the body naturally.
- \*\* "endogenous" refers to a substance which is ordinarily produced by the body naturally.

**S2 PEPTIDE HORMONES, GROWTH FACTORS, RELATED SUBSTANCES AND MIMETICS**

The following substances, and other substances with similar chemical structure or similar biological effect(s), are prohibited:

1. Erythropoietin-Receptor agonists:
  - 1.1 Erythropoiesis-Stimulating Agents (ESAs) including e.g. Darbepoietin (dEPO); Erythropoietins (EPO); EPO-Fc; EPO-mimetic peptides (EMP), e.g. CNTO 530 and peginesatide; methoxy polyethylene glycol-epoetin beta (CERA).
  - 1.2 Non-erythropoietic EPO-Receptor agonists, e.g. ARA-290; asialo EPO; carbamylated EPO.
2. Hypoxia-inducible factor (HIF) stabilizers, e.g. cobalt and FG-4592; and HIF activators, e.g. argon, xenon;
3. Chorionic Gonadotrophin (CG) and Luteinizing Hormone (LH) and their releasing factors, e.g. busserelin, gonadorelin and leuporelin, in males;
4. Corticotrophins and their releasing factors, e.g. corticorelin;

- 5.** Growth Hormone (GH) and its releasing factors including: Growth Hormone Releasing Hormone (GHRH) and its analogues, e.g. CJC-1295, sermorelin and tesamorelin; Growth Hormone Secretagogues (GHS), e.g. ghrelin and ghrelin mimetics, e.g. anamorelin and ipamorelin; GH-Releasing Peptides (GHRPs), e.g. alexamorelin, GHRP-6, hexarelin and pralmorelin (GHRP-2).

Additional prohibited growth factors:

- Fibroblast Growth Factors (FGFs);**  
**Hepatocyte Growth Factor (HGF);**  
**Insulin-like Growth Factor-1 (IGF-1) and its analogues;**  
**Mechano Growth Factors (MGFs);**  
**Platelet-Derived Growth Factor (PDGF);**  
**Vascular-Endothelial Growth Factor (VEGF)**

and any other growth factor affecting muscle, tendon or ligament protein synthesis/degradation, vascularisation, energy utilization, regenerative capacity or fibre type switching.

S3

### BETA-2 AGONISTS

All beta-2 agonists, including all optical isomers, e.g. *d*- and *l*- where relevant, are prohibited.

#### Except:

- Inhaled salbutamol (maximum 1600 micrograms over 24 hours);
- Inhaled formoterol (maximum delivered dose 54 micrograms over 24 hours); and
- Inhaled salmeterol in accordance with the manufacturers' recommended therapeutic regimen.

The presence in urine of salbutamol in excess of 1000 ng/mL or formoterol in excess of 40 ng/mL is presumed not to be an intended therapeutic use of the substance and will be considered as an *Adverse Analytical Finding (AAF)* unless the *Athlete* proves, through a controlled pharmacokinetic study, that the abnormal result was the consequence of the use of the therapeutic inhaled dose up to the maximum indicated above.

S4

### HORMONE AND METABOLIC MODULATORS

The following hormone and metabolic modulators are prohibited:

- 1.** Aromatase inhibitors including, but not limited to:
  - 4-Androstene-3,6,17 trione (6-oxo);**
  - Aminoglutethimide;**
  - Anastrozole;**
  - Androsta-1,4,6-triene-3,17-dione (androstatrienedione);**
  - Exemestane;**
  - Formestane;**
  - Letrozole;**
  - Testolactone.**
- 2.** Selective estrogen receptor modulators (SERMs) including, but not limited to:
  - Raloxifene;**
  - Tamoxifen;**
  - Toremifene.**
- 3.** Other anti-estrogenic substances including, but not limited to:
  - Clomiphene;**
  - Cyclofenil;**
  - Fulvestrant.**
- 4.** Agents modifying myostatin function(s) including, but not limited, to: myostatin inhibitors.
- 5.** Metabolic modulators:
  - 5.1** Activators of the AMP-activated protein kinase (AMPK), e.g. AICAR; and Peroxisome Proliferator Activated Receptor  $\delta$  (PPAR $\delta$ ) agonists, e.g. GW 1516;
  - 5.2** Insulins and insulin-mimetics;
  - 5.3** Meldonium;
  - 5.4** Trimetazidine.

**S5 DIURETICS AND MASKING AGENTS**

The following diuretics and masking agents are prohibited, as are other substances with a similar chemical structure or similar biological effect(s).

**Including, but not limited to:**

- Desmopressin; probenecid; plasma expanders, e.g. glycerol and intravenous administration of albumin, dextran, hydroxyethyl starch and mannitol.
- Acetazolamide; amiloride; bumetanide; canrenone; chlortalidone; etacrynic acid; furosemide; indapamide; metolazone; spironolactone; thiazides, e.g. bendroflumethiazide, chlorothiazide and hydrochlorothiazide; triamterene and vaptans, e.g. tolvaptan.

**Except:**

- Drospirenone; pamabrom; and ophthalmic use of carbonic anhydrase inhibitors [e.g. dorzolamide, brinzolamide].
- Local administration of felypressin in dental anaesthesia.

The detection in an *Athlete's Sample* at all times or *In-Competition*, as applicable, of any quantity of the following substances subject to threshold limits: formoterol, salbutamol, cathine, ephedrine, methylephedrine and pseudoephedrine, in conjunction with a diuretic or masking agent, will be considered as an *Adverse Analytical Finding* unless the *Athlete* has an approved *TUE* for that substance in addition to the one granted for the diuretic or masking agent.

**PROHIBITED METHODS****M1 MANIPULATION OF BLOOD AND BLOOD COMPONENTS****The following are prohibited:**

1. The *Administration* or reintroduction of any quantity of autologous, allogenic (homologous) or heterologous blood, or red blood cell products of any origin into the circulatory system.
2. Artificially enhancing the uptake, transport or delivery of oxygen. Including, but not limited to: Perfluorochemicals; efaproxiral (RSR13) and modified haemoglobin products, e.g. haemoglobin-based blood substitutes and microencapsulated haemoglobin products, excluding supplemental oxygen.
3. Any form of intravascular manipulation of the blood or blood components by physical or chemical means.

**M2 CHEMICAL AND PHYSICAL MANIPULATION****The following are prohibited:**

1. *Tampering*, or *Attempting to Tamper*, to alter the integrity and validity of *Samples* collected during *Doping Control*.  
Including, but not limited to:  
Urine substitution and/or adulteration, e.g. proteases.
2. Intravenous infusions and/or injections of more than 50 mL per 6 hour period except for those legitimately received in the course of hospital admissions, surgical procedures or clinical investigations.

**M3 GENE DOPING****The following, with the potential to enhance sport performance, are prohibited:**

1. The transfer of polymers of nucleic acids or nucleic acid analogues;
2. The use of normal or genetically modified cells.

## SUBSTANCES & METHODS PROHIBITED IN-COMPETITION

IN ADDITION TO THE CATEGORIES S0 TO S5 AND M1 TO M3 DEFINED ABOVE, THE FOLLOWING CATEGORIES ARE PROHIBITED *IN-COMPETITION*:

### PROHIBITED SUBSTANCES

#### S6 STIMULANTS

All stimulants, including all optical isomers, e.g. *d*- and *l*- where relevant, are prohibited.

#### Stimulants include:

##### a: Non-Specified Stimulants:

Adrafinil;  
Amfepramone;  
Amfetamine;  
Amfetaminil;  
Amiphenazole;  
Benfluorex;  
Benzylpiperazine;  
Bromantan;  
Clobenzorex;  
Cocaine;  
Cropropamide;  
Crotetamide;  
Fencamine;  
Fenetylline;  
Fenfluramine;  
Fenproporex;  
Fonturacetam [4-phenylpiracetam (carphedon)];  
Furfenorex;  
Mefenorex;  
Mephentermine;  
Mesocarb;  
Metamfetamin(d-);  
p-Methylamphetamine;  
Modafinil;  
Norfenfluramine;  
Phendimetrazine;  
Phentermine;  
Prenylamine;  
Prolintane.

A stimulant not expressly listed in this section is a Specified Substance.

##### b: Specified Stimulants.

Including, but not limited to:

Benzfetamine;  
Cathine\*\*;  
Cathinone and its analogues, e.g. mephedrone, methedrone, and  $\alpha$ -pyrrolidinovalerophenone;  
Dimethylamphetamine;  
Ephedrine\*\*\*;  
Epinephrine\*\*\*\* (adrenaline);  
Etamivan;  
Etilamfetamine;  
Etilefrine;  
Famprofazone;  
Fenbutrazate;  
Fencamfamin;  
Heptaminol;  
Hydroxyamphetamine (parahydroxyamphetamine);  
Isometheptene;  
Levmetamfetamine;  
Meclofenoxate;  
Methylenedioxymethamphetamine;  
Methylephedrine\*\*\*;  
Methylhexaneamine (dimethylpentylamine);  
Methylphenidate;  
Nikethamide;  
Norfenefrine;  
Octopamine;  
Oxilofrine (methylsynephrine);  
Pemoline;  
Pentetrazol;  
Phenethylamine and its derivatives;  
Phenmetrazine;  
Phenpromethamine;  
Propylhexedrine;  
Pseudoephedrine\*\*\*\*;  
Selegiline;

Sibutramine;  
 Strychnine;  
 Tenamfetamine [methylenedioxyamphetamine];  
 Tuaminoheptane;

and other substances with a similar chemical structure or similar biological effect[s].

**Except:**

- Clonidine
- Imidazole derivatives for topical/ophthalmic use and those stimulants included in the 2016 Monitoring Program\*.
- \* Bupropion, caffeine, nicotine, phenylephrine, phenylpropranolamine, pipradrol, and synephrine: These substances are included in the 2016 Monitoring Program, and are not considered *Prohibited Substances*.
- \*\* Cathine: Prohibited when its concentration in urine is greater than 5 micrograms per milliliter.
- \*\*\* Ephedrine and methylephedrine: Prohibited when the concentration of either in urine is greater than 10 micrograms per milliliter.
- \*\*\*\* Epinephrine (adrenaline): Not prohibited in local administration, e.g. nasal, ophthalmologic, or co-administration with local anaesthetic agents.
- \*\*\*\*\* Pseudoephedrine: Prohibited when its concentration in urine is greater than 150 micrograms per milliliter.

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**S7 NARCOTICS**

**Prohibited:**

Buprenorphine;  
 Dextromoramide;  
 Diamorphine (heroin);  
 Fentanyl and its derivatives;  
 Hydromorphone;  
 Methadone;  
 Morphine;  
 Oxycodone;  
 Oxymorphone;  
 Pentazocine;  
 Pethidine.

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**S8 CANNABINOIDS**

**Prohibited:**

- Natural, e.g. cannabis, hashish and marijuana, or synthetic  $\Delta^9$ -tetrahydrocannabinol (THC).
- Cannabimimetics, e.g. "Spice", JWH-018, JWH-073, HU-210.

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**S9 GLUCOCORTICOIDS**

All glucocorticoids are prohibited when administered by oral, intravenous, intramuscular or rectal routes.

## SUBSTANCES PROHIBITED IN PARTICULAR SPORTS

### P1 ALCOHOL

Alcohol (ethanol) is prohibited *In-Competition* only, in the following sports. Detection will be conducted by analysis of breath and/or blood. The doping violation threshold is equivalent to a blood alcohol concentration of 0.10 g/L.

- Air Sports (FAI)
- Archery (WA)
- Automobile (FIA)
- Powerboating (UIM)

### P2 BETA-BLOCKERS

Beta-blockers are prohibited *In-Competition* only, in the following sports, and also prohibited *Out-of-Competition* where indicated.

- Archery (WA)\*
- Automobile (FIA)
- Billiards (all disciplines) (WCBS)
- Darts (WDF)
- Golf (IGF)
- Shooting (ISSF, IPC)\*
- Skiing/Snowboarding (FIS) in ski jumping, freestyle aeri-als/halfpipe and snowboard halfpipe/big air
- Underwater sports (CMAS) in constant-weight apnoea with or without fins, dynamic apnoea with and without fins, free immersion apnoea, Jump Blue apnoea, spearfishing, static apnoea, target shooting and variable weight apnoea.

\*Also prohibited *Out-of-Competition*

Including, but not limited to:

<b>A</b> cebutolol;	<b>L</b> abetalol;
<b>A</b> lprenolol;	<b>L</b> evobunolol;
<b>A</b> tenolol;	<b>M</b> etipranolol;
<b>B</b> etaxolol;	<b>M</b> etoprolol;
<b>B</b> isoprolol;	<b>N</b> adolol;
<b>B</b> unolol;	<b>O</b> xprenolol;
<b>C</b> arteolol;	<b>P</b> indolol;
<b>C</b> arvedilol;	<b>P</b> ropranolol;
<b>C</b> eliprolol;	<b>S</b> otalol;
<b>E</b> smolol;	<b>T</b> imolol.

**SCHEDULE FOUR**

**THE FOOTBALL ASSOCIATION ANTI-DOPING PROGRAMME IN-COMPETITION DRUG TESTING PLAYERS SELECTED FOR DRUG TESTING**

Representative of

Two of your players marked 'selected for drug testing' are required to report to the Doping Control Station immediately at the end of the match and before going to the dressing room.

Please tick [✓] appropriate boxes					
Draw 1 Card number	Player Name	Shirt No.	Selected for drug testing		Unused Substitute at the 75th min
Draw 2 Card number	Player Name	Shirt No.	Selected for drug testing	Reserve	Not selected

The FA request that you assist the Doping Control Officials in identifying the selected players on completion of the match. Your assistance with this matter will significantly reduce the chances of your players unnecessarily breaching FA Anti-Doping Regulations.

Signed ..... Printed ..... Date .....

FASO on behalf of The Football Association Anti-Doping Programme



## SCHEDULE FIVE

### GUIDE TO THERAPEUTIC USE EXEMPTIONS

#### 1. INTRODUCTION

- 1.1. The Anti-Doping Regulations permit Players to apply for permission to use, for therapeutic purposes, substances or methods on the Prohibited List whose use is otherwise prohibited under the Anti-Doping Regulations. In order to excuse the presence or Use or Possession or Administration of a Prohibited Substance or Prohibited Method that would otherwise amount to an Anti-Doping Rule Violation, a TUE must be obtained that covers such presence or Use or Possession or Administration. The process for obtaining a TUE will be managed by the NADO on behalf of The FA, in accordance with this Guide.
- 1.2. Any Player who consults a doctor and is prescribed treatment or medication shall enquire whether the prescription contains any Prohibited Substances or involves the Use of any Prohibited Methods. If so, the Player must request alternative treatment. If alternative treatment is not available, an application for a TUE should be made in accordance with this Guide.
- 1.3. The International Standard for Therapeutic Use Exemptions (the "International Standard for TUEs") sets out the circumstances in which Players may claim such a therapeutic use exemption (or "TUE"). This Guide adopts and incorporates the International Standard for TUEs, as amended from time to time. All persons shall be deemed to accept the International Standard for TUEs and any such amendments thereto as binding upon them without further formality. In the case of any discrepancy between the International Standard for TUEs and this Guide, the International Standard for TUEs shall prevail.
- 1.4. This Guide may be updated at any time by The FA to take account of changes in the International Standard for TUEs or any other procedural changes. The version of this Guide in force at any given time will be published on The FA's website, at [www.TheFA.com](http://www.TheFA.com).
- 1.5. Subject only to paragraph 1B2 (which identifies limited circumstances in which a retroactive TUE may be granted), the following Players must obtain a TUE, by following the process for TUE applications detailed in Sections 1A and 1B of this Guide, prior to Using or Possessing the Prohibited Substance or Prohibited Method in question:

For clubs in the Premier League, Championship, League 1 or League 2:

Registered professional Players

Registered scholars and Apprentices at clubs competing in Professional Development League 1 (Category 1 clubs)

Any other Player who trains or competes with either of the above two groups of Players.

Any Player not in any of the categories identified above does not need a TUE in advance but instead may apply for it after a test, in accordance with paragraph 1B2(c), provided that use of a Prohibited Substance or a Prohibited Method prior to that time shall be at the Player's own risk.

- 1.6. Players must take note that TUEs issued to them by the NADO in accordance with this Guide may not be automatically recognised by UEFA or FIFA or organisers of other competitions in which they participate. It is the Player's responsibility to ensure that he complies with any additional TUE requirements placed on him by FIFA or UEFA or such other competition organiser. Any TUE granted by the NADO will not be valid for purposes of UEFA or FIFA or other competitions unless and until it is recognised by them. The FA and/or the NADO will support the Player in seeking such recognition. If FIFA refuses to recognise that TUE, then the review and appeal rights set out in Article 4 of the World Anti-Doping Code will apply, but if those rights are not exercised or if they are exercised unsuccessfully, then that

- TUE will become invalid for all purposes, including for purposes of The FA's Anti-Doping Regulations.
- 1.7. A Player may not apply to more than one body for a TUE. A Player who applies for a TUE pursuant to the rules of FIFA, UEFA or another body shall report the grant or denial of the application immediately to both The FA and the NADO by sending them copies of the application and the decision.
- 1.8. The FA will recognise and respect any TUE granted to a Player by FIFA or UEFA or other body provided that the grant is consistent with the Code and the International Standard for TUEs and is within the grantor's authority. If it does not think the TUE should be recognised, the review and appeal rights set out in Article 4 of the World Anti-Doping Code will apply, but if those rights are not exercised or if they are exercised unsuccessfully, then that TUE will become valid for all purposes, including for purposes of The FA's Anti-Doping Regulations.
- 1.9. A Player who seeks a TUE from the NADO consents to the processing of the TUE application as set out in this Guide, including:
- (a) the disclosure by the Player's physician(s) of any further information required by the NADO or the UK TUE Committee to process his/her TUE application;
  - (b) the communication by the NADO of the information in the application and/or supplemental information from the Player's physician(s) to members of the UK TUE Committee and (as required) on an anonymised basis to other independent medical or scientific experts consulted by the UK TUE Committee; and
  - (c) the communication of the grant or denial of a TUE, including the details of any conditions or restrictions on such grant, and any supporting documentation or information, to The FA, FIFA, WADA and other Anti-Doping Organisations.
- 1.10. Should the Player wish to revoke the consent set out in the preceding paragraph, he or she must notify the NADO and his/her physician(s) in writing of the fact, provided that upon such revocation of consent the application for a TUE (or for renewal of an existing TUE) will be deemed denied.

### **Section 1A: Process for applying for a Therapeutic Use Exemption (TUE)**

#### **1A1 An application for a TUE:**

- must not be made simultaneously to both the NADO and another body;
- should be made on forms provided by the NADO, UEFA or FIFA, provided that they are in English and comply with the International Standard for TUEs;
- must be completed legibly, fully and accurately, in English, and must be signed by the Player and by any physician(s) supporting the application;
- must specify the dose, frequency, route and duration of proposed administration of the otherwise Prohibited Substance or Prohibited Method;
- must include a statement by an appropriately qualified physician: (a) identifying the Player's condition requiring treatment; and (b) attesting that all of the conditions for the grant of a TUE that are set out at paragraph 1A7 are met;
- must also include a comprehensive medical history of the Player and the results of all clinical examinations, laboratory investigations and imaging studies relevant to the application. For TUE applications involving imaging studies and respiratory function tests, copies of images or physiological data should be submitted, as well as any interpretative reports that may have been produced;
- must also enclose copies of any prior application(s) that the Player has made for the TUE, to whomever made, and the decision made on such application(s), or else must confirm that the Player has not made any prior application for the TUE;

- must provide completely accurate and up-to-date contact details for the Player and for each physician supporting the application, including in each case a current mailing address and phone number; and
  - must be sent to the NADO either by post, e-mail or fax to the following address, in an envelope marked “Private and confidential TUE Application”:  
TUE  
UK Anti-Doping  
Third Floor, Fleetbank House,  
2-6 Salisbury Square, London  
EC4Y 8JX  
or by confidential fax: 0800 298 3362  
or by e-mail: tue@ukad.org.uk
- 1A2 Players should retain a copy of the application and enclosures sent to the NADO, along with proof of the date of mailing/emailing/faxing.
- 1A3 The NADO will make best efforts to carry out an administrative review of the application within three (3) working days of receipt to confirm that the application:
- falls within the NADO’s TUE jurisdiction. If the Player falls under the TUE jurisdiction of UEFA or FIFA, then the NADO will forward the application to UEFA or FIFA (as applicable) for review. Any delay shall be at the risk of the Player, who is responsible for making the application to the correct authority in the first place;
  - has been completed fully and accurately in accordance with paragraph 1A1, above; and
  - is accompanied by sufficient medical information to process the application.
- 1A4 If the application is incomplete and/or otherwise does not meet the necessary requirements, it will be returned to the Player with an explanation to that effect, and he/she shall be invited to re-apply in compliance with the necessary requirements. Any delay shall be at the risk of the Player, who is responsible for submitting a proper and complete application.
- 1A5 If the application passes the administrative review, the NADO will forward it to three members of the UK TUE Committee, one of whom will be designated as the Chair. The Chair will coordinate the responses of the UK TUE Committee and provide a final decision to the NADO with respect to the application. The Chair shall also be responsible for requesting, where necessary, further specialist input to support the UK TUE Committee in making a final decision. Timeframes for the review of TUE applications are set out in Section 1D.
- 1A6 The members of the UK TUE Committee shall meet the following criteria:
- each of them shall be a physician with experience in the care and treatment of Players and a sound knowledge of clinical, sports and exercise medicine;
  - if the Player has an impairment, at least one UK TUE Committee member must possess specific expertise in relation to the care and treatment of Players with impairments, or possess specific experience in relation to the Player’s particular impairment; and
  - a majority of the UK TUE Committee members must not have any official responsibility within football. At the discretion of the Chair, however, one of the three physicians may be a Football Association medical officer, in order to provide sport-specific expertise, provided that such person must otherwise satisfy these criteria; and
  - each UK TUE Committee member must provide the NADO with evidence that he/she satisfies the foregoing criteria, and in addition must confirm that (a) (save in the case of a Football Association medical officer or other representative) they are

- not aware of any conflict of interest in their consideration of the application, and (b) they will observe confidentiality with respect to the entire TUE process.
- 1A7 The UK TUE Committee will review the application, including the medical information provided, and make a decision as soon as reasonably practicable. The UK TUE Committee will only grant the TUE if the Player demonstrates to the satisfaction of the Committee, on the balance of probabilities, that all four of the following conditions are met:
- (a) The Prohibited Substance or Prohibited Method in question is needed to treat an acute or chronic medical condition, such that the Player would experience a significant impairment to health if the Prohibited Substance or Prohibited Method were withheld.
  - (b) The Therapeutic use of the Prohibited Substance or Prohibited Method in question is highly unlikely to produce any additional enhancement to performance beyond what might be anticipated by a return to the Player's normal state of health following the treatment of the acute or chronic medical condition.
  - (c) There is no reasonable Therapeutic alternative to the Use of the Prohibited Substance or Prohibited Method.
  - (d) The necessity for the Use of the Prohibited Substance or Prohibited Method is not a consequence, wholly or in part, of the Player's prior Use (without a TUE) of a substance or method which was prohibited at the time of such Use.
- 1A8 Where it does not need any further information to process the application, the UK TUE Committee will make best efforts to make a decision within seven (7) days of its receipt of the application. Where it considers it appropriate to seek further medical or scientific opinion or information in relation to the application, whether from the Player or his physician or from a third party, the UK TUE Committee shall do so as quickly as is practicable, provided that the identity of the applicant shall not be disclosed to any third party. The UK TUE Committee shall make its decision as soon as reasonably practicable after receipt of the further information or opinion.
- 1A9 The UK TUE Committee's decision to grant a TUE must be unanimous to be valid.
- 1A10 If the UK TUE Committee grants the TUE, it shall detail in its decision (a) the duration of the exemption granted; and (b) any conditions or requirements that the Player must satisfy.
- 1A11 If the UK TUE Committee denies the TUE or imposes any conditions or requirements on this grant, it shall state its reasons for doing so in the decision itself.
- 1A12 The NADO will send copies of the UK TUE Committee's decision, on a confidential basis, to the Player and The FA as soon as possible, and The FA may send a copy on to UEFA/FIFA. The NADO will also send a copy of the decision on a confidential basis to WADA and other Anti-Doping Organisations, in accordance with paragraph 1.9(c), above.
- 1A13 If the UK TUE Committee denies the TUE application or imposes any conditions or requirements on its grant beyond simply confirming the dose, frequency and route of administration requested in the application, then at the same time as the NADO sends a copy of the decision to the Player, it shall also advise him/her of the right to appeal the decision to the UK TUE Appeal Panel in accordance with Section 1D of this Guide.
- 1A14 The submission of false or misleadingly incomplete information in support of a TUE application (including but not limited to the failure to advise of the unsuccessful outcome of a prior application to another Anti-Doping Organisation for such a TUE) may result in the bringing of disciplinary charges for breach of Regulation 7 of the Anti-Doping Regulations (Tampering or Attempted Tampering) or (as appropriate) for Misconduct.

**Section 1B: Timing of Applications for TUEs and Effective Dates for TUE Grants**

1B1 In accordance with the International Standard for TUEs, subject only to the exceptions set out in paragraph 1B2, a Player is required to obtain a TUE in advance of Using or Possessing the Prohibited Substance or Prohibited Method in question. He must apply for the TUE as soon as the requirement for the TUE arises and no less than 21 days before participating in an event or competition.

**Retroactive TUE applications**

1B2 A Player may only be granted a retroactive TUE for his prior Use of a Prohibited Substance or Prohibited Method if all four of the conditions set out at paragraph 1A7 are met and:

- (a) emergency treatment or treatment of an acute medical condition was necessary; or
- (b) due to other exceptional circumstances, there was insufficient time or opportunity for the Player to submit, or for the UK TUE Committee to consider, an application for the TUE prior to Doping Control; or
- (c) the Player falls into the category of Players allowed to apply for a retroactive TUE under paragraph 1.5; or
- (d) it is agreed by WADA and the body with jurisdiction to grant the TUE to the Player that fairness requires the grant of a retroactive TUE.

1B3 An application for a TUE covering emergency treatment or treatment of an acute medical condition should be made within five working days of the commencement of Use of the Prohibited Substance or Prohibited Method in question. The NADO may extend this deadline if the Player provides compelling reasons why it should do so.

1B4 If a Player is tested who falls into the category of Players allowed to apply for a retroactive TUE under paragraph 1.5, the Player must submit an application for a retroactive TUE in accordance with Section 1A of this Guide so that it is received by the NADO no later than five (5) working days after an Adverse Analytical Finding is reported in respect of the Sample collected from the Player. The NADO may extend this deadline if the Player provides compelling reasons why it should do so.

**Effective dates for TUE grants**

1B5 A Player may not assume that his/her application for a TUE (or for renewal of a TUE) will be granted. Any Use or Possession of a Prohibited Substance or Prohibited Method before an application has been granted shall be entirely at the Player's own risk.

1B6 A TUE granted by a UK TUE Committee may be cancelled if the Player does not promptly comply with any requirements or conditions imposed by the UK TUE Committee upon grant of the TUE.

1B7 On expiry of the term of a TUE granted by the UK TUE Committee, a Player who wishes to continue to use the Prohibited Substance or Prohibited Method in question must again apply for a TUE in accordance with Section 1A of this Guide.

1B8 there is a change to the dose, frequency, route or duration of the administration of the Prohibited Substance or Prohibited Method where a TUE has been granted, the TUE will no longer be valid and the Player must apply for a new TUE immediately.

**Section 1C: Expiration or Cancellation of a TUE**

1C1 A TUE granted pursuant to this Guide:

- (a) shall expire in accordance with paragraph 1A.10 at the end of any term for which the TUE was granted;
- (b) may be cancelled by the NADO if the Player does not promptly comply with any requirements or conditions imposed by the UK TUE Committee upon grant of the TUE; or

- (c) may be withdrawn by the UK TUE Committee (as applicable) if it is subsequently determined that the criteria for grant of a TUE are not in fact met.
- 1C2 Expiration of a TUE pursuant to paragraph 1C1(a) shall take effect automatically at the end of the term for which the TUE was granted without the need for any further notice or other formality.
- 1C3 Cancellation of a TUE pursuant to paragraph 1C1(b) or withdrawal of a TUE pursuant to paragraph 1C1(c) shall be notified by the NADO to the Player, with a copy to The FA and all other relevant Anti-Doping Organisations. Such notice shall take effect upon receipt. The FA may notify FIFA and/or UEFA.
- 1C4 In the event of an expiration, cancellation or withdrawal of the TUE pursuant to paragraph 1C1, the Player shall not be subject to any consequences based upon his/her Use or Possession of the Prohibited Substance or Prohibited Method in question in accordance with the TUE at any time prior to the effective date of expiry, cancellation or withdrawal of the TUE. If the analysis of the Player's "A" Sample indicates the presence of a Prohibited Substance or the Use of a Prohibited Method, The FA shall consider whether such finding is consistent with Use of the Prohibited Substance or Prohibited Method prior to that date, in which case there shall be no case to answer.

#### Section 1D: Process for Appealing a Denial or Conditional Grant of a Therapeutic Use Exemption

- 1D1 A Player who wishes to appeal a decision of the UK TUE Committee must lodge written notice of the appeal with the NADO within ten (10) working days of the date of receipt of the decision in question. The only available grounds of appeal shall be that the decision is not consistent with the requirements of the International Standard for TUEs.
- 1D2 The notice should be sent to the NADO at the following address, in an envelope marked "Private and confidential TUE Appeal":
- TUE  
UK Anti-Doping  
Third Floor, Fleetbank House,  
2-6 Salisbury Square, London  
EC4Y 8JX  
or by confidential fax: 0800 298 3362  
or by e-mail: tue@ukad.org.uk
- 1D3 The NADO will pass the notice of appeal, along with the complete file of the original TUE application, to the UK TUE Appeal Panel. The UK TUE Appeal Panel will be made up of three (3) members meeting the criteria set out at clause 1A7, but who were not involved in the decision being appealed.
- 1D4 The UK TUE Appeal Panel will review the application, including the medical information provided, and make a decision as soon as reasonably practicable, in accordance with the requirements set out in the International Standard for TUEs and without being bound in any way by the decision being appealed.
- 1D5 The UK TUE Appeal Panel must make its decisions unanimously for a TUE to be granted. Where it considers it appropriate to seek further medical or scientific opinion or information in relation to the appeal, whether from the Player or his physician or from a third party, the UK TUE Appeal Panel shall do so as quickly as is practicable, provided that the identity of the applicant shall not be disclosed to any third party. The UK TUE Appeal Panel shall make its decision as soon as reasonably practicable after receipt of the further information or opinion. The Chair of the UK TUE Appeal Panel will provide a copy of the written decision to the NADO as soon as practicable, the target being within two (2) working days of the decision being made.
- 1D6 If the UK TUE Appeal Panel grants the TUE, it shall detail in its decision (a) the duration of the exemption; and (b) any conditions or requirements that the Player must satisfy.

- 1D7 If the UK TUE Appeal Panel denies the TUE or imposes any conditions or requirements on its grant, it shall state its reasons for doing so in the decision itself.
- 1D8 The NADO will send copies of the UK TUE Appeal Panel's decision, on a confidential basis, to the Player and The FA as soon as possible. The FA will then notify FIFA and UEFA as soon as possible. The NADO will also send a copy on a confidential basis to WADA and other Anti-Doping Organisations, in accordance with paragraph 1.9(c), above.
- 1D9 The foregoing provisions of this Section 1D shall be without prejudice to:
- (a) the right of a Player to appeal to the UK TUE Appeal Panel against any decision of the UK TUE Committee denying a TUE, on the grounds that such decision did not comply with the International Standard for TUEs;
  - (b) the right of a Player to request that WADA exercise its discretion to intervene and overturn any decision of the UK TUE Appeal Panel, on the grounds that such decision did not comply with the International Standard for TUEs;
  - (c) the right of WADA, on its own initiative, to reverse a TUE decision if it determines that such decision did not comply with the International Standard for TUEs;
  - (d) the right of The FA or the NADO to appeal to CAS against any decision of the UK TUE Appeal Panel; and
  - (f) the right of the Player or the NADO (or FIFA or UEFA in accordance with their rules) to appeal to CAS against any decision made by WADA reversing a TUE decision made pursuant to this Guide.
- 1D10 Until such time as the grant of a TUE application made pursuant to this Guide has been reversed by WADA, or the denial of a TUE application made pursuant to this Guide has been reversed by WADA, or overturned on appeal, such grant or denial shall remain in full force and effect.
- 1D11 Where the NADO fails to take action on a properly submitted application for a TUE within a reasonable time, this failure to decide may be considered a denial of the application for the purpose of the appeal rights provided in this schedule.

**EXEMPTION FORMS CAN BE DOWNLOADED FROM UK ANTI-DOPING'S WEBSITE.**