

# 13 - ANTI-DOPING REGULATIONS

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## PREAMBLE

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This Preamble is a binding part of these Anti-Doping Regulations.

Any term used in these Anti-Doping 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 the Rules.

## 1. EFFECTIVE VERSION

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The amendments to these Anti-Doping Regulations shall come into full force and effect on 1 January 2021 (the “Effective Date”), replacing the Anti-Doping Regulations that were in force prior to the Effective Date.

Participants and other Persons 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 Association's website, located at [www.TheFA.com](http://www.TheFA.com).

These Anti-Doping Regulations may be supplemented by further instructions and/or guidelines issued by The Association from time to time. Any supplemental instructions and/or guidelines are binding on Participants and other Persons.

## 2. AIMS OF ANTI-DOPING

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Doping has become a constant concern of international sports organisations and national governments. The fundamental aims of anti-doping are threefold:

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

The above fundamental aims are adopted by The Association as laid down by FIFA, and they are derived from the World Anti-Doping Code.

## 3. PARTICIPANTS' AND OTHER PERSONS' ANTI-DOPING RESPONSIBILITIES

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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 Association;
- 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;
- co-operate with any investigation regarding a potential Anti-Doping Rule Violation;

## 13 - ANTI-DOPING REGULATIONS

- inform The Association and FIFA of any decision by a body (whether or not a signatory to the World Anti-Doping Code) that they infringed anti-doping rules in the last ten (10) years; and
- disclose the identity of their Player Support Personnel upon request by The Association or any other Anti-Doping Organisation with authority over the Player.

In particular, Player Support Personnel must –

- be aware of and comply with all applicable anti-doping policies and Rules and Regulations adopted by The Association;
- co-operate with The Association's Anti-Doping Programme;
- use their influence on values and behaviour to foster anti-doping attitudes among Players and other Participants;
- co-operate with any investigation regarding a potential Anti-Doping Rule Violation; and
- inform The Association and FIFA of any decision by a body (whether or not a signatory to the World Anti-Doping Code) that they infringed anti-doping rules in the last ten (10) years.

Other Participants and other Persons must –

- be aware of and comply with all applicable anti-doping policies and Rules and Regulations adopted by The Association, to the extent those policies, Rules and Regulations impose obligations on them;
- co-operate with any investigation regarding a potential Anti-Doping Rule Violation; and
- inform The Association and FIFA of any decision by a body (whether or not a signatory to the World Anti-Doping Code) that they infringed anti-doping rules in the last ten (10) years.

The Anti-Doping Rule Violations set out in the Anti-Doping Regulations may be committed by Participants or other Persons. 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

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Players are obliged to undergo drug tests as set out in these Anti-Doping Regulations. Testing may take place In-Competition (i.e. the period that commences at 23:59 on the day before a match in which a Player is scheduled to participate through to the end of that match and the completion of any sample collection process after the match) or Out-Of-Competition (i.e. at any other time) and at any location without any advance notice.

### 5. PROHIBITED SUBSTANCES AND PROHIBITED METHODS

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Prohibited Substances and Prohibited Methods are set out or referenced in the List of Prohibited

Substances and Prohibited Methods (the "Prohibited List"). Participants and other Persons 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 binding on Participants and other Persons, and recognised and enforced by The Association.

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 Association's website, located at [www.TheFA.com/anti-doping](http://www.TheFA.com/anti-doping).

## 13 - ANTI-DOPING REGULATIONS

### 6. STRICT LIABILITY

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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

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Participants and other Persons 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, and which may only be eliminated or reduced or suspended (as applicable) in accordance with the exceptional or specific circumstances set out in these Anti-Doping Regulations (see Part Seven).

### 8. PERSONAL INFORMATION

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Personal information that is provided pursuant to these Anti-Doping Regulations shall be collected, stored, processed and/or disclosed in compliance with the applicable law for the purposes of carrying out these Anti-Doping Regulations (including the International Standard for the Protection of Privacy and Personal Information). More information on this processing, and individuals' data subject rights, can be found in The Association's Anti-Doping Privacy Policy.

### 9. ENQUIRIES

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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

Email: [integrity@thefa.com](mailto:integrity@thefa.com)

### ANTI-DOPING REGULATIONS

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#### PART ONE – ANTI-DOPING RULE VIOLATIONS

##### General

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1. These Anti-Doping Regulations are intended to implement the mandatory provisions of the World Anti-Doping Code (the “Code”) and the International Standards (each as amended from time to time), and shall be interpreted in accordance with that purpose. The comments annotating various Code provisions are incorporated by reference into these Anti-Doping Regulations as if set out in full herein, and shall be used to interpret these Anti-Doping Regulations. In addition, where these Anti-Doping Regulations conflict with the provisions of the FIFA Anti-Doping Regulations in force from time to time, the provisions of the FIFA Anti-Doping Regulations shall prevail. Participants and other Persons shall be bound by these Anti-Doping Regulations and the Results Management authority of The Association, and also the FIFA Anti-Doping Regulations and the Results Management authority of FIFA.

##### Anti-Doping Rule Violations

2. Doping is defined as the occurrence of one or more of the anti-doping rule violations set forth in Regulations 3-13 (each, an “Anti-Doping Rule Violation”). The purpose of Regulations 3-13 is to specify the circumstances and conduct that constitute Anti-Doping Rule Violations. 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 Association.
3. Presence of a Prohibited Substance or its Metabolites or Markers in a Player's Sample
  - (a) The presence of any Prohibited Substance or any of its Metabolites or Markers in a Player's Sample constitutes an Anti-Doping Rule Violation by that Player under this Regulation 3.
  - (b) It is the Player's personal duty to ensure that no Prohibited Substance enters his body. Players are responsible for any Prohibited Substances or Markers found to be present in their Samples. Accordingly, it is not necessary that intent, Fault, negligence or knowing Use on the Player's part be demonstrated in order to establish an Anti-Doping Rule Violation under Regulation 3.
  - (c) Sufficient proof of an anti-doping rule violation under Regulation 3 is established by any of the following:
    - (i) presence of a Prohibited Substance or its Metabolites or Markers in the Players “A” Sample where the Player waives analysis of the “B” Sample and the “B” Sample is not analysed; or
    - (ii) where the Player's “B” Sample is analysed and the analysis of the Player's “B” Sample confirms the presence of the Prohibited Substance or its Metabolites or Markers found in the Player's “A” Sample; or
    - (iii) where the Player's “A” or “B” Sample is split into two parts and the analysis of the confirmation part of the split Sample confirms the presence of the Prohibited Substance or its Metabolites or Markers found in the first part of the split Sample or the Player waives analysis of the confirmation part of the split Sample.
  - (d) Excepting those substances for which a Decision Limit is specifically identified in the Prohibited List or a Technical Document, the presence of any reported quantity of a Prohibited Substance or its Metabolites or Markers in a Player's Sample shall constitute an Anti-Doping Rule Violation under Regulation 3.
  - (e) As an exception to the general rule of Regulation 3, the Prohibited List, International Standards and/or Technical Documents may establish special criteria for the reporting or the evaluation of certain Prohibited Substances.
  - (f) The penalties set out in Regulation 77 apply to this violation.

## 13 - ANTI-DOPING REGULATIONS

4. Use or Attempted Use by a Player of a Prohibited Substance or a Prohibited Method
  - (a) The Use or Attempted Use by a Player of a Prohibited Substance or a Prohibited Method constitutes an Anti-Doping Rule Violation under this Regulation 4.
  - (b) It is the Player's personal duty to ensure that no Prohibited Substance enters his body and that no Prohibited Method is Used. Accordingly, it is not necessary that intent, Fault, negligence or knowing Use on the Player's part be demonstrated in order to establish an Anti-Doping Rule Violation for Use of a Prohibited Substance or a Prohibited Method.
  - (c) The success or failure of the Use or Attempted Use of a Prohibited Substance or Prohibited Method is not material. It is sufficient that the Prohibited Substance or Prohibited Method was Used or Attempted to be Used for an Anti-Doping Rule Violation to be committed.
  - (d) The penalties set out in Regulation 77 apply to this violation.
5. A Player evading, refusing or failing to submit to Sample collection
  - (a) A Player evading Sample collection; or refusing or failing to submit to Sample collection without compelling justification after notification by a duly authorised person constitutes an Anti-Doping Rule Violation under this Regulation 5.
  - (b) The penalties set out in Regulation 81(a) apply to this violation.
6. Whereabouts Failures by a Player in a Registered Testing Pool
  - (a) Any combination of three missed tests and/or filing failures (as those terms are defined in the International Standard for Results Management ("ISRM")) within a twelve (12) month period by a Player in a Registered Testing Pool (whether the FIFA Pool, The Association's National Registered Testing Pool, or otherwise) is an Anti-Doping Rule Violation under this Regulation 6.
  - (b) Players who are included in a FIFA Pool ("FIFA Pool Players") and/or in The Association's National Registered Testing Pool ("NRTP Players") will be notified in writing by FIFA and/or The Association of that fact. FIFA Pool 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 are subject to requirements set out in the International Standard for Testing and Investigations ("ISTI"), which will be notified to them when they are notified that they have been included in the NRTP. For the avoidance of doubt, FIFA Pool Players and NRTP Players also remain subject to all of the requirements of these Anti-Doping Regulations, save for the requirements that Regulation 16 makes applicable to Players who are not in the FIFA Pools or the NRTP.
  - (c) It is the responsibility of all FIFA Pool Players and NRTP Players and their Clubs to ensure that they are aware of the applicable requirements for Players in these Registered Testing Pools, including (i) the requirements to file whereabouts information and to be available for testing at that whereabouts, and (ii) a Player's liability for an Anti-Doping Rule Violation based on three failures in any twelve (12) month period to file the required whereabouts information and/or to be available for testing at the whereabouts specified in such filing.
  - (d) FIFA Pool Players must file the whereabouts information required by FIFA with The Association, in accordance with FIFA's Anti-Doping Regulations, and The Association will submit that information to the FIFA Anti-Doping Unit.
  - (e) The penalties set out in Regulation 81(b) apply to this violation.

## 13 - ANTI-DOPING REGULATIONS

7. Tampering or Attempted Tampering with any part of Doping Control by a Participant or other Person
  - (a) Tampering or Attempted Tampering with any part of Doping Control by a Participant or other Person constitutes an Anti-Doping Rule Violation under this Regulation 7.
  - (b) The penalties set out in Regulation 81(a) apply to this violation.
8. Possession of a Prohibited Substance or a Prohibited Method by a Player or Player Support Person
  - (a) Possession by a Player In-Competition of any Prohibited Substance or any Prohibited Method, or Possession by a Player Out-of-Competition of any Prohibited Substance or any Prohibited Method which is prohibited Out-of-Competition, constitutes an Anti-Doping Rule Violation under this Regulation 8 unless the Player establishes that the Possession is consistent with a Therapeutic Use Exemption ("TUE") granted in accordance with these Regulations or other acceptable justification.
  - (b) Possession by a Player Support Person In-Competition of any Prohibited Substance or any Prohibited Method, or Possession by a Player Support Person Out-of-Competition but in connection with a Player, Match or training of any Prohibited Substance or any Prohibited Method which is prohibited Out-of-Competition, constitutes an Anti-Doping Rule Violation under this Regulation 8, unless the Player Support Person establishes that the Possession is consistent with a TUE granted to a Player in accordance with these Regulations or other acceptable justification.
  - (c) The penalties set out in Regulation 77 apply to this violation.
9. Trafficking or Attempted Trafficking in any Prohibited Substance or Prohibited Method by a Participant or other Person
  - (a) Trafficking or Attempted Trafficking by a Participant or other Person in any Prohibited Substance or Prohibited Method constitutes an Anti-Doping Rule Violation under this Regulation 9.
  - (b) The penalties set out in Regulation 81(c) apply to this violation.
10. Administration or Attempted Administration by a Participant or other Person (a) to any Player In-Competition of any Prohibited Substance or Prohibited Method, or (b) to any Player Out-of-Competition of any Prohibited Substance or any Prohibited Method that is prohibited Out-of-Competition
  - (a) Administration or Attempted Administration by a Participant or other Person (i) to any Player In-Competition of any Prohibited Substance or Prohibited Method, or (ii) to any Player Out-of-Competition of any Prohibited Substance or any Prohibited Method that is prohibited Out-of-Competition, constitutes an Anti-Doping Rule Violation under this Regulation 10.
  - (b) The penalties set out in Regulation 81(c) apply to this violation.
11. Complicity or Attempted Complicity by a Participant or other Person
  - (a) Assisting, encouraging, aiding, abetting, conspiring, covering up, or any other type of intentional complicity or Attempted Complicity involving an Anti-Doping Rule Violation, Attempted Anti-Doping Rule Violation, or violation of Regulation 105 by another Person, constitutes an Anti-Doping Rule Violation under this Regulation 11.
  - (b) The penalties set out in Regulation 81(d) apply to this violation.

## 13 - ANTI-DOPING REGULATIONS

### 12. Prohibited association by a Participant or other Person

- (a) Association by a Participant or other Person subject to the authority of an Anti-Doping Organisation in a professional or sport-related capacity with any Player Support Personnel constitutes an Anti-Doping Rule Violation under this Regulation 12 where that Player Support Person:
  - (i) if subject to the authority of an Anti-Doping Organisation, is serving a period of Ineligibility; or
  - (ii) if not subject to the authority of an Anti-Doping Organisation and where Ineligibility 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 Code-compliant anti-doping rules if they had been applicable to such Player Support Person. The disqualifying status of such Player Support Person shall be in force for the longer of six years from the criminal, professional or disciplinary decision or the duration of the criminal, disciplinary or professional sanction imposed; or
  - (iii) is serving as a front or intermediary for an individual described in Regulation 12(a)(i) or (a)(ii).
- (b) To establish a violation of Regulation 12, The Association must establish that the Participant or other Person knew of the Player Support Person's disqualifying status.
- (c) The burden shall be on the Participant or other Person to establish that any association with a Player Support Person described in Regulation 12(a) is not in a professional or sport-related capacity and/or that such association could not have been reasonably avoided. If they discharge that burden (in either respect), that shall be a complete defence to the charge that the Participant or other Person has committed an Anti-Doping Rule Violation under this Regulation 12.
- (d) The penalties set out in Regulation 81(e) apply to this violation.

### 13. Acts by a Participant or other Person to discourage or retaliate against reporting to authorities

- (a) The following conduct by a Participant or other Person constitutes an Anti-Doping Rule Violation under this Regulation 13, where such conduct does not otherwise constitute a violation of Regulation 7:
  - (i) Any act that threatens or seeks to intimidate another Person with the intent of discouraging the Person from the good-faith reporting of information that relates to an alleged Anti-Doping Rule Violation or alleged non-compliance with these Anti-Doping Regulations and/or the Code to The Association, FIFA, WADA, UKAD or other Anti-Doping Organisation, a law enforcement, regulatory or professional disciplinary body, a hearing body or a Person conducting an investigation for The Association, FIFA, WADA, UKAD or other Anti-Doping Organisation.
  - (ii) Retaliation against a Person who, in good faith, has provided evidence or information that relates to an alleged Anti-Doping Rule Violation or alleged non-compliance with these Anti-Doping Regulations and/or the Code to The Association, FIFA, WADA, UKAD or other Anti-Doping Organisation, a law enforcement, regulatory or professional disciplinary body, a hearing body or a Person conducting an investigation for The Association, FIFA, WADA, UKAD or other Anti-Doping Organisation.
- (b) For the purposes of this Regulation 13, retaliation, threatening, and intimidation include an act taken against such Person either because the act lacks a good faith basis or is a disproportionate response.
- (c) The penalties set out in Regulation 81(f) apply to this violation.

## 13 - ANTI-DOPING REGULATIONS

### PART TWO - MISCONDUCT RELATED TO THE ASSOCIATION'S ANTI-DOPING PROGRAMME

#### Misconduct

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14. Breach of any of Regulations 15-18 (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 Association, for which the Regulatory Commission shall have at its disposal all of the penalties set out in Regulation 40 of the Disciplinary Regulations, save that for a proven breach of Regulation 16 the penalty set out at Regulation 16(f) of these Anti-Doping Regulations shall apply.
15. Club filing failures (Players not in FIFA Pool or the NRTP):
- (a) A Club must provide to The Association upon request any whereabouts information that The Association specifies from time to time in respect of any of that Club's Players who are not FIFA Pool 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 Player's home address and any other address at which the Player regularly resides overnight.
  - (b) The Association (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 15 for a Club to do one or more of the following:
    - (i) to fail to provide whereabouts information in the manner directed by The Association; or
    - (ii) to provide whereabouts information that is either initially inaccurate or has not been updated by the Club as necessary to ensure it remains accurate;on three different occasions within any twelve (12) month period.
16. Missed tests (Players not in FIFA Pool or the NRTP):
- (a) A Player who is not a FIFA Pool Player or an NRTP Player shall be deemed to be aware of the whereabouts information provided by his Club to The Association further to Regulation 15, 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 16(b) and 16(c)) he shall be notified by The Association that he is deemed to have missed a test and may be targeted for testing. It is a breach of this Regulation 16 for a Player who is not a FIFA Pool Player or an NRTP Player to miss three tests within any twelve (12) month period.



## 13 - ANTI-DOPING REGULATIONS

- (b) Any Player who is eighteen (18) years old on or before 31 August in the relevant season 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 Association with details of an alternative venue at which he will be present and available for drug testing, which must include a stipulated sixty (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 (2) hours from the time that the Player notifies The Association of his absence.
  - (ii) He is present and available for drug testing at that alternative venue for the whole of the sixty (60) minute time slot stipulated by him.
- (c) Any Player who is not eighteen (18) years old on or before 31 August in the relevant season 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 Association of his absence in advance of that absence; or
  - (ii) following that absence, he provides The Association with satisfactory 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 any FIFA Pool or the NRTP for the period that they are so included.
- (f) For a violation of this Regulation, a suspension of at least one year but of no more than two years must be imposed, with the precise length of the suspension to be fixed based on the Player's degree of Fault.

### 17. Interference:

- (a) Interference with the conduct of a drug test or any other aspect of the Anti-Doping Programme by a Participant that does not amount to an Anti-Doping Rule Violation under Regulation 5 and/or 7 will be a breach of this Regulation 17. 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 17(b) - (e) (inclusive) are a non-exhaustive list of examples of conduct that shall be regarded as a breach of this Regulation 17.
- (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 Association 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;

## 13 - ANTI-DOPING REGULATIONS

- (iii) a delay in the Player submitting himself for testing following such notification; and
    - (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 Association within fourteen (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.
  - (f) For the avoidance of doubt, nothing in this Regulation 17 shall prevent any of the conduct mentioned being pursued as an Anti-Doping Rule Violation under Regulation 5 (Evading, refusing or failing to submit to Sample Collection), Regulation 7 (Tampering or Attempted Tampering with any part of Doping Control by a Participant or other Person), and/or Regulation 11 (Complicity or Attempted Complicity by a Participant or other Person), where appropriate.
- 18.** Possession or Use of a Prohibited Substance by a Player Support Person:
- (a) It is a breach of this Regulation 18 for a Player Support Person to Use any Prohibited Substance or to Possess any Prohibited Substance without valid justification.
  - (b) Possession of a Prohibited Substance that constitutes an Anti-Doping Rule Violation under Regulation 8 (Possession of a Prohibited Substance or a Prohibited Method by a Player or Player Support Person) shall be dealt with as an Anti-Doping Rule Violation pursuant to that Regulation.
  - (c) Possession of a Prohibited Substance by a Player Support Person that does not constitute an Anti-Doping Rule Violation under Regulation 8 shall be dealt with as Misconduct pursuant to this Regulation 18 (or, where appropriate, under The Association's Social Drugs Regulations).
- 19.** For the avoidance of doubt, Regulations 15-18 do not restrict The Association's general power to bring proceedings for Misconduct pursuant to Rule E.1 of the Rules of The Association in any circumstances that it deems appropriate, whether related to The Association's Anti-Doping Programme or otherwise. Instead, Regulations 15-18 simply identify specific examples of conduct related to The Association's Anti-Doping Programme that may be treated as Misconduct pursuant to that Rule E.1.

## PART THREE – PROHIBITED SUBSTANCES AND PROHIBITED METHODS IDENTIFIED ON THE PROHIBITED LIST

- 20.** The Prohibited List shall identify (a) those substances and methods that are prohibited as doping at all times (both In-Competition and Out-of-Competition) because of their potential to enhance performance in future or their masking potential, and (b) those substances and methods which are prohibited In-Competition only. The version of the Prohibited List current as at the Effective Date appears at Schedule Three.
- 21.** The Prohibited List and its revisions shall come into effect under these Anti-Doping Regulations three (3) months after publication of the Prohibited List by WADA without requiring any further action by The Association. All Participants and other Persons shall be bound by the Prohibited List, and any revisions thereto, from the date they go into effect, without further formality. It is the responsibility of all Participants and other Persons to familiarise themselves with the most up-to-date version of the Prohibited List and revisions thereto.
- 22.** For the purpose of the application of Part Seven (Consequences and other measures in respect of individuals), all Prohibited Substances shall be Specified Substances except as identified in the Prohibited List. No Prohibited Method shall be a Specified Method unless it is specifically identified as a Specified Method in the Prohibited List.

## 13 - ANTI-DOPING REGULATIONS

23. For the purpose of the application of Part Seven (Consequences and other measures in respect of individuals), Substances of Abuse shall include those Prohibited Substances which are specifically identified as Substances of Abuse on the Prohibited List because they are frequently abused in society outside of the context of sport.
24. WADA's determination of the Prohibited Substances and Prohibited Methods that will be included on the Prohibited List, the classification of substances into categories on the Prohibited List, the classification of a substance as prohibited at all times or In-Competition only, and the classification of a substance or method as a Specified Substance, Specified Method or Substance of Abuse, is final and may not be challenged by a Participant or other Person, including, but not limited to, based on an argument that the substance or method was not a masking agent or did not have the potential to enhance performance, represent a health risk, or violate the spirit of sport.
25. Changes to the Prohibited List and Technical Documents relating to substances or methods on the Prohibited List shall not, unless they specifically provide otherwise, be applied retroactively. As an exception, however, when a Prohibited Substance or Prohibited Method has been removed from the Prohibited List, a Participant or other Person currently serving a period of Ineligibility on account of the formerly Prohibited Substance or Prohibited Method may apply to The Association to consider a reduction in the period of Ineligibility in light of the removal of the substance or method from the Prohibited List.

## PART FOUR – DRUG TESTING AND INVESTIGATIONS PROCEDURES

26. A Player may be subject to In-Competition and Out-of-Competition Testing at any time and place by FIFA, The Association, WADA, and/or UKAD. Testing shall include, but shall not be limited to, urine tests and blood tests. Save in exceptional and justifiable circumstances, all Testing shall take place without advance notice to the Player in question.
27. Where more than one member of a team has been notified of an Anti-Doping Rule Violation, The Association shall conduct appropriate Target Testing of the team in the same playing season.
28. Administrative and procedural guidelines for the conduct of drug testing are set out in the Procedural Guidelines (see Schedule One). Procedural guidelines for Sample collection are also set out in the ISTI, a copy of which is available on WADA's website ([www.wada-ama.org](http://www.wada-ama.org)). In the event of inconsistency between the Procedural Guidelines and the ISTI, the ISTI shall prevail. For the avoidance of doubt, The Association may also exercise its powers of inquiry under the Rules of The Association to investigate possible instances of breach of these Anti-Doping Regulations.

## PART FIVE – THERAPEUTIC USE EXEMPTIONS (“TUES”)

29. The presence of a Prohibited Substance or its Metabolites or Markers, and/or the Use or Attempted Use, Possession, or Administration or Attempted Administration of a Prohibited Substance or Prohibited Method, shall not be considered an Anti-Doping Rule Violation if it is consistent with the provisions of a TUE.
30. A Player may request permission to Use, for therapeutic purposes, substances or methods on the Prohibited List where such Use would otherwise be prohibited. The question of whether or not a TUE should be granted shall be determined by UKAD in accordance with the procedure and criteria for the grant of a TUE attached as Schedule Four to these Anti-Doping Regulations.

## 13 - ANTI-DOPING REGULATIONS

### PART SIX – RESULTS MANAGEMENT

31. The Association's Results Management process is set out in this Part Six and in the ISRM. In the event of inconsistency between this Part Six and the ISRM, the ISRM shall prevail.
32. Results Management arising under these Anti-Doping Regulations shall be conducted by The Association and/or UKAD as agreed between them. References to The Association in this Part Six shall accordingly be deemed to encompass reference to UKAD as necessary, and references in the ISRM to the Results Management Authority shall be deemed to be references to either The Association or UKAD as necessary.

#### Review of Adverse Analytical Findings

33. Upon receipt of an Adverse Analytical Finding in relation to an "A" Sample, The Association (involving Independent Reviewers as it deems appropriate) shall conduct a review of any TUE granted to the Player as well as of the documentation relating to the Sample collection and the "A" Sample analysis, and any other relevant information, to determine:
  - (a) whether the presence of the Prohibited Substance or its Metabolites or Markers in the Player's Sample is consistent with a valid and applicable TUE held by the Player (or alternatively whether the Player should be invited to apply for a retroactive TUE); or
  - (b) whether there has been any apparent departure from the ISTI or the International Standard for Laboratories ("ISL") that caused the Adverse Analytical Finding; or
  - (c) whether it is apparent that the Adverse Analytical Finding was caused by an ingestion of the Prohibited Substance by a permitted route.
34. If pursuant to Regulation 33 The Association determines either that the Adverse Analytical Finding is consistent with a valid and applicable TUE held by the Player (including any retroactive TUE), or that there has been an apparent departure from either the ISTI or the ISL that caused the Adverse Analytical Finding, or that it is apparent that the Prohibited Substance was ingested by a permitted route, The Association shall advise the Player, FIFA, WADA, UKAD, and any other relevant NADO of that fact, and no further action shall be taken in relation to such Adverse Analytical Finding.
35. If pursuant to Regulation 33 The Association determines that there is neither a valid and applicable TUE with which the Adverse Analytical Finding is consistent, nor a departure from either the ISTI or the ISL that caused the Adverse Analytical Finding, and nor is it apparent that the Prohibited Substance was ingested by a permitted route, it shall send the Player a Notice in accordance with Regulation 46.

#### Review of Atypical Findings

36. Where a laboratory reports the presence in a Sample of a Prohibited Substance or its Markers or Metabolites as an Atypical Finding, The Association (using Independent Reviewers as it deems appropriate) will conduct a review to determine:
  - (a) whether the presence of the Prohibited Substance or its Marker or Metabolite in the Player's Sample is consistent with a valid and applicable TUE held by the Player (or alternatively whether the Player should be invited to apply for a retroactive TUE, if they have not applied already); or
  - (b) whether there has been any apparent departure from the ISTI or the ISL that caused the Atypical Finding; or
  - (c) whether it is apparent that the Atypical Finding was caused by an ingestion of the Prohibited Substance by a permitted route.

## 13 - ANTI-DOPING REGULATIONS

37. If it is determined pursuant to Regulation 36 either that the Atypical Finding is consistent with a valid and applicable TUE held by the Player (including any retroactive TUE), or that there has been an apparent departure from either the ISTI or the ISL that caused the Atypical Finding, or that it is apparent that the Prohibited Substance was ingested by a permitted route, The Association shall advise the Player, FIFA, WADA, UKAD, and any other relevant NADO of that fact, and no further action shall be taken in relation to such Atypical Finding.
38. If it is determined pursuant to Regulation 36 that there is neither a valid and applicable TUE with which the Atypical Finding is consistent, nor a departure from either the ISTI or the ISL that caused the Atypical Finding, and it is not apparent that the Prohibited Substance was ingested by a permitted route, The Association will conduct any necessary follow-up investigation, including any further Testing that may be required.
39. Pending the outcome of the investigation, the Atypical Finding will be kept confidential, save that:
- (a) if The Association determines that the "B" Sample should be analysed as part of the investigation, The Association shall notify the Player in accordance with Regulation 46(e), and such notice shall additionally include a description of the Atypical Finding and specify the Player's right to request copies of the "A" and "B" Sample laboratory documentation packages;
  - (b) if requested by The Association, FIFA, a FIFA Confederation, another member Association of FIFA, or a National Olympic Committee that is about to select Players to participate in an international competition recognised by FIFA, The Association may confirm that the Player has a pending Atypical Finding, after informing the Player; and
  - (c) if the Atypical Finding is, in the opinion of qualified medical or expert personnel, likely to be connected to a serious pathology that requires urgent medical attention, The Association will inform the Player of the Atypical Finding.
40. If The Association decides that the Atypical Finding should not be pursued as a potential Anti-Doping Rule Violation, it shall notify the Player, FIFA, WADA, UKAD, and any other relevant NADO. FIFA and/or WADA and/or UKAD and/or any other relevant NADO may either appeal that decision in accordance with Part Nine (Appeals) or may elect to pursue the Atypical Finding as an Anti-Doping Rule Violation under its own rules.
41. If The Association decides that the Atypical Finding should be pursued as one or more potential Anti-Doping Rule Violations, it shall send the Player a Notice in accordance with Regulation 46.

### **Review of Atypical Passport Findings and Adverse Passport Findings**

42. The Association will review Atypical Passport Findings and Adverse Passport Findings in accordance with Annex C to the ISRM. At such time as The Association is satisfied that an Anti-Doping Rule Violation has occurred, it shall send the Player a Notice in accordance with Regulation 46.

### **Review of Whereabouts Failures**

43. The Association will conduct Results Management in relation to potential Whereabouts Failures by Players in a Registered Testing Pool in accordance with ISRM Annex B.3. At such time as The Association is satisfied that an Anti-Doping Rule Violation has occurred, it shall send the Player a Notice in accordance with Regulation 46.

### **Review of other evidence of a potential Anti-Doping Rule Violation**

44. Where there is evidence of a potential Anti-Doping Rule Violation other than an Adverse Analytical Finding, an Atypical Finding, an Adverse Passport Finding, or Whereabouts Failures, The Association will review the file in accordance with ISRM Annex A (where applicable).
45. Where The Association concludes that the Participant or other Person may have committed one or more Anti-Doping Rule Violations, The Association shall send the Participant or other Person a Notice in accordance with Regulation 46.

### Notice

46. Where it is determined, pursuant to Regulations 33-45, that a Participant or other Person may have committed one or more Anti-Doping Rule Violations, The Association shall promptly notify the Participant or other Person, his Club (where relevant), UKAD, FIFA, WADA, any other relevant NADO, and (with the consent of a Player) the Professional Football Association ("PFA"), in writing (the "Notice") of:
- (a) the Anti-Doping Rule Violation(s) that The Association says the Participant or other Person may have committed;
  - (b) a summary of the facts and evidence relied upon by The Association in this regard;
  - (c) any Provisional Suspension to be imposed on the Participant or other Person pursuant to Regulation 54, along with an explanation of the Participant's or other Person's Regulation 54(d) rights in relation to such Provisional Suspension;
  - (d) the Consequences applicable under these Anti-Doping Regulations if it is established that the Participant or other Person has committed the specified Anti-Doping Rule Violation(s) (including identifying any discretion that may exist in relation to such Consequences under these Rules);
  - (e) where the specified Anti-Doping Rule Violations are Regulations 3 or 4 Anti-Doping Rule Violations based on an Adverse Analytical Finding:
    - (i) the details of the Adverse Analytical Finding;
    - (ii) the Player's right to a copy of the laboratory documentation package for the Adverse Analytical Finding;
    - (iii) the right of the Player to request the analysis of the "B" Sample, explaining that any request for such analysis must be sent in writing so that it is received by The Association within ten (10) days of the Player's receipt of the Notice, failing which the right to the "B" Sample analysis shall be deemed to be waived; and
    - (iv) if such right is exercised, the right of the Player and/or the Player's representative to attend the opening and analysis of the "B" Sample by the laboratory that analysed the "A" Sample at a date and time to be specified by The Association in accordance with Regulation 48.
  - (f) where the specified Anti-Doping Rule Violation is based on an Adverse Passport Finding, that copies of the Athlete Biological Passport documentation package and the joint expert report are enclosed with the Notice;
  - (g) the right of the Participant or other Person to provide an alternative explanation (by a specified deadline) for the facts based on which The Association says the Participant or other Person may have committed an Anti-Doping Rule Violation (for example, in a case based on an Adverse Passport Finding, an alternative explanation for the data on which the Adverse Passport Finding is based);
  - (h) the right of the Participant or other Person to respond to the Notice (by a specified deadline) in one of the following ways, depending on the explanation (if any) provided:
    - (i) to admit the Anti-Doping Rule Violation(s) asserted, and accede to the Consequences specified in the Notice;
    - (ii) to admit the Anti-Doping Rule Violation(s) asserted, but to dispute and/or seek to mitigate the Consequences specified in the Notice, and to have the Consequences determined at a hearing; or
    - (iii) to deny the Anti-Doping Rule Violation(s) asserted, and (if The Association proceeds to charge in accordance with Regulation 57) to have the assertion and (if necessary) any Consequences determined at a hearing; and

## 13 - ANTI-DOPING REGULATIONS

- (i) the opportunity for the Participant or other Person:
  - (i) to provide Substantial Assistance as set out in Regulation 86;
  - (ii) to benefit (if they admit the Anti-Doping Rule Violation(s)) from the one (1) year reduction of the otherwise applicable period of Ineligibility pursuant to Regulation 89 (if applicable); and
  - (iii) to seek to agree a case resolution agreement as per Regulation 90.
- 47. Before sending the Notice to the Participant or other Person, The Association will organise a check of ADAMS and check with WADA and other relevant Anti-Doping Organisations as necessary to determine whether the Participant or other Person has committed any prior doping offence(s), and will identify the relevant Consequences for the Anti-Doping Rule Violation asserted in the Notice accordingly.

### **“B” Sample analysis**

- 48. In a case involving an Adverse Analytical Finding, if the Player exercises the right to have his “B” Sample analysed, such analysis shall be conducted by the laboratory that analysed the “A” Sample (unless the ISL provides otherwise) on the date and at the time specified by The Association, and the Player and/or their representative may attend at the laboratory on that date and at that time, at the Player’s cost, to witness the opening and analysis of the “B” Sample, as may representatives of The Association, FIFA, and UKAD (each at their own cost).
- 49. If the Player and/or his representative is unable to attend at the date and time specified by The Association for analysis of the “B” Sample, alternative dates and times will be offered in accordance with ISRM Article 5.1.2.4. If the Player and/or his representative are unable to attend on those alternative dates, the laboratory will arrange for an independent witness to attend the “B” Sample analysis on the specified date and time to verify, in accordance with the ISL, that the “B” Sample container shows no signs of Tampering and that the identifying numbers correspond to those on the Sample collection documentation.
- 50. If the Player admits the Anti-Doping Rule Violation(s) asserted in the Notice, and/or does not request analysis of his “B” Sample by the deadline referenced in Regulation 6(e)(iii), he will be deemed to have accepted the accuracy and reliability of the Adverse Analytical Finding based on the “A” Sample analysis alone, and analysis of the “B” Sample shall not be required. The Association may however proceed with such analysis at any time if it sees fit, in which case an independent witness shall attend the analysis for the purpose set out in Regulation 49.
- 51. Where a Player who has requested analysis of his “B” Sample has been Provisionally Suspended in accordance with Regulation 54, he shall remain Provisionally Suspended pending analysis of his “B” Sample. If the analysis of the “B” Sample does not confirm the Adverse Analytical Finding reported in respect of the “A” Sample, then (unless The Association asserts a Regulation 4 Anti-Doping Rule Violation against the Player) the entire test shall be considered negative and the Player, FIFA, UKAD, WADA, and any other relevant NADO will be so informed. In such circumstances, the Notice will be withdrawn, any Provisional Suspension imposed on the Player pursuant to Regulation 54 will be deemed automatically vacated with immediate effect (without the need for any further formality), and no further disciplinary action will be taken against the Player by The Association in relation to the original Adverse Analytical Finding (provided, however, that The Association may investigate why the “B” Sample did not match the “A” Sample). In addition, where the Player or the Player’s team has been removed from a Competition as a result of the Adverse Analytical Finding, if it is still possible (without otherwise affecting the Competition) for the Player or team to be reinstated, the Player or team may be reinstated and continue to take part in the Competition.
- 52. If the “B” Sample analysis confirms the Adverse Analytical Finding reported in respect of the “A” Sample, The Association will provide the “B” Sample laboratory documentation package to the Player, and give the Player a short deadline to provide or supplement his explanation for the Adverse Analytical Finding, and/or to admit the Anti-Doping Rule Violation(s) specified in the Notice based on the Adverse Analytical Finding to potentially benefit from a one (1) year reduction in the otherwise applicable period of Ineligibility under Regulation 89 (if applicable) and/or to accept a voluntary Provisional Suspension under Regulation 55 (if applicable). In case of doubt as to whether the “B” Sample analysis confirms the Adverse Analytical Finding in respect of the “A” Sample, The Association may refer the matter for further review by one or more Independent Reviewer(s), as The Association deems appropriate.

## 13 - ANTI-DOPING REGULATIONS

53. Where Regulation 50 or 51 applies, the Player shall not be responsible for the costs of the “B” Sample analysis. Where Regulation 52 applies, The Association may require the Player to pay the costs of the “B” Sample analysis.

### Provisional Suspension

54. The ability of The Association to impose a Provisional Suspension under this Regulation 54 is separate from, and operates independently of, Rule E.16.
- (a) When, in respect of a Player, an Adverse Analytical Finding or Adverse Passport Finding is received for a Prohibited Substance or a Prohibited Method that is not a Specified Substance or Specified Method, The Association shall impose a Provisional Suspension on the Player (“Mandatory Provisional Suspension”). A Mandatory Provisional Suspension will come into effect on the date specified by The Association in the Notice issued to the Player.
  - (b) The Association may provisionally suspend a Participant or other Person in all other Anti-Doping Rule Violation cases (an “Optional Provisional Suspension”). An Optional Provisional Suspension will come into effect on the date specified by The Association in the Notice issued to the Participant or other Person.
  - (c) If a Provisional Suspension is based on an “A” Sample Adverse Analytical Finding, and subsequently analysis of the “B” Sample does not confirm that Adverse Analytical Finding, any Provisional Suspension that was imposed on a Player based on that Adverse Analytical Finding shall be lifted without delay.
  - (d) Where a Provisional Suspension is imposed, the Participant or other Person 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 (A) the violation is likely to have involved a Contaminated Product, or (B) the violation involves a Substance of Abuse and the Player establishes an entitlement to a reduced period of Ineligibility under Regulation 80(a);
    - (ii) in respect of either a Mandatory Provisional Suspension or Optional Provisional Suspension, (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 that no period of Ineligibility is likely to be imposed; or (C) other facts exist that make it clearly unfair, in all the circumstances, for the Participant or other Person to be subject to a Provisional Suspension prior to the final first instance decision on the merits. (Ground (C) is to be construed narrowly, and applied only in truly exceptional circumstances. For example, the fact that the Provisional Suspension would prevent the Participant or other Person Participating in a particular Competition or Match shall not qualify as exceptional circumstances for these purposes).
  - (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 119.
55. Voluntary acceptance of Provisional Suspension:
- (a) Players may, on their own initiative, voluntarily accept a Provisional Suspension prior to the later of: (i) the expiration of ten (10) days from the report of the “B” Sample (or waiver of the “B” Sample) or ten (10) days from the Notice of any other Anti-Doping Rule Violation, or (ii) the date on which the Player first competes after such report or Notice.
  - (b) Other Participants and Persons on their own initiative may voluntarily accept a Provisional Suspension if done so within ten days from the notice of the Anti-Doping Rule Violation.



## 13 - ANTI-DOPING REGULATIONS

### Charge Letter

56. Upon receipt of a response by a Participant or other Person to a Notice, The Association will assess any explanation provided, and may conduct such further investigation as it sees fit. As part of such investigation, The Association may require that the Participant or other Person attends a personal interview. At any such interview, the Participant or other Person is entitled to be accompanied by a legal adviser, one representative from his Club (where applicable) a representative of the PFA (where applicable). Such interview may be recorded and may be used by The Association in any disciplinary proceedings brought against such Participant or other Person, or in any related investigation and/or disciplinary proceedings (whether conducted by The Association or any other party).
57. Where, after receipt of the response of the Participant or other Person to the Notice, or expiry of the deadline to receive such response, and after conducting such further investigation as it sees fit (if any), The Association considers that the Participant or other Person has committed one or more Anti-Doping Rule Violations, The Association will promptly charge the Participant or other Person with the relevant Anti-Doping Rule Violation(s).
58. The charge letter sent by The Association to the Participant or other Person (the "Charge Letter") will set out the following:
- (a) the Anti-Doping Rule Violation(s) that The Association asserts the Participant or other Person has committed;
  - (b) a summary of the facts and evidence relied upon by The Association in support of that assertion;
  - (c) the Consequences that The Association will seek under these Anti-Doping Regulations if it is established that the Participant or other Person has committed the Anti-Doping Rule Violation(s) asserted;
  - (d) the right of the Participant or other Person to respond to the Charge Letter (by a specified deadline of not more than twenty (20) days, which may be extended only in exceptional cases) in one of the following ways:
    - (i) to admit the Anti-Doping Rule Violation(s) asserted, and accede to the Consequences specified in the Charge Letter, including (where applicable) the one (1) year reduction pursuant to Regulation 89 of the otherwise applicable period of Ineligibility;
    - (ii) to admit the Anti-Doping Rule Violation(s) asserted, but to dispute and/or seek mitigation of the Consequences specified in the Charge Letter, and to have those Consequences determined at a hearing; or
    - (iii) to deny the Anti-Doping Rule Violation(s) asserted, and to have the assertion and (if necessary) any Consequences determined at a hearing;
  - (e) a warning that if the Participant or other Person does not deny the Anti-Doping Rule Violation(s) asserted or dispute the proposed Consequences or request a hearing by the prescribed deadline, the Participant or other Person will be deemed to have waived his right to a hearing and to have admitted the Anti-Doping Rule Violation(s) asserted and accepted the Consequences proposed in the Charge Letter (although, for the avoidance of doubt, this will not trigger any entitlement to the one (1) year reduction pursuant to Regulation 89);
  - (f) noting the position in relation to any Provisional Suspension in accordance with Regulation 54; and
  - (g) noting the opportunity for the Participant or other Person to provide Substantial Assistance as set out in Regulation 86, and/or to seek to enter into a case resolution agreement as per Regulation 90.
59. The Participant or other Person has the right to respond to the Charge Letter in any one of the following ways:
- (a) admit the Anti-Doping Rule Violation(s) charged, and accede to the Consequences specified in the Charge Letter;
  - (b) admit the Anti-Doping Rule Violation(s) charged, but dispute and/or seek to mitigate the Consequences specified in the Charge Letter, and have the Consequences determined at a hearing; or

## 13 - ANTI-DOPING REGULATIONS

- (c) deny the Anti-Doping Rule Violation(s) charged, and have the charge and (if necessary) any Consequences determined at a hearing; provided that if no response is received by the deadline specified in the Charge Letter, the Participant or other Person will be deemed to have admitted the Anti-Doping Rule Violation(s) charged, and, unless The Association (at its sole discretion) refers the determination of the applicable Consequences to a hearing, the Participant or other Person will also be deemed to have acceded to the Consequences specified in the Charge Letter.
- 60. The Charge Letter will be sent at the same time to the Participant or other Person charged, UKAD, FIFA, WADA, and any other relevant NADO, and The Association will cause it to be promptly reported into ADAMS. Thereafter, The Association may Publicly Disclose the charge in accordance with Code Article 14.3.1.
- 61. If by the deadline specified in Regulation 58(d) the Participant or other Person disputes the charge(s) and/or the Consequences specified by The Association in the Charge Letter and requests a hearing, the matter shall be referred to a Regulatory Commission.
- 62. For the avoidance of doubt, The Association may decide to withdraw a Charge Letter for good cause. In that event, The Association will promptly issue a reasoned decision confirming the withdrawal of the Charge and will send notice of the decision to the Participant or other Person who was the subject of the Charge Letter, and to each of UKAD, FIFA, WADA, and any other relevant NADO.

### Statute of Limitations

- 63. The Association may not charge a Participant or other Person with an alleged Anti-Doping Rule Violation unless the Participant or other Person 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.

### Retirement from sport

- 64. If a Participant or other Person retires while a Results Management process is underway, The Association retains jurisdiction to complete its Results Management process.
- 65. If a Participant or other Person retires before any Results Management process has begun, and The Association would have had Results Management authority over the Participant or other Person at the time the Participant or other Person committed an Anti-Doping Rule Violation, The Association has the authority to conduct Results Management in respect of that Anti-Doping Rule Violation.

### Disciplinary Proceedings

- 66. Any disciplinary proceedings brought against a Participant or other Person will be conducted in accordance with The Association's Disciplinary Regulations and any other applicable regulations, save to the extent contrary provisions are included in these Anti-Doping Regulations or the ISRM. By way of such contrary provisions, in respect of appeals, (1) an Appeal Board shall be independently administered and members of an Appeal Board may be appointed by an independent party from outside of The Association's Judicial Panel, and (2) in any case where each of The Association, Participant or other Person, WADA, and UKAD consents, proceedings alleging an Anti-Doping Rule Violation may be heard directly at CAS without any other prior hearing.
- 67. In determining whether or not a Participant or other Person has committed an Anti-Doping Rule Violation and any relevant Consequences, Regulatory Commissions and Appeal Boards shall interpret these Anti-Doping Regulations as an independent and autonomous text and not by reference to any existing national laws. These Anti-Doping Regulations are intended to implement the Code in a harmonised manner, and are distinct in nature from criminal and civil laws. They are not intended to be subject to or limited by any national requirements and legal standards applicable to criminal or civil proceedings, although they do respect and reflect, and are intended to be applied in a manner that respects and reflects, human rights and the principle of proportionality.

## 13 - ANTI-DOPING REGULATIONS

68. When reviewing the facts and the law of a given case, all courts, arbitral tribunals and other adjudicating bodies should be aware of and respect the distinct nature of these Anti-Doping Regulations, and of the fact that the Code that these Anti-Doping Regulations implement represents the views of the global consensus of WADA's stakeholders as to what is necessary to protect and ensure fair sport.

### Proof of Doping

69. Notwithstanding that a different burden and/or standard of proof may apply in other disciplinary proceedings brought pursuant to the Rules and Regulations of The Association, in proceedings alleging an Anti-Doping Rule Violation The Association 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 69 does not apply to a charge for Misconduct for a breach of any of Regulations 15-18.
70. Where these Anti-Doping Regulations place the burden of proof on a Participant or other Person to rebut a presumption or establish specific facts or circumstances, the standard of proof shall be on the balance of probabilities, except as provided in Regulations 72 and 73.
71. 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.
72. Analytical methods or Decision Limits approved by WADA after consultation within the relevant scientific community or which have been the subject of peer review shall be presumed to be scientifically valid. Any Participant or other Person seeking to challenge whether the conditions for such presumption have been met or seeking to rebut the presumption shall, as a condition precedent, first notify WADA and explain the basis for his position. A Regulatory Commission or Appeal Board or any other relevant commission or board (as applicable), on its own initiative, may also inform WADA of any such challenge/attempt to rebut the presumption. Within ten (10) days of WADA's receipt of such notice, and the case file related to such challenge, WADA shall also have the right to intervene as a party, appear as an amicus curiae, or otherwise provide evidence in such proceedings. In cases before CAS, at WADA's request, the CAS Panel shall appoint an appropriate scientific expert to assist the panel if it is evaluation of the challenge/attempt to rebut the presumption.
- (a) 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.
  - (b) WADA-accredited laboratories and other laboratories approved by WADA are presumed to have conducted Sample analysis and custodial procedures in accordance with the ISL. The Participant or other Person asserted to have committed an Anti-Doping Rule Violation may rebut this presumption by establishing that a departure from the ISL occurred that could reasonably have caused the Adverse Analytical Finding (or other factual basis for any other Anti-Doping Rule Violation asserted). If the Participant or other Person rebuts the preceding presumption by showing that a departure from the ISL occurred which could reasonably have caused the Adverse Analytical Finding, then The Association shall have the burden to establish that such departure did not cause the Adverse Analytical Finding.
73. Departures from any other International Standard or other anti-doping rule or policy set forth in the Code or in these Anti-Doping Regulations shall not invalidate analytical results or other evidence of an Anti-Doping Rule Violation; provided, however, that if the Participant or other Person establishes that a departure from one of the specific International Standard provisions listed below could reasonably have caused an anti-doping rule violation based on an Adverse Analytical Finding or whereabouts failure:
- (a) a departure from the ISTI related to Sample collection of Sample handling which could reasonably have caused an Anti-Doping Rule Violation based on an Adverse Analytical Finding, in which case The Association shall have the burden to establish that such departure did not cause the Adverse Analytical Finding;

## 13 - ANTI-DOPING REGULATIONS

- (b) a departure from the ISRM or ISTI provisions relating to an Adverse Passport Finding which could reasonably have caused the Anti-Doping Rule Violation asserted, in which case The Association shall have the burden to establish that such departure did not cause the Anti-Doping Rule Violation;
  - (c) a departure from the ISRM relating to the requirement to provide notice to the Player of the "B" Sample opening which could reasonably have caused the Adverse Analytical Finding based on which the Anti-Doping Rule Violation is asserted, in which case The Association shall have the burden to establish that such departure did not cause the Adverse Analytical Finding; or
  - (d) a departure from the ISRM provisions relating to Player notification which could reasonably have caused a whereabouts failure based on which the Anti-Doping Rule Violation is asserted in which case The Association shall have the burden to establish that such departure did not cause the whereabouts failure.
74. Facts established by a decision of a court or professional disciplinary tribunal that is not the subject of a pending appeal shall be irrebuttable evidence of those facts against the Participant or other Person to whom the decision pertained, unless that Participant or other Person establishes that the decision contravened principles of natural justice. To the extent that this Regulation differs from Regulation 30.5 of the Disciplinary Regulations, this Regulation shall prevail. This Regulation applies only to Anti-Doping Rule Violation cases.
75. A Regulatory Commission or Appeal Board or any other relevant commission or board (as applicable) hearing an Anti-Doping Rule Violation charge may draw any such adverse inference as it sees fit against a Participant or other Person based on the Participant's or other Person'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 SEVEN – CONSEQUENCES AND OTHER MEASURES IN RESPECT OF INDIVIDUALS

### Ineligibility for Presence, Use or Attempted Use, or Possession of a Prohibited Substance or Prohibited Method

76. The period of Ineligibility for a violation of Regulation 3 (Presence of a Prohibited Substance or its Metabolites or Markers in a Player's Sample), 4 (Use or Attempted Use by a Player of a Prohibited Substance or a Prohibited Method) or 8 (Possession of a Prohibited Substance or a Prohibited Method by a Player or Player Support Person) shall be as follows, subject to potential elimination, reduction, or suspension pursuant to Regulations 83 (Elimination of the period of Ineligibility where there is No Fault or Negligence), 84-85 (Reduction of the period of Ineligibility based on No Significant Fault or Negligence) or 86-88 (Elimination, reduction, or suspension of period of ineligibility or other consequences for reasons other than Fault).
77. Subject to Regulation 80(a), the period of Ineligibility shall be four (4) years where:
- (a) The Anti-Doping Rule Violation does not involve a Specified Substance, unless the Participant or other Person can establish that the Anti-Doping Rule Violation was not intentional.
  - (b) The Anti-Doping Rule Violation involves a Specified Substance and The Association can establish that the Anti-Doping Rule Violation was intentional.
78. If Regulation 77 does not apply, the period of Ineligibility shall be two (2) years, subject to Regulation 80(a).
79. As used in Regulation 77, the term "intentional" is meant to identify those Participants or other Persons who engage in conduct which they 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 Player 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 Player can establish that the Prohibited Substance was Used Out-of-Competition in a context unrelated to sport performance.

## 13 - ANTI-DOPING REGULATIONS

**80.** Notwithstanding any other provision in Regulations 76 - 80, where the Anti-Doping Rule Violation involves a Substance of Abuse:

- (a) If the Player can establish that any ingestion or Use occurred Out-of-Competition and was unrelated to sport performance, then the period of Ineligibility shall be three (3) months, which may be reduced to one month if the Participant satisfactorily completes a Substance of Abuse treatment programme approved by The Association. The period of Ineligibility established in this Regulation 80(a) is not subject to any reduction based on any provision in Regulations 84 - 85.
- (b) If the ingestion, Use, or Possession occurred In-Competition, and the Player can establish that the context of the ingestion, Use or Possession was unrelated to sport performance, the ingestion, Use, or Possession shall not be considered intentional for the purposes of Regulation 77 and shall not provide a basis for a finding of Aggravating Circumstances under Regulation 82.

### **Ineligibility for other Anti-Doping Rule Violations**

**81.** The period of Ineligibility for Anti-Doping Rule Violations other than presence, Use or Attempted Use, or Possession of a Prohibited Substance or Prohibited Method, shall be as follows, unless Regulations 84 - 85 (Reduction of the period of Ineligibility based on No Significant Fault or Negligence) or Regulations 86 - 88 (Elimination, reduction, or suspension of period of Ineligibility or other consequences for reasons other than Fault) are applicable:

- (a) For violations of Regulation 5 (Evading, refusing or failing to submit to Sample collection) or 7 (Tampering or Attempted Tampering with any part of Doping Control by a Participant or other Person), the period of Ineligibility shall be four years except:
  - (i) in the case of failing to submit to Sample collection, if the Player can establish that the commission of the Anti-Doping Rule Violation was not intentional, the period of Ineligibility shall be two years;
  - (ii) in all other cases, if the Participant or other Person can establish exceptional circumstances that justify a reduction of the period of Ineligibility, the period of Ineligibility shall be in a range from two years to four years, depending on the Participant's or other Person's degree of Fault; or
  - (iii) in a case involving a Protected Person or Recreational Player, the period of Ineligibility shall be in a range between a maximum of two years and, at a minimum, a reprimand and no period of Ineligibility, depending on the Protected Person's or Recreational Player's degree of Fault.
- (b) For violations of Regulation 6 (Registered Testing Pool Whereabouts Failures), the period of Ineligibility shall be two years, subject to reduction down to a minimum of one year, depending on the Player's degree of Fault, provided that there shall be no reduction 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.
- (c) For violations of Regulation 9 (Trafficking or Attempted Trafficking in any Prohibited Substance or Prohibited Method by a Participant or other Person) or 10 (Administration or Attempted Administration by a Participant or other Person to any Player In-Competition of any Prohibited Substance or Prohibited Method, or Administration or Attempted Administration to any Player Out-of-Competition of any Prohibited Substance or any Prohibited Method that is prohibited Out-of-Competition), the period of Ineligibility shall be a minimum of four years up to lifetime Ineligibility, depending on the seriousness of the violation. A Regulation 9 or Regulation 10 violation involving a Protected Person shall be considered a particularly serious violation and, if committed by Player Support Person for violations other than for Specified Substances, shall result in lifetime Ineligibility for Player Support Person. In addition, significant violations of Regulation 9 or Regulation 10 which may also violate non-sporting laws and regulations shall be reported to the competent administrative, professional or judicial authorities.

- (d) For violations of Regulation 11 (Complicity or Attempted Complicity by a Participant or other Person), the period of Ineligibility imposed shall be a minimum of two years, up to lifetime Ineligibility, depending on the seriousness of the violation.
- (e) For violations of Regulation 12 (Prohibited association by a Participant or other Person), the period of Ineligibility shall be two years, subject to reduction down to a minimum of one year, depending on the Participant or other Person's degree of Fault and other circumstances of the case.
- (f) For violations of Regulation 13 (Acts by a Participant or other Person to discourage or retaliate against reporting to authorities), the period of Ineligibility shall be a minimum of two years, up to lifetime Ineligibility, depending on the seriousness of the violation by the Participant or other Person.

### **Aggravating circumstances which may increase the period of ineligibility**

- 82.** If The Association establishes in an individual case involving an Anti-Doping Rule Violation other than violations under Regulation 9 (Trafficking or Attempted Trafficking in any Prohibited Substance or Prohibited Method by a Participant or other Person), Regulation 10 (Administration or Attempted Administration by a Participant or other Person to any Player In-Competition of any Prohibited Substance or Prohibited Method, or Administration or Attempted Administration to any Player Out- of- Competition of any Prohibited Substance or any Prohibited Method that is prohibited Out- of- Competition), Regulation 11 (Complicity or Attempted Complicity by a Participant or other Person), or Regulation 13 (Acts by a Participant or other Person to discourage or retaliate against reporting to authorities), that Aggravating Circumstances are present which justify the imposition of a period of Ineligibility greater than the standard sanction, then the period of Ineligibility otherwise applicable shall be increased by an additional period of Ineligibility of up to two years (with the increase depending on the seriousness of the violation and the nature of the Aggravating Circumstances) unless the Participant or other Person establishes that he did not knowingly commit the Anti-Doping Rule Violation.

### **Elimination of period of Ineligibility where there is No Fault or Negligence**

- 83.** If a Participant or other Person establishes in an individual case that he bears No Fault or Negligence, the otherwise applicable period of Ineligibility shall be eliminated.

Reduction of the period of Ineligibility based on No Significant Fault or Negligence – Reduction of sanctions in particular circumstances for violations of Regulation 3 (Presence of a Prohibited Substance or its Metabolites or Markers in a Player's Sample), Regulation 4 (Use or Attempted Use by a Player of a Prohibited Substance or a Prohibited Method) or Regulation 8 (Possession of a Prohibited Substance or a Prohibited Method by a Player or Player Support Person)

- 84.** All reductions under this Regulation 84 are mutually exclusive and not cumulative.

- (a) Specified Substances or Specified Methods

Where the Anti-Doping Rule Violation involves a Specified Substance (other than a Substance of Abuse) or Specified Method, and the Participant or other Person can establish No Significant Fault or Negligence, the period of Ineligibility shall be, at a minimum, a reprimand and no period of Ineligibility, and at a maximum, two years of Ineligibility, depending on the Participant's or other Person's degree of Fault.

- (b) Contaminated Products

In cases where the Participant or other Person can establish both No Significant Fault or Negligence and that the detected Prohibited Substance (other than a Substance of Abuse) came from a Contaminated Product, the period of Ineligibility shall be, at a minimum, a reprimand and no period of Ineligibility, and at a maximum, two years' Ineligibility, depending on the Participant's or other Person's degree of Fault.

## 13 - ANTI-DOPING REGULATIONS

### (c) Protected Persons or Recreational Players

Where the Anti-Doping Rule Violation not involving a Substance of Abuse is committed by a Protected Person or Recreational Player and the Protected Person or Recreational Player can establish No Significant Fault or Negligence, the period of Ineligibility shall be, at a minimum, a reprimand and no period of ineligibility, and at a maximum, two years' Ineligibility, depending on the Protected Person's or Recreational Player's degree of Fault.

### **Reduction of the period of Ineligibility based on No Significant Fault or Negligence beyond the application of Regulation 84**

- 85.** If a Participant or other Person establishes in an individual case where Regulation 84 is not applicable that he bears No Significant Fault or Negligence, then (subject to further reduction or elimination as provided in Regulations 86-88) the otherwise applicable period of Ineligibility may be reduced based on the Participant's or other Person's degree of Fault, but the reduced period of Ineligibility may not be less than one-half of the period of Ineligibility otherwise applicable. If the otherwise applicable period of Ineligibility is a lifetime, the reduced period under this Regulation 85 may be no less than eight (8) years.

### **Elimination, reduction, or suspension of period of Ineligibility or other Consequences for reasons other than Fault**

- 86.** Substantial Assistance in discovering or establishing Code violations:

- (a) Prior to an appellate decision or the expiration of the time to appeal, The Association may suspend a part of the Consequences (other than Disqualification and mandatory Public Disclosure) imposed in an individual case where the Participant or other Person has provided Substantial Assistance to an Anti-Doping Organisation, criminal authority or professional disciplinary body:
- (i) which results in the Anti-Doping Organisation discovering or bringing forward an Anti-Doping Rule Violation by another Person; or
  - (ii) which results in a criminal or disciplinary body discovering or bringing forward a criminal offence or a breach of professional rules committed by another Person and the information provided by the Participant or other Person providing Substantial Assistance is made available to The Association, UKAD or another Anti-Doping Organisation with Results Management responsibility; or
  - (iii) which results in WADA initiating a proceeding against a Signatory, WADA-accredited laboratory, or Athlete Passport Management Unit (as defined in the ISL) for non-compliance with the Code or an International Standard or Technical Document; or
  - (iv) (with the approval by WADA) which results in a criminal or disciplinary body bringing forward a criminal offence or a breach of professional or sport rules arising out of a sport integrity violation other than doping. After an appellate decision or the expiration of time to appeal, The Association may only suspend a part of the otherwise applicable Consequences (other than Disqualification and mandatory Public Disclosure) with the approval of WADA and FIFA.
- (b) The extent to which the otherwise applicable period of Ineligibility may be suspended shall be based on the seriousness of the Anti-Doping Rule Violation committed by the Participant or other Person and the significance of the Substantial Assistance that he has provided to the effort to eliminate doping in sport, non-compliance with the Code, and/or sport integrity violations. No more than three quarters of the otherwise applicable period of Ineligibility may be suspended. If the otherwise applicable period of Ineligibility is a lifetime, the non-suspended period under this Regulation 86(b) must be no less than eight (8) years. For the purposes of this Regulation 86(b), the otherwise applicable period of Ineligibility shall not include any period of Ineligibility that could be added under Regulation 94(b). If so requested by a Participant or other Person who seeks to provide Substantial Assistance, The Association shall allow the Participant or other Person to provide the information to it subject to a Without Prejudice Agreement. If the Participant or other Person fails to continue to cooperate and to provide the

complete and credible Substantial Assistance upon which a suspension of the Consequences was based, The Association shall reinstate the original Consequences. If The Association decides to reinstate suspended Consequences or decides not to reinstate suspended Consequences, that decision may be appealed by any Person entitled to appeal under Regulation 119.

- (c) To further encourage Participant and other Persons to provide Substantial Assistance to Anti-Doping Organisations, at the request of The Association or at the request of the Participant or other Person who has, or has been asserted to have, committed an Anti-Doping Rule Violation or other violation of the Code, WADA may agree at any stage of the Results Management process, including after an appellate decision, to what it considers to be an appropriate suspension of the otherwise-applicable period of Ineligibility and other Consequences. In exceptional circumstances, WADA may agree to suspensions of the period of Ineligibility and other Consequences for Substantial Assistance greater than those otherwise provided in this article, or even no period of Ineligibility, no mandatory Public Disclosure and/or no return of prize money or payment of fines or costs. WADA's approval shall be subject to reinstatement of the Consequences, as otherwise provided in this article. Notwithstanding Regulation 119, WADA's decisions in the context of this paragraph may not be appealed.
- (d) If The Association suspends any part of an otherwise applicable Consequence because of Substantial Assistance, it shall send notice providing justification for the decision to each Anti-Doping Organisation with a right to appeal the decision under Regulation 119. In unique circumstances where WADA determines that it would be in the best interests of anti-doping, The Association may enter into appropriate confidentiality agreements limiting or delaying the disclosure of the Substantial Assistance agreement or the nature of Substantial Assistance being provided.

**87. Admission of an Anti-Doping Rule Violation in the absence of other evidence:**

Where a Participant or other Person voluntarily admits the commission of an Anti-Doping Rule Violation before receiving either (a) notification of a Sample collection that could establish the Anti-Doping Rule Violation (in the case of a Regulation 3 Anti-Doping Rule Violation), or (b) a Notice (in the case of any other Anti-Doping Rule Violation), and that admission is the only reliable evidence of the violation at the time of the admission, the otherwise applicable period of Ineligibility may be reduced by up to but not by more than one half.

**88. Application of multiple grounds for reduction of a sanction:**

Where a Participant or other Person establishes entitlement to a reduction in sanction under more than one provision of Regulation 83 (Elimination of the period of Ineligibility where there is No Fault or Negligence), 84 - 85 (Reduction of the period of Ineligibility based on No Significant Fault or Negligence) or 86 - 88 (Elimination, reduction, or suspension of period of Ineligibility or other consequences for reasons other than Fault), before applying any reduction or suspension under Regulations 86 - 88, the otherwise applicable period of Ineligibility shall be determined in accordance with Regulations 76 - 80 (Ineligibility for presence, Use or Attempted Use, or Possession of a Prohibited Substance or Prohibited Method), 81 (Ineligibility for other Anti-Doping Rule Violations), and 84 - 85 (Reduction of the period of Ineligibility based on No Significant Fault or Negligence). If the Participant or other Person establishes entitlement to a reduction or suspension of the period of Ineligibility under Regulations 86 - 88, the period of Ineligibility may be reduced or suspended, but not below one fourth of the otherwise applicable period of Ineligibility.

**89. Results Management agreements:**

Where The Association sends a Participant or other Person a Charge Letter for an Anti-Doping Rule Violation that carries an asserted period of Ineligibility of four (4) or more years (including any period of Ineligibility asserted under Regulation 82), if the Participant or other Person admits the violation and accepts the asserted period of Ineligibility no later than twenty (20) days after receiving the Charge Letter, he shall receive a one (1) year reduction in the period of Ineligibility asserted by The Association. Where the Participant or other Person receives the one (1) year reduction in the asserted period of Ineligibility under this Regulation 89, no further reduction in the asserted period of Ineligibility shall be allowed under any other Regulation.



## 13 - ANTI-DOPING REGULATIONS

### 90. Case resolution agreements:

Where the Participant or other Person admits an Anti-Doping Rule Violation after being confronted with it by The Association and agrees to Consequences acceptable to The Association and WADA, at their sole discretion:

- (a) the Participant or other Person may receive a reduction in the period of Ineligibility based on an assessment by The Association and WADA of the application of Regulations 76 – 88 to the asserted Anti-Doping Rule Violation, the seriousness of the violation, the Participant's or other Person's degree of Fault, and how promptly the Participant or other Person admitted the violation; and
- (b) the period of Ineligibility may start as early as the date of Sample collection or the date on which another Anti-Doping Rule Violation last occurred.

In each case, however, where this Regulation 90 is applied, the Participant or other Person shall serve at least one half of the agreed upon period of Ineligibility going forward from the earlier of (1) the date the Participant or other Person accepted the imposition of a period of Ineligibility; and (2) the date the Participant or other Person accepted a Provisional Suspension which he subsequently respected. The decision by The Association and WADA to enter or not enter into a case resolution agreement, and the amount of the reduction to, and the starting date of, the period of Ineligibility agreed, are not matters that may be determined or reviewed by a hearing panel and are not subject to appeal under Regulation 119. If so requested by a Participant or other Person who seeks to enter into a case resolution agreement under this Regulation, The Association shall allow the Participant or other Person to discuss the potential admission of the Anti-Doping Rule Violation with it subject to a Without Prejudice Agreement.

### Multiple violations

### 91. For a Participant's or other Person's second Anti-Doping Rule Violation, the period of Ineligibility shall be the greater of:

- (a) a six (6) month period of Ineligibility; and
- (b) a period of Ineligibility in the range between:
  - (i) the sum of the period of Ineligibility imposed for the first Anti-Doping Rule Violation plus the period of Ineligibility otherwise applicable to the second Anti-Doping Rule Violation treated as if it were a first violation; and
  - (ii) twice the period of Ineligibility otherwise applicable to the second Anti-Doping Rule Violation treated as if it were a first violation.

The period of Ineligibility within this range shall be determined based on the entirety of the circumstances and the Participant's or other Person's degree of Fault with respect to the second violation.

The period of Ineligibility established in this Regulation 91 may then be further reduced by the application of Regulation 86.

### 92. A third Anti-Doping Rule Violation will always result in a lifetime period of Ineligibility, except that if the third violation fulfils the condition for reduction of the period of Ineligibility under Regulations 84 - 85, or involves a violation of Regulation 6 (Registered Testing Pool Whereabouts Failures), the period of Ineligibility shall be from eight (8) years to lifetime Ineligibility. The period of Ineligibility established in this Regulation 92 may then be further reduced by the application of Regulation 86.

### 93. An Anti-Doping Rule Violation for which a Participant or other Person has established No Fault or Negligence shall not be considered a violation for the purposes of Regulations 91 - 92. In addition, an Anti-Doping Rule Violation sanctioned under Regulation 80(a) shall not be considered a violation for the purposes of Regulations 91 - 92.

## 13 - ANTI-DOPING REGULATIONS

### 94. Additional rules for certain multiple offences:

- (a) For the purpose of imposing sanctions under Regulations 91 - 92, except as provided in Regulations 94(b) and 94(c), an Anti-Doping Rule Violation will only be considered a second or third violation if The Association can establish that the Participant or other Person committed the additional Anti-Doping Rule Violation after the Participant or other Person received notice, or after The Association made a reasonable attempt to give notice, of the first (or the second, as applicable) Anti-Doping Rule Violation. Otherwise, the first and second Anti-Doping Rule Violations (or the second and third Anti-Doping Rule Violations, as applicable) shall be considered as one single first Anti-Doping Rule Violation, and the sanction imposed shall be based on the Anti-Doping Rule Violation that carries the more severe sanction, including the application of Aggravating Circumstances. Results in all Matches dating back to the earlier Anti-Doping Rule Violation will be Disqualified as provided in Regulations 96 – 99.
- (b) If The Association establishes that a Participant or other Person committed an additional Anti-Doping Rule Violation prior to notification of the first Anti-Doping Rule Violation, and that the additional violation occurred twelve (12) months or more before or after the first notified violation, the period of Ineligibility for the additional violation shall be calculated as if it were a stand-alone first violation, and this period of Ineligibility will be served consecutively to, rather than concurrently with, the period of Ineligibility imposed for the first-notified violation. Where this Regulation 94(b) applies, the violations taken together shall constitute a single violation for purposes of Regulations 91 - 92.
- (c) If The Association establishes that a Participant or other Person committed a Regulation 7 Anti-Doping Rule Violation in connection with the Doping Control process relating to another asserted Anti-Doping Rule Violation, the Regulation 7 Anti-Doping Rule Violation shall be treated as a stand-alone first violation and the period of Ineligibility for such violation shall be served consecutively to, rather than concurrently with, the period of Ineligibility (if any) imposed for the underlying Anti-Doping Rule Violation. Where this Regulation 94(c) is applied, the violations taken together shall constitute a single violation for purposes of Regulations 91 - 92.
- (d) If The Association establishes that a Participant or other Person has committed a second or third Anti-Doping Rule Violation during a period of Ineligibility, the periods of Ineligibility for the multiple violations shall run consecutively, rather than concurrently.

### 95. For the purposes of Regulations 91 - 92, each Anti-Doping Rule Violation must take place within the same ten (10) year period in order to be considered multiple violations.

#### Disqualification of individual results

- 96. An Anti-Doping Rule Violation in connection with an In-Competition test automatically leads to Disqualification of any awards received by individual Players in the relevant Match.
- 97. An Anti-Doping Rule Violation occurring during or in connection with a Competition may, upon the decision of the Competition, lead to Disqualification of all of the Player's individual results obtained in that Competition, except as provided in Regulation 98. Factors to be included in considering whether to Disqualify other results in a Competition might include, for example, the seriousness of the Player's Anti-Doping Rule Violation, and whether the Player tested negative in the other Matches in the Competition.
- 98. If the Player establishes that he bears No Fault or Negligence for the violation, the Player's individual results in the other Matches in the Competition shall not be Disqualified, unless the Player's results in Matches other than the Match in which the Anti-Doping Rule Violation occurred were likely to have been affected by the Player's Anti-Doping Rule Violation.
- 99. In addition to the automatic Disqualification of the results in the Match which produced the positive Sample under Regulation 96, all other competitive results of the Player obtained from the date a positive Sample was collected (whether In-Competition or Out-of-Competition), or other Anti-Doping Rule Violation occurred, through the commencement of any Provisional Suspension or Ineligibility period, shall, unless fairness requires otherwise, be Disqualified with all of the resulting Consequences.

## 13 - ANTI-DOPING REGULATIONS

### Forfeited prize money

100. If The Association has recovered prize money forfeited as a result of an Anti-Doping Rule Violation, it shall take reasonable measures to allocate and distribute this prize money to the Player(s) who would have been entitled to it had the forfeiting Player not competed.

### Financial Consequences

101. A fine may also be imposed for an Anti-Doping Rule Violation, but only where the maximum period of Ineligibility 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 Ineligibility applicable under these Anti-Doping Regulations.

### Commencement of period of Ineligibility

102. Where a Participant or other Person is already serving a period of Ineligibility for an Anti-Doping Rule Violation, any new period of Ineligibility for an Anti-Doping Rule Violation shall commence on the first day after the current period of Ineligibility has been served. Otherwise, subject to Regulations 103 - 104, a period of Ineligibility shall commence from the date of the final hearing decision providing for the period of Ineligibility or, if the Participant or other Person waives the right to a hearing or there is no hearing, on the date that the period of Ineligibility is accepted or otherwise imposed.
103. Where there have been substantial delays in the hearing process or other aspects of Doping Control, and the Participant or other Person can establish that such delays are not attributable to him, the period of Ineligibility 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. All competitive results achieved during the period of Ineligibility, including retroactive Ineligibility, shall be Disqualified.
104. Credit for Provisional Suspension or period of Ineligibility served:
- (a) If a Provisional Suspension is respected by the Participant or other Person, the Participant or other Person shall receive a credit for such period of Provisional Suspension against any period of Ineligibility which may ultimately be imposed. If the Participant or other Person does not respect a Provisional Suspension, the Participant or other Person shall receive no credit for any period of the Provisional Suspension served. If a period of Ineligibility is served pursuant to a decision that is subsequently appealed, the Participant or other Person shall receive a credit for such period of Ineligibility served against any period of Ineligibility which may ultimately be imposed on appeal.
  - (b) If a Participant or other Person voluntarily accepts a Provisional Suspension in writing from The Association and thereafter respects the Provisional Suspension, the Participant or other Person shall receive a credit for such period of voluntary Provisional Suspension against any period of Ineligibility which may ultimately be imposed. A copy of the Participant's or other Person's voluntary acceptance of a Provisional Suspension shall be provided promptly to each party entitled to receive notice of an asserted Anti-Doping Rule violation as provided in these Anti-Doping Regulations.
  - (c) No credit against a period of Ineligibility shall be given for any time period before the effective date of the Provisional Suspension or voluntary Provisional Suspension regardless of whether the Player elected not to compete or was suspended by his Club.

### Status during Ineligibility or Provisional Suspension

105. While subject to a period of Ineligibility or Provisional Suspension, a Participant or other Person may not participate in any capacity in a Match or activity (other than authorised anti-doping Education or rehabilitation programmes) authorised or organised by FIFA, any other Signatory, a club or other member organisation of any Signatory, or in competitions authorised or organised by any professional league or any international or national-level competition organisation or any elite or national-level sporting activity funded by a governmental agency.

## 13 - ANTI-DOPING REGULATIONS

106. A Participant or other Person subject to a period of Ineligibility longer than four years may, after completing four years of the period of Ineligibility, participate in local sports competitions not approved or otherwise under the authority of FIFA or any other Signatory or its member, but only so long as the local sports competition is not at a level that could otherwise qualify such Participant or other Person directly or indirectly to compete in (or accumulate points towards) a national championship or international competition, and does not involve the Participant or other Person working in any capacity with Protected Persons.
107. A Player subject to a period of Ineligibility shall remain subject to Testing and any possible requirement by The Association or an Anti-Doping Organisation to provide whereabouts information.
108. In addition, save where the Anti-Doping Rule Violation involved a reduced sanction further to Regulations 83 - 85, some or all financial support or benefits (if any) that might have otherwise been provided to the Participant or other Person shall be withheld by The Association, Signatories, Signatories' member organisations, and governments or government agencies.
109. As an exception to Regulation 105, a Player may return to train with a team or to use the facilities of a club or other member organisation of a FIFA member association or any other Signatory during the shorter of: (1) the last two (2) months of the Player's period of Ineligibility, or (2) the last one quarter of the period of Ineligibility imposed.
110. Where a Participant or other Person who has been declared Ineligible violates the prohibition against participation during Ineligibility as described in Regulation 105, the results of such participation shall be Disqualified and a new period of Ineligibility equal in length up to the original period of Ineligibility shall be added to the end of the original period of Ineligibility. The new period of Ineligibility, including a reprimand and no period of Ineligibility, may be adjusted based on the Participant's or other Person's degree of Fault and other circumstances of the case. The determination of whether a Participant or other Person has violated the prohibition against participation, and whether an adjustment is appropriate, shall be made by The Association or the Anti-Doping Organisation whose Results Management led to the imposition of the initial period of Ineligibility. If the Participant or other Person does not accept any new period of Ineligibility (or, if applicable, reprimand) proposed by The Association or Anti-Doping Organisation, the matter shall proceed to a hearing before a Regulatory Commission in accordance with the Disciplinary Regulations and ISRM Article 11.1. The Regulatory Commission's decision may be appealed pursuant to Part Nine.
111. A Participant or other Person who violates the prohibition against participation during a Provisional Suspension shall receive no credit for any period of Provisional Suspension served and the results of such participation shall be Disqualified. Where a Player Support Person or other Person assists a Person in violating the prohibition against participation during Ineligibility or a Provisional Suspension, The Association shall pursue the matter as a potential Regulation 11 (Complicity or Attempted Complicity by a Participant or other Person) Anti-Doping Rule Violation.

### Automatic publication of Consequences

112. A mandatory Consequence in every case where an Anti-Doping Rule Violation has been committed shall be automatic publication of details of the relevant decision as provided in Regulation 137.

### Reinstatement testing

113. A Player who is the subject of a suspension pursuant to these Anti-Doping Regulations remains subject to these Anti-Doping Regulations (including, without limitation, the requirement to submit to drug testing to determine compliance with these Anti-Doping Regulations) during his period of Ineligibility. Therefore, he must make himself available for testing during that period of Ineligibility and must at the request of The Association (or other sports governing body if the Player moves outside of The Association's jurisdiction) provide details of his whereabouts to The Association (or other sports governing body, as applicable) to allow such testing to take place.

## 13 - ANTI-DOPING REGULATIONS

- 114.** Any Player who retires from football while he is the subject of a period of Ineligibility pursuant to these Anti-Doping 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 Association of his intention to return and has made himself available for Out-of-Competition testing for a period equal to the period of Ineligibility he remained subject to when he retired, or six (6) months, whichever is the longer.
- 115.** If a Player who is not suspended retires from football, such that he is no longer subject to testing by The Association or any other relevant authority, he may not return to participate in football activity unless he notifies The Association in writing at least six (6) 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 Association may grant an exemption from this six (6) month written notice requirement where its application would be manifestly unfair to the Player.

## PART EIGHT – CONSEQUENCES FOR CLUBS

- 116.** Where more than one member of a team has been notified of an Anti-Doping Rule Violation in connection with a Competition, the team may be subjected to Target Testing during the Competition.
- 117.** 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 the Club, in addition to any Consequences 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 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 Club.
- 118.** 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; and/or
  - (d) a fine.

## PART NINE – APPEALS

- 119.** The following decisions – a decision that an Anti-Doping Rule Violation was committed, a decision imposing or not imposing Consequences 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 (6) months' notice requirement for a retired Player to return to Competition under Regulation 115; a decision by WADA assigning Results Management responsibility; a decision by The Association 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, or lift, a Provisional Suspension as a result of a Provisional Hearing; The Association's failure to comply with Regulation 54 (provisional suspensions); a decision that The Association lacks jurisdiction to rule on an alleged Anti-Doping Rule Violation or its Consequences; a decision to suspend, or not suspend, a period of Ineligibility or to reinstate, or not reinstate, a suspended period of Ineligibility under Regulation 86); a failure to comply with Regulation 90; a decision under Regulation 110; and a decision by The Association not to recognise another Anti-Doping Organisation's decision – may be appealed by any of the following parties exclusively as provided for by this Part Nine:

## 13 - ANTI-DOPING REGULATIONS

- (a) the Participant or other Person who is the subject of the decision being appealed;
  - (b) The Association;
  - (c) any other party to the case in which the decision was rendered;
  - (d) FIFA;
  - (e) UKAD;
  - (f) the NADO(s) of the Participant's or other Person's country of residence, country of nationality, and country where he is licensed to participate in sport (if different from UKAD); and
  - (g) WADA.
- 120.** Decisions subject to possible appeal in accordance with Regulation 119 shall be notified immediately to UKAD, FIFA, WADA, and any other relevant NADO. In cases involving International-Level Players (as defined by FIFA), the decision may be appealed exclusively to CAS. Save as otherwise specified in this Part Nine, in all other cases the appeal shall proceed under The Association's Appeal Regulations.
- 121.** The deadline for FIFA, UKAD, and any other relevant NADO to lodge an appeal shall be twenty-one (21) days from receipt of the decision. Any Regulation that stipulates a time limit applicable to other appellants in The Association's Appeal Regulations shall not apply to UKAD, FIFA, WADA, and any other relevant NADO in anti-doping cases.
- 122.** The filing deadline for an appeal filed by WADA shall be the later of:
- (a) twenty-one (21) days after the last day on which any other party having a right to appeal could have appealed; or
  - (b) twenty-one (21) days after WADA's receipt of the complete file relating to the decision.
- 123.** 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 Association's Appeal Regulations. 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 twenty-one (21) days from receipt of the decision and any case file from The Association. 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 these Anti-Doping Regulations must file a cross appeal or subsequent appeal at the latest with the party's answer.
- 124.** Both the Participant or other Person who is the subject of the decision and The Association shall have the right to act as a respondent where an appeal is brought by UKAD, FIFA, WADA, and any other relevant NADO.
- 125.** Any Anti-Doping Organisation that is a party to an appeal shall promptly provide the appeal decision to the Participant or other Person and to the other Anti-Doping Organisations that would have been entitled to appeal.
- 126.** Notwithstanding any other provision of these Anti-Doping Regulations, where WADA has a right of appeal under these Anti-Doping 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 Association (Regulatory Commission or Appeal Board) 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 Association 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 Association.

## 13 - ANTI-DOPING REGULATIONS

127. The scope of review for any appeal pursuant to these Anti-Doping 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. Any party to an appeal may submit evidence, legal arguments and claims that were not raised in the first instance hearing so long as they arise from the same cause of action or same general facts or circumstances raised or addressed in the first instance hearing. 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 – CONFIDENTIALITY, REPORTING AND PUBLICATION

128. A Player has the right to access information relevant to his test held by The Association in relation to the Anti-Doping Programme. The Association 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 Association 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 Association); or
  - (c) appears to be sought by the Player for an improper or collateral purpose.
129. Periodically, The Association may publish to UKAD or the public, in summary and anonymised form, reports of tests undertaken on Players.
130. If The Association charges a Participant or other Person with commission of an Anti-Doping Rule Violation, The Association shall notify UKAD, FIFA, WADA and any other relevant NADO simultaneously with the issue of the charge to the Participant or other Person. Notification shall include: the Participant's or other Person's name, country and discipline within football, the Participant's or other Person'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 ISTI, or, for Anti-Doping Rule Violations other than under Regulation 3, the rule violated and the basis of the alleged violation.
131. FIFA, WADA, UKAD and any other relevant NADO shall be regularly updated on the status and findings of any review or proceedings conducted by The Association pursuant to these Anti-Doping Regulations, including by way of a prompt written reasoned explanation or decision explaining the resolution of the matter.
132. The Association shall notify FIFA, WADA, UKAD and any other relevant NADO of the decision of any Regulatory Commission and/or Appeal Board considering an Anti-Doping Rule Violation.
133. 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 Association has made Public Disclosure or has failed to make Public Disclosure of this information.
134. Any information provided by The Association to third parties in respect of pending cases pursuant to these Anti-Doping Regulations shall be provided to them on the confidential basis set out in Code Article 14.1.5.
135. 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.
136. The Association shall not comment publicly on the specific facts of a pending case, except in response to public comments attributable to the Participant or other Person concerned or his representatives.

## 13 - ANTI-DOPING REGULATIONS

- 137.** In the event of an Anti-Doping Rule Violation being determined by a final decision in disciplinary proceedings (including any appeal proceedings), Results Management agreement, or case resolution agreement, or a Participant being found to have violated the prohibition against participation during a period of Ineligibility or Provisional Suspension (under Regulation 110), The Association shall make Public Disclosure by publishing on its website the details of the decision, including the violation, the name of the Participant or other Person who committed the violation, the Prohibited Substance or Prohibited Method involved (where applicable), and the Consequences 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 or other Person. The Association shall use reasonable efforts to obtain such consent. Public Disclosure on The Association's website of any decision pursuant to this Regulation 137 shall be for the longer of either one month or the duration of any suspension imposed on the Participant or other Person.
- 138.** The mandatory requirement to make Public Disclosure of decisions contained in Regulation 137 shall not apply (a) where the Participant or other Person who has committed an Anti-Doping Rule Violation is a Protected Person or a Recreational Player, or in the case of decisions finding Misconduct contrary to any of Regulations 15 - 18. Any optional Public Reporting in a case involving a Protected Person, Minor or a Recreational Player shall be proportionate to the facts and circumstances of the case. Any publication by The Association in relation to such cases will be entirely at its discretion.
- 139.** Notwithstanding Regulation 137, 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 ELEVEN – MISCELLANEOUS

### Implementation of decisions

- 140.** A decision regarding an anti-doping rule violation made by a Signatory Anti-Doping Organisation, an appellate body or CAS shall, after the parties to the proceeding are notified, automatically be binding beyond the parties to the proceeding and upon FIFA and The Association, as well as every Signatory in every sport with the effects described below:
- (a) A decision by any of the above-mentioned bodies imposing a Provisional Suspension (after a Provisional Hearing has occurred or the Participant or other Person has either accepted the Provisional Suspension or has waived the right to a Provisional Hearing, expedited hearing or expedited appeal offered in accordance with Article 7.4.3 of the Code) automatically prohibits the Participant or other Person from participation in all sports within the authority of any Signatory during the Provisional Suspension.
  - (b) A decision by any of the above-mentioned bodies imposing a period of Ineligibility (after a hearing has occurred or been waived) automatically prohibits the Participant or other Person from participation in all sports within the authority of any Signatory for the period of Ineligibility.
  - (c) A decision by any of the above-mentioned bodies accepting an anti-doping rule violation automatically binds all Signatories.
  - (d) A decision by any of the above-mentioned bodies to Disqualify results in accordance with Article 10.10 of the Code for a specified period automatically Disqualifies all results obtained within the authority of any Signatory during the specified period.
- 141.** The Association shall recognise and implement a decision and its effects as required by Regulation 140, without any further action required, on the date The Association receives actual notice of the decision.
- 142.** A decision by an Anti-Doping Organisation, a national appellate body or CAS to suspend or lift Consequences shall be binding upon The Association without any further action required, on the date The Association receives actual notice of the decision.



## 13 - ANTI-DOPING REGULATIONS

- 143.** Notwithstanding any provision in this Part Eleven, a decision of an anti-doping rule violation by a Major Event Organisation made in an expedited process during a Competition shall not be binding on The Association unless the rules of the Major Event Organisation provide the Participant or other Person with an opportunity to an appeal under non-expedited procedures.
- 144.** The Association may decide to implement other anti-doping decisions rendered by Anti-Doping Organisations not described in this Part Eleven, such as a Provisional Suspension prior to a Provisional Hearing or acceptance by the Participant or other Person.

An anti-doping decision by a body that is not a Signatory shall be implemented by The Association if The Association finds that the decision purports to be within the authority of that body and the anti-doping rules of that body are otherwise consistent with the Code.

### Effective date

- 145.** These Anti-Doping Regulations do not apply retrospectively to matters arising prior to the Effective Date. However:
- (a) Anti-Doping Rule Violations that took place prior to the Effective Date count as prior violations for the purposes of determining sanctions under Part Seven for violations taking place after the Effective Date.
  - (b) Any Whereabouts Failure (whether a filing failure or a missed test) that took place prior to the Effective Date may be relied upon as one of the requisite elements of a Regulation 6 (Registered Testing Pool Whereabouts Failures) Anti-Doping Rule Violation under these Anti-Doping Regulations until twelve (12) months after it took place.
  - (c) For the purposes of assessing the period of Ineligibility for a second violation, the period of Ineligibility imposed for the first violation is taken into account: see Regulation 91(b)(i). Where the period of Ineligibility that was imposed for the first violation was determined based on rules in force prior to the Effective Date, it shall be assumed for purposes of the calculation under 91(b)(i) that the period of Ineligibility imposed for the first violation was whatever period of Ineligibility would have been imposed for that first violation had these Anti-Doping Regulations been applicable to the first violation.
  - (d) Any case that is pending as of the Effective Date and any case brought after the Effective Date based on an Anti-Doping Rule Violation that allegedly occurred prior to the Effective Date will be governed by the substantive provisions of the Regulations in effect at the time the alleged Anti-Doping Rule Violation occurred, and not by the substantive anti-doping rules set out in these Anti-Doping Regulations (unless the Regulatory Commission or Appeal Board or any other relevant commission or board (as applicable)) hearing the case determines that a *lex mitior* in these Anti-Doping Regulations in relation to Consequences should apply instead), while the procedural aspects of the case will be governed by these Anti-Doping Regulations.
  - (e) For these purposes, the retrospective periods in which prior violations can be considered for purposes of multiple violations under Regulations 91 - 92 and the statute of limitations in Regulation 63 are procedural rules, not substantive rules, and should be applied retroactively, provided, however, that Regulation 63 will only be applied retroactively if the statute of limitation period (whether the original one or as extended by subsequent Anti-Doping Regulations) has not already expired by the Effective Date. Where a final decision finding an Anti-Doping Rule Violation has been rendered prior to the Effective Date, but the Participant or other Person is still serving the period of Ineligibility as of the Effective Date, the Participant or other Person may apply to The Association before the period of Ineligibility has expired to reduce the period of Ineligibility in light of *lex mitior* in these Anti-Doping Regulations. The Association's decision on that application may be appealed pursuant to Regulation 119.

### Reference to days

Where the term "days" is used in these Anti-Doping Regulations, it shall mean calendar days, unless otherwise specified. Reference to days

### SCHEDULE ONE

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#### PROCEDURAL GUIDELINES FOR THE CONDUCT OF DRUG TESTING AND INVESTIGATIONS

##### PART ONE – GENERAL PROVISIONS

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##### 1. General

- 1.1 Testing and investigations will be carried out in conformity with the ISTI and these Procedural Guidelines (as amended from time to time). Players may be drug tested at any place and any time, including during any period of Ineligibility. Testing shall only be undertaken for anti-doping purposes, although Samples collected in such testing may also be analysed to determine compliance with The Association's Social Drugs 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 minimum requirements for blood testing are set out in paragraph 5.1. 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 ISTI. Where a Minor is to be tested, any consent or signature that is required by these Anti-Doping 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 the Anti-Doping Regulations and these Guidelines. In particular, every Player designated to undergo a drug test by a Doping Control Officer, or Blood Collection Officer, whether as a result of Target Testing or random selection, is obliged to provide a urine Sample and/or a blood Sample, and to cooperate promptly and fully with all Competent Officials.

##### 2. Doping Control Form

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.

##### 3. Test Distribution Planning

- 3.1 UKAD 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 ISTI. Players shall be selected for Sample collection using random selection methods and Target Testing, as required.
- 3.2 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. If more than one Player in a team has tested positive, Target Testing may be performed on all Players in the team.
- 3.3 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;

## 13 - ANTI-DOPING REGULATIONS

- (e) player test history;
- (f) the conditions of a disciplinary order;
- (g) reinstatement following a period of Ineligibility; or
- (h) any other reason determined by UKAD or, in relation to social drugs Testing only, The Association.

Neither The Association nor UKAD is obliged to provide the Player or Club representative with a reason for the Player's selection for a Target Test.

3.4 Testing that is not Target Testing shall be determined by random selection.

### 4. Notification of Drug Testing

- 4.1 The Sample collection will be carried out by Chaperones, Doping Control Officers ("DCOs"), and/or Blood Collection Officers ("BCOs").
- 4.2 Before drug testing is carried out, the Competent Officials must show their identification cards to Players.
- 4.3 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.
- 4.4 Any Player selected for drug testing will be requested to produce photographic identification to prove his identity. In the event a Player has no available identification then a third party may be asked to positively confirm the identity of the Player.

### 5. Facilities for the Collection of Samples

- 5.1 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, and 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 12.3 below, which should contain clean fixed surfaces for sampling equipment and Samples;
  - (c) private toilets; and
  - (d) where blood testing is being conducted, a chair and/or bed for the Player to use during the provision of the blood Sample, and sufficient space for the Player to lie down.
- 5.2 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.
- 5.3 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.
- 5.4 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 Association 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 Association.

## 13 - ANTI-DOPING REGULATIONS

- 5.5 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.
- 5.6 Once the Competent Officials have confirmed their satisfaction with the facilities provided, only those people listed in paragraph 12.3 of these Guidelines should be allowed into the Doping Control Station until completion of the doping control process.
- 5.7 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.

### 6. Verification of whereabouts information

On occasion, The Association 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 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 15 and/or Regulation 16, as appropriate.

### 7. Random selection of Players

- 7.1 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.
- 7.2 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.
- 7.3 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.
- 7.4 During any test event, Target Testing of further Players may also be conducted at that time as a separate matter.

### 8. Target Testing

- 8.1 Target Testing may be conducted on Clubs or Players, including Players in the current representative England team squads. Target Testing may be requested by The Association, Professional Footballers' Association and/or Clubs.
- 8.2 A Player may be required to supply whereabouts information to The Association to allow Target Testing to take place.

### 9. Player rights and responsibilities

- 9.1. 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;
  - (b) be informed and ask for additional information about the Sample collection process;
  - (c) request a delay (for valid reasons) in reporting to the Doping Control Station (to be granted at the discretion of the DCO/Chaperone); and
  - (d) request modifications to the drug testing process in accordance with Annex A of the ISTI (if the Player suffers from an impairment).

## 13 - ANTI-DOPING REGULATIONS

- 9.2 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) produce identification (in accordance with paragraph 4.4 above);
  - (c) 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
  - (d) comply with Sample collection procedures (where practicable the Player shall be advised of the possible consequences of failure to comply).

### 10. Notification of Players

- 10.1 Only in circumstances where such notification is required by the ISTI, an appropriate Club representative may be notified of the Players selected for testing prior to notification being provided to the Players. The Club representative should then be accompanied by the DCO or Chaperone to notify the Player.
- 10.2 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 17 (interference with the drug testing process), as appropriate.
- 10.3. 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 9.2(a)) 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.
- 10.4 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, refusing or failing to submit to Sample collection) or (if Regulation 5 does not apply) with Misconduct.

### 11. Testing of reserves or other Players

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 DCO has confirmed to Club officials that the Player is not needed.

### 12. Collection of Samples

- 12.1. 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 - ANTI-DOPING REGULATIONS

- 12.2. 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.
- 12.3 Only the following persons should be allowed into the working room of the Doping Control Station:-
- (a) the DCO(s);
  - (b) the BCO(s);
  - (c) the Chaperone(s);
  - (d) the Player;
  - (e) the team physician or other representative nominated by the Player (and interpreter if required); and
  - (f) any other person specified by UKAD and/or The Association.

The Competent Officials may reasonably refuse access to the Doping Control Station to any person not listed in this paragraph 12.3.

- 12.4. 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. Even if a Minor declines a representative, the DCO shall consider whether another third party ought to be present during the notification of the Player.

### 13. Failure to comply with Doping Control

- 13.1. 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 Lead DCO immediately.
- 13.2 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 Association and UKAD.
- 13.3. The Association 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) notify WADA, and instigate an investigation of the possible failure to comply based on all relevant information and documentation; and
  - (c) document the evaluation process.
- 13.4. If The Association 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.
- 13.5 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.

## 13 - ANTI-DOPING REGULATIONS

- 13.6 The Association 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.
- 13.7 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.

### 14. Urine Samples

- 14.1 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 or Chaperone who is the same gender as the Player.
- 14.2 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.
- 14.3 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 14.1 of these Procedural Guidelines.
- 14.4 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.
- 14.5 If one or more further Samples are provided pursuant to paragraph 14.3 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.
- 14.6 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 ISTI. 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 14.1 of these Procedural 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.
- 14.7 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 a requirement that the "A" Sample consists of at least 60ml and the "B" Sample of at least 30ml of urine.
- 14.8 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.
- 14.9 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.

## 13 - ANTI-DOPING REGULATIONS

### 15. Blood Samples

- 15.1. 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.
- 15.2 The DCO or BCO will ask the Player to provide information in relation to each of the following:
  - (a) the Player's use of medication that may affect the Sample collection, particularly any medication that may affect blood clotting; and
  - (b) any disorder suffered by the Player that may affect bleeding.
- 15.3. 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.
- 15.4 After the required rest period, the DCO shall direct the Player to choose the required blood collection kit. The DCO/BCO will then direct the Player to choose one blood Sample storage kit (containing an "A" and "B" Sample bottle).
- 15.5 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.
- 15.6 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.
- 15.7 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.
- 15.8 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.
- 15.9 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.
- 15.10 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 three (3) 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.
- 15.11 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.



## 13 - ANTI-DOPING REGULATIONS

### PART TWO – PROCEDURES SPECIFIC TO IN-COMPETITION TESTING

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#### 16. Selection of Matches

- 16.1 Drug testing may be conducted at any Match involving Participants and, save in exceptional and justifiable circumstances, no prior notice will be given either to the Clubs concerned or to the Players.
- 16.2 The Matches at which the drug tests are to be conducted will be decided by UKAD. All Matches are open to testing.

#### 17. Procedures following the selection of Players

- 17.1. 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 THREE – PROCEDURES SPECIFIC TO OUT-OF-COMPETITION TESTING

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#### 18. General

Out-of-Competition testing may be conducted unannounced 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.

#### 19. Procedures following the selection of Players

- 19.1 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 10.3 above.
- 19.2 The Club must allow the Competent Officials access to observe the Players complete training or any other activity in which they are engaged.

### PART FOUR – STORAGE, DESPATCH AND ANALYSIS OF SAMPLES

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#### 20. Storage and Despatch of Samples

- 20.1 All Samples should be stored in a secure place pending despatch to the laboratory.
- 20.2 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.
- 20.3 Samples should be sent to the laboratory as soon as is reasonably practicable.

#### 21. Use of accredited laboratories

For purposes of establishing an Adverse Analytical Finding, Samples shall be analysed only by WADA-accredited laboratories or laboratories otherwise approved by WADA.

### 22. The purpose of Sample analysis

- 22.1 Samples and related analytical data or Doping Control information 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 in profiling relevant parameters, including DNA or genomic profiling, or for any other legitimate anti-doping or other football regulatory purpose. They may also be analysed to determine compliance with The Association's Social Drugs Regulations. Samples may be collected and stored for future analysis.
- 22.2 Investigations may 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.

### 23. Research on Samples

Samples, related analytical data and Doping Control information may be used for anti-doping research purposes, although no Sample may be used for research without the Player's written consent. Samples and related analytical data or Doping Control information used for research purposes shall first be processed in such a manner as to prevent Samples and related analytical data or Doping Control information being traced back to a particular Player.

### 24. Analysis of Samples

- 24.1 Laboratories shall analyse Samples and report results in conformity with the ISL. The head of the laboratory shall send the test results to UKAD. The head of the laboratory may also send results to The Association.
- 24.2 There shall be no limitation on the authority of a laboratory to conduct repeat or additional analysis on a Sample prior to the time The Association issues a Charge Letter to a Player, asserting the results of analysis of the Sample as the basis for a Regulation 3 Anti-Doping Rule Violation charge. If after issuing such a Charge Letter The Association wishes to conduct additional analysis on that Sample, it may do so with the consent of the Player or approval from the Regulatory Commission, Appeal Board or any other relevant hearing body.
- 24.3 After a laboratory has reported a Sample as negative, or the Sample has not otherwise resulted in an Anti-Doping Rule Violation charge, it may be stored and subjected for further analyses for the purpose of paragraph 22 at any time exclusively at the direction of either (a) the Anti-Doping Organisation that initiated and directed Sample collection, or (b) WADA. Any other Anti-Doping Organisation with authority to test the Player that wishes to conduct further analysis on a stored Sample may do so with the permission of the Anti-Doping Organisation that initiated and directed Sample collection or WADA, and shall be responsible for any follow-up results management. Any Sample storage or further analysis initiated by WADA or another Anti-Doping Organisation shall be at WADA's or that organisation's expense. Further analysis of Samples shall conform with the requirements of the International Standard for Laboratories.
- 24.4 Where The Association, UKAD, WADA, and/or a WADA-accredited laboratory (with approval from WADA or the Anti-Doping Organisation with Results Management authority) wishes to split an "A" or "B" Sample in order to use the first part of the split Sample for an "A" Sample analysis and the second part of the split Sample for confirmation, the applicable procedures in the ISL shall be followed.

## 13 - ANTI-DOPING REGULATIONS

- 24.5 WADA's right to take possession of Samples and related data:
- (a) WADA may, in its sole discretion at any time, with or without prior notice, take physical possession of any Sample and related analytical data or information in the possession of a laboratory or Anti-Doping Organisation. Upon request by WADA, the laboratory or Anti-Doping Organisation in possession of the Sample or data shall immediately grant access to and enable WADA to take physical possession of the Sample or data. If WADA has not provided prior notice to the laboratory or Anti-Doping Organisation before taking possession of a Sample or data, it shall provide such notice to the laboratory and the Anti-Doping Organisation within a reasonable time after taking possession.
  - (b) After analysis and any investigation of a seized Sample or data, WADA may direct another Anti-Doping Organisation with authority to test the Player to assume Results Management responsibility for the Sample or data if a potential Anti-Doping Rule Violation is discovered.
- 24.6 All Samples provided by Players further to Doping Control under the responsibility of The Association 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 Association. Following consultation with The Association, UKAD may make reasonable directions in relation to the re-analysis of Samples based on knowledge and information arising after the initial analysis. The Association shall comply with such reasonable directions.
- 24.7 The Association will endeavour to ensure that the analysis of the "A" Sample is carried out as soon as possible after arrival at the designated laboratory.
- 24.8 Access to the laboratory during analysis should be restricted to authorised members of the laboratory and to authorised observers.
- 24.9 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 Association in any disciplinary proceedings.

### SCHEDULE TWO

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#### DEFINITIONS

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**“ADAMS”** means the Anti-Doping Administration and Management System, a web-based database management tool for data entry, storage, sharing, and reporting designed to assist stakeholders and WADA in their anti-doping operations in conjunction with data protection legislation.

**“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 WADA-accredited 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;

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

**“Aggravating Circumstances”** means circumstances involving, or actions by, a Participant or other Person that may justify the imposition of a period of Ineligibility greater than the standard sanction. Such circumstances and actions shall include, but are not limited to: the Participant or other Person Used or Possessed multiple Prohibited Substances or Prohibited Methods, Used or Possessed a Prohibited Substance or Prohibited Method on multiple occasions, or committed multiple other Anti-Doping Rule Violations; a normal individual would be likely to enjoy the performance-enhancing effects of the Anti-Doping Rule Violation(s) beyond the otherwise applicable period of Ineligibility; the Participant or other Person engaged in deceptive or obstructive conduct to avoid the detection or adjudication of an Anti-Doping Rule Violation; or the Participant or other Person engaged in Tampering during Results Management. For the avoidance of doubt, the examples of circumstances and conduct described herein are not exclusive, and other similar circumstances or conduct may also justify the imposition of a longer period of Ineligibility;

**“Anti-Doping Organisation”** means WADA or 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, international federations, and National Anti-Doping Organisations such as UKAD;

**“Anti-Doping Rule Violation”** means a breach of any one of Regulations 3-13 (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; provided, 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;

## 13 - ANTI-DOPING REGULATIONS

**“Blood Collection Officer(s)” or “BCO(s)”** means the person(s) appointed by UKAD or any other body so designated by The Association 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;

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

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

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

**“Competition”** has the same meaning as in the Rules of The Association;

**“Consequences”**: a Participant’s or other Person’s Anti-Doping Rule Violation may result in one or more of the following:

- (a) **“Disqualification”**, meaning the Participant’s results in a particular Competition are invalidated, with all the resulting Consequences including the forfeiture of any medals, points and prizes;
- (b) **“Ineligibility”**, meaning the Participant or other Person is suspended on account of an Anti-Doping Rule Violation for a specified period of time from participating in any Competition or other activity or funding as provided in Regulations 105 - 109 (Ineligibility for presence, Use or Attempted Use, or Possession of a Prohibited Substance or Prohibited Method);
- (c) **“Provisional Suspension”**, meaning means the Participant 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;
- (d) **“Financial Consequences”**, meaning a financial sanction imposed for an Anti-Doping Rule Violation or to recover costs associated with an Anti-Doping Rule Violation; and
- (e) **“Public Disclosure”**, meaning the dissemination or distribution of information to the general public or Persons beyond those Persons entitled to earlier notification in accordance with Regulation 137 (Public Disclosure).

Teams may also be subject to Consequences as provided in Regulations 116 - 118 (Consequences for Clubs);

**“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;

**“Decision Limit”** means the value of the result for a threshold substance in a Sample above which an Adverse Analytical Finding shall be reported, as defined in the International Standard for Laboratories;

**“Doping Control”** means all steps and processes from test distribution planning through to ultimate disposition of any appeal and the enforcement of Consequences, including all steps and processes in between, including (but not limited to) Testing, investigations, the provision of whereabouts information, Sample collection and handling, laboratory analysis, Therapeutic Use Exemptions, Results Management, and hearings and appeals;

**“Doping Control Officer(s)” or “DCO(s)”** means the person(s) appointed by UKAD or any other body so designated by The Association to carry out the Doping Control process (or parts thereof), 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;

**“Effective Date”** means the date specified in the preamble to these Anti-Doping Regulations;

## 13 - ANTI-DOPING REGULATIONS

**“FA”** or **“Football Association”** or **“The Association”** shall mean The Football Association or its designee. The Association may in its absolute discretion delegate any of its functions under the Regulations to UKAD (where it does so, relevant references to **“FA”**, **“Football Association”** and **“The Association”** will be interpreted accordingly);

**“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 or other Person's degree of Fault include, for example, the Participant's or other Person's experience, whether they are a Protected Person, 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 or other Person's degree of Fault, the circumstances considered must be specific and relevant to explain the Participant's or other Person'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 Ineligibility, 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 Ineligibility under the provisions of Part Seven;

**“FIFA Pool”** means FIFA's registered testing pool and pre-competition testing pools, as described in the FIFA Anti-Doping Regulations;

**“FIFA Pool Player”** means a Player in a FIFA Pool;

**“In-Competition”** means the period commencing at 23:59 on the day before a Match in which the Player is scheduled to participate through to the end of said Match and including the Sample collection process relating to said Match.

**“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, including any Technical Documents;

**“ISL”** means the International Standard for Laboratories;

**“ISRM”** means the International Standard for Results Management;

**“ISTI”** means the International Standard for Testing and Investigations;

**“Major Event Organisation”** means the continental associations of National Olympic Committees and other international multi-sport organisations that function as the ruling body for any continental, regional or other international event.

**“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 the Rules of The Association;

**“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;

**“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, manage test results, and the conduct of Results Management, 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 Association. In respect of the United Kingdom, UKAD is the NADO.

**“National Registered Testing Pool”** or **“NRTP”** means the pool of highest priority Players (established 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;

**“NRTP Player”** means a Player in the NRTP;

## 13 - ANTI-DOPING REGULATIONS

**“No Fault or Negligence”** means that the Participant or other Person 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 Protected Person or Recreational Player, 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 or other Person 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 Protected Person or Recreational Player, for any violation of Regulation 3, the Player must also establish how the Prohibited Substance entered his system;

**“Out-of-Competition”** means any time which is not In-Competition;

**“Participant”** has the same meaning as in the Rules;

**“Person”** means any natural person or an organisation or other entity, including (without limitation) any official, director, servant or representative of The Association;

**“Player”** has the same meaning as the defined term in 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 Ineligibility that has been imposed by The Association, FIFA or UEFA;

**“Player Support Person(nel)”** means any person working with, treating or assisting a Player participating in or preparing for Matches or training sessions, including but not limited to a coach, trainer, manager, agent, Intermediary (as defined in The Association's 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 Association in accordance with these Anti-Doping Regulations;

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

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

**“Protected Person”** means a Participant or other natural Person who at the time of the Anti-Doping Rule Violation: (1) has not reached the age of sixteen (16) years; (2) has not reached the age of eighteen (18) years and is not included in any Registered Testing Pool and has not represented any country in international competition in an open category; or for whom (3) for reasons other than age, it has been determined he lacks legal capacity under relevant legislation;

**“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;

**“Recreational Player”** means a Player who, within the five (5) years prior to committing any Anti-Doping Rule Violation, (1) has not been an International-Level Player (as defined by FIFA) or a National-Level Athlete (as defined by UKAD under its current rules); (2) has not represented any country in international competition in an open category; and (3) has not been included in any Registered Testing Pool, FIFA Pool, or other whereabouts information pool;

**“Registered Testing Pool”** means the pool of highest priority Players (established at the national 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 in accordance with the ISTI;

**“Results Management”** means the process encompassing the timeframe between notification as per Article 5 of the ISRM, or in certain cases (e.g., Atypical Finding, Adverse Passport Findings, Whereabouts Failures), such prenotification steps expressly provided for in Article 5 of the ISRM, through the sending of the Charge Letter and until the final resolution of the matter, including the end of the hearing process at first instance and on appeal (if an appeal was lodged);

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

**“Signatory”** means the entities signing the Code and agreeing to implement the Code and International Standards, as provided in Article 23 of the Code;

**“Specified Method”** means any method specified as such in the Prohibited List; **“Specified Substance”** means any substance classified as such in the Prohibited List; **“Substances of Abuse”** 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 or recorded interview all information he possesses in relation to Anti-Doping Rule Violations or other proceedings described in Regulation 86; 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 or proceeding that is initiated or, if no case or proceeding is initiated, must have provided a sufficient basis on which a case or proceeding could have been brought;

**“Tampering”** means intentional 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, offering or accepting a bribe to perform or fail to perform an act, preventing the collection of a Sample, affecting or making impossible the analysis of a Sample, falsifying documents submitted to The Association, UKAD, or another Anti-Doping Organisation or TUE Committee or hearing body, procuring false testimony from witnesses, committing any other fraudulent act upon The Association, UKAD, or other Anti-Doping Organisation or hearing body to affect Results Management or the imposition of Consequences, and any other similar intentional interference or Attempted interference with any aspect of Doping Control;

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

**“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 these Anti-Doping Regulations. The procedure for the grant of a Therapeutic Use Exemption is set out in the Regulations and Schedule Four;



## 13 - ANTI-DOPING REGULATIONS

**“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 or other Person 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;

**“UKAD”** means United Kingdom Anti-Doping, the NADO for the United Kingdom;

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

**“WADA”** means the World Anti-Doping Agency; and

**“Without Prejudice Agreement”** means a written agreement between The Association and a Participant or other Person that allows the Participant or other Person to provide information to The Association in a defined time-limited setting with the understanding that if an agreement for Substantial Assistance or a case resolution agreement is not finalised, the information provided by the Participant or other Person in this particular setting may not be used by The Association against the Participant or other Person in any Results Management proceeding, and that the information provided by The Association may not be used by the Participant or other Person in any Results Management proceeding. Such an agreement shall not preclude The Association or Participant or other Person using any information or evidence gathered from any source other than during the specific time-limited setting described in the agreement.

### SCHEDULE THREE

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#### PROHIBITED LIST

See FA.com for details

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 Association's website, located at [www.TheFA.com/anti-doping](http://www.TheFA.com/anti-doping).



WORLD ANTI-DOPING CODE  
**INTERNATIONAL  
STANDARD**

# PROHIBITED LIST

2021

This List shall come into effect on 1 January 2021.

# THE 2021 PROHIBITED LIST WORLD ANTI-DOPING CODE

VALID 1 JANUARY 2021

### Introduction

The *Prohibited List* is a mandatory *International Standard* as part of the World Anti-Doping Program.

The *List* is updated annually following an extensive consultation process facilitated by WADA. The effective date of the *List* is 01 January 2021.

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.

Below are some terms used in this *List of Prohibited Substances and Prohibited Methods*.

### Prohibited In-Competition

Subject to a different period having been approved by WADA for a given sport, the *In-Competition* period shall in principle be the period commencing just before midnight (at 11:59 p.m.) on the day before a *Competition* in which the *Athlete* is scheduled to participate until the end of the *Competition* and the *Sample* collection process.

### Prohibited at all times

This means that the substance or method is prohibited *In-* and *Out-of-Competition* as defined in the *Code*.

### Specified and non-Specified

As per Article 4.2.2 of the *World Anti-Doping Code*, “for purposes of the application of Article 10, all *Prohibited Substances* shall be *Specified Substances* except as identified on the *Prohibited List*. No *Prohibited Method* shall be a *Specified Method* unless it is specifically identified as a *Specified Method* on the *Prohibited List*”. As per the comment to the article, “the *Specified Substances and Methods* identified in Article 4.2.2 should not in any way be considered less important or less dangerous than other doping substances or methods. Rather, they are simply substances and methods which are more likely to have been consumed or used by an *Athlete* for a purpose other than the enhancement of sport performance.”

### Substances of Abuse

Pursuant to Article 4.2.3 of the *Code*, *Substances of Abuse* are substances that are identified as such because they are frequently abused in society outside of the context of sport. The following are designated *Substances of Abuse*: cocaine, diamorphine (heroin), methylenedioxymethamphetamine (MDMA/“ecstasy”), tetrahydrocannabinol (THC).

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## S0 NON-APPROVED SUBSTANCES

### **PROHIBITED AT ALL TIMES** (IN- AND OUT-OF-COMPETITION)

All prohibited substances in this class are *Specified 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

## PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited substances in this class are non-*Specified Substances*.

Anabolic agents are prohibited.

### 1. ANABOLIC ANDROGENIC STEROIDS (AAS)

When administered exogenously, including but not limited to:

- 1-Androstenediol (5 $\alpha$ -androst-1-ene-3 $\beta$ ,17 $\beta$ -diol)
- 1-Androstenedione (5 $\alpha$ -androst-1-ene-3,17-dione)
- 1-Androsterone (3 $\alpha$ -hydroxy-5 $\alpha$ -androst-1-ene-17-one)
- 1-Epiandrosterone (3 $\beta$ -hydroxy-5 $\alpha$ -androst-1-ene-17-one)
- 1-Testosterone (17 $\beta$ -hydroxy-5 $\alpha$ -androst-1-en-3-one)
- 4-Androstenediol (androst-4-ene-3 $\beta$ ,17 $\beta$ -diol)
- 4-Hydroxytestosterone (4,17 $\beta$ -dihydroxyandrost-4-en-3-one)
- 5-Androstenedione (androst-5-ene-3,17-dione)
- 7 $\alpha$ -hydroxy-DHEA
- 7 $\beta$ -hydroxy-DHEA
- 7-Keto-DHEA
- 19-Norandrostenediol (estr-4-ene-3,17-diol)
- 19-Norandrostenedione (estr-4-ene-3,17-dione)
- Androstanolone (5 $\alpha$ -dihydrotestosterone, 17 $\beta$ -hydroxy-5 $\alpha$ -androstan-3-one)
- Androstenediol (androst-5-ene-3 $\beta$ ,17 $\beta$ -diol)
- Androstenedione (androst-4-ene-3,17-dione)
- 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 and 17 $\alpha$ -methyl-5 $\alpha$ -androst-3-en-17 $\beta$ -ol)
- Drostanolone
- Epiandrosterone (3 $\beta$ -hydroxy-5 $\alpha$ -androstan-17-one)
- Epi-dihydrotestosterone (17 $\beta$ -hydroxy-5 $\beta$ -androstan-3-one)
- Epitestosterone
- 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

# S1 ANABOLIC AGENTS (continued)

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

- Mesterolone
- Metandienone (17β-hydroxy-17α-methylandrosta-1,4-dien-3-one)
- Metenolone
- Methandriol
- Methasterone (17β-hydroxy-2α,17α-dimethyl-5α-androstan-3-one)
- Methyl-1-testosterone (17β-hydroxy-17α-methyl-5α-androst-1-en-3-one)
- Methylclostebol
- Methyldienolone (17β-hydroxy-17α-methylestra-4,9-dien-3-one)
- Methylnortestosterone (17β-hydroxy-17α-methylestr-4-en-3-one)
- Methyltestosterone
- Metribolone (methyltrienolone, 17β-hydroxy-17α-methylestra-4,9,11-trien-3-one)
- Mibolerone
- Nandrolone (19-nortestosterone)
- Norbolethone
- Norclostebol (4-chloro-17β-ol-estr-4-en-3-one)
- Norethandrolone
- Oxabolone
- Oxandrolone
- Oxymesterone
- Oxymetholone
- Prasterone (dehydroepiandrosterone, DHEA, 3β-hydroxyandrost-5-en-17-one)
- Prostanazol (17β-[[tetrahydropyran-2-yl]oxy]-1'H-pyrazolo[3,4:2,3]-5α-androstane)
- Quinbolone
- Stanazolol
- Stenbolone
- Testosterone
- Tetrahydrogestrinone (17-hydroxy-18α-homo-19-nor-17α-pregna-4,9,11-trien-3-one)
- Trenbolone (17β-hydroxyestr-4,9,11-trien-3-one)

and other substances with a similar chemical structure or similar biological effect(s).

## 2. OTHER ANABOLIC AGENTS

Including, but not limited to:

Clenbuterol, selective androgen receptor modulators [SARMs, e.g. andarine, LGD-4033 (ligandrol), enobosarm (ostarine) and RAD140], tibolone, zeranol and zilpaterol.

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

### PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited substances in this class are non-*Specified Substances*.

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

#### 1. ERYTHROPOIETINS (EPO) AND AGENTS AFFECTING ERYTHROPOIESIS

Including, but not limited to:

- 1.1 Erythropoietin receptor agonists, e.g. darbepoietins (dEPO); erythropoietins (EPO); EPO-based constructs [e.g. EPO-Fc, methoxy polyethylene glycol-epoetin beta (CERA)]; EPO-mimetic agents and their constructs [e.g. CNTO-530, peginesatide].
- 1.2 Hypoxia-inducible factor (HIF) activating agents, e.g. cobalt; daprodustat (GSK1278863); IOX2; molidustat (BAY 85-3934); roxadustat (FG-4592); vadadustat (AKB-6548); xenon.
- 1.3 GATA inhibitors, e.g. K-11706.
- 1.4 Transforming growth factor beta (TGF- $\beta$ ) signalling inhibitors, e.g. luspaterecept; sotatercept.
- 1.5 Innate repair receptor agonists, e.g. asialo EPO; carbamylated EPO (CEPO).

#### 2. PEPTIDE HORMONES AND THEIR RELEASING FACTORS

- 2.1 Chorionic gonadotrophin (CG) and luteinizing hormone (LH) and their releasing factors in males, e.g. buserelin, deslorelin, gonadorelin, goserelin, leuporelin, nafarelin and triptorelin.
- 2.2 Corticotrophins and their releasing factors, e.g. corticorelin.
- 2.3 Growth hormone (GH), its fragments and releasing factors, including, but not limited to: growth hormone fragments, e.g. AOD-9604 and hGH 176-191; growth hormone-releasing hormone (GHRH) and its analogues, e.g. CJC-1293, CJC-1295, sermorelin and tesamorelin; growth hormone secretagogues (GHS), e.g. lenomorelin (ghrelin) and its mimetics, e.g. anamorelin, ipamorelin, macimorelin and tabimorelin; GH-releasing peptides (GHRPs), e.g. alexamorelin, GHRP-1, GHRP-2 (pralmorelin), GHRP-3, GHRP-4, GHRP-5, GHRP-6, and examorelin (hexarelin).

## S2 PEPTIDE HORMONES, GROWTH FACTORS, RELATED SUBSTANCES, AND MIMETICS (continued)

### 3. GROWTH FACTORS AND GROWTH FACTOR MODULATORS

Including, but not limited to:

- 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)
- Thymosin-β4 and its derivatives e.g. TB-500
- Vascular endothelial growth factor (VEGF)

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



## S3 BETA-2 AGONISTS

### PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited substances in this class are *Specified Substances*.

All selective and non-selective beta-2 agonists, including all optical isomers, are prohibited.

Including, but not limited to:

- |                |                  |               |                                 |
|----------------|------------------|---------------|---------------------------------|
| • Arformoterol | • Indacaterol    | • Reproterol  | • Tretinoquinol (tretinoquinol) |
| • Fenoterol    | • Levosalbutamol | • Salbutamol  | • Tulobuterol                   |
| • Formoterol   | • Olodaterol     | • Salmeterol  | • Vilanterol                    |
| • Higenamine   | • Procaterol     | • Terbutaline |                                 |

### EXCEPTIONS

- Inhaled salbutamol: maximum 1600 micrograms over 24 hours in divided doses not to exceed 800 micrograms over 12 hours starting from any dose;
- Inhaled formoterol: maximum delivered dose of 54 micrograms over 24 hours;
- Inhaled salmeterol: maximum 200 micrograms over 24 hours;
- Inhaled vilanterol: maximum 25 micrograms over 24 hours.

### NOTE

The presence in urine of salbutamol in excess of 1000 ng/mL or formoterol in excess of 40 ng/mL is not consistent with 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 a therapeutic dose (by inhalation) up to the maximum dose indicated above.

## S4 HORMONE AND METABOLIC MODULATORS

### PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

Prohibited substances in classes S4.1 and S4.2 are *Specified Substances*. Those in classes S4.3 and S4.4 are non-*Specified Substances*.

The following hormone and metabolic modulators are prohibited.

#### 1. AROMATASE INHIBITORS

Including, but not limited to:

- 2-Androstenol (5 $\alpha$ -androst-2-en-17-ol)
- 2-Androstenone (5 $\alpha$ -androst-2-en-17-one)
- 3-Androstenol (5 $\alpha$ -androst-3-en-17-ol)
- 3-Androstenone (5 $\alpha$ -androst-3-en-17-one)
- 4-Androstene-3,6,17 trione (6-oxo)
- Aminoglutethimide
- Anastrozole
- Androsta-1,4,6-triene-3,17-dione (androstatienedione)
- Androsta-3,5-diene-7,17-dione (arimistane)
- Exemestane
- Formestane
- Letrozole
- Testolactone

#### 2. ANTI-ESTROGENIC SUBSTANCES [ANTI-ESTROGENS AND SELECTIVE ESTROGEN RECEPTOR MODULATORS (SERMS)]

Including, but not limited to:

- Bazedoxifene
- Clomifene
- Cyclofenil
- Fulvestrant
- Ospemifene
- Raloxifene
- Tamoxifen
- Toremifene

# S4 HORMONE AND METABOLIC MODULATORS

(continued)

### 3. AGENTS PREVENTING ACTIVIN RECEPTOR IIB ACTIVATION

Including, but not limited to:

- Activin A-neutralizing antibodies
- Activin receptor IIB competitors such as:
  - Decoy activin receptors (e.g. ACE-031)
- Anti-activin receptor IIB antibodies (e.g. bimagrumab)
- Myostatin inhibitors such as:
  - Agents reducing or ablating myostatin expression
  - Myostatin-binding proteins (e.g. follistatin, myostatin propeptide)
  - Myostatin-neutralizing antibodies (e.g. domagrozumab, landogrozumab, stamulumab)

### 4. METABOLIC MODULATORS

- 4.1 Activators of the AMP-activated protein kinase (AMPK), e.g. AICAR, SR9009; and peroxisome proliferator-activated receptor delta (PPAR $\delta$ ) agonists, e.g. 2-[2-methyl-4-[(4-methyl-2-(4-(trifluoromethyl)phenyl)thiazol-5-yl)methyl(thio)phenoxy]acetic acid (GW1516, GW501516)
- 4.2 Insulins and insulin-mimetics
- 4.3 Meldonium
- 4.4 Trimetazidine

## S5 DIURETICS AND MASKING AGENTS

### PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited substances in this class are *Specified Substances*.

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. 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.



### EXCEPTIONS

- Drospirenone; pamabrom; and topical ophthalmic administration of carbonic anhydrase inhibitors (e.g. dorzolamide, brinzolamide);
- Local administration of felypressin in dental anaesthesia.



### NOTE

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 (AAF)* unless the *Athlete* has an approved *Therapeutic Use Exemption (TUE)* for that substance in addition to the one granted for the diuretic or masking agent.

# PROHIBITED METHODS

### PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited methods in this class are non-*Specified* except methods in M2.2. which are *Specified 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 by inhalation.
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:  
*Sample* substitution and/or adulteration, e.g. addition of proteases to *Sample*.
2. Intravenous infusions and/or injections of more than a total of 100 mL per 12-hour period except for those legitimately received in the course of hospital treatments, surgical procedures or clinical diagnostic investigations.

#### M3. GENE AND CELL DOPING

The following, with the potential to enhance sport performance, are prohibited:

1. The use of nucleic acids or nucleic acid analogues that may alter genome sequences and/or alter gene expression by any mechanism. This includes but is not limited to gene editing, gene silencing and gene transfer technologies.
2. The use of normal or genetically modified cells.

## S6 STIMULANTS

### PROHIBITED IN-COMPETITION

All prohibited substances in this class are *Specified Substances* except those in S6.A, which are *non-Specified Substances*.

*Substances of Abuse* in this section: cocaine and methylenedioxymethamphetamine (MDMA / "ecstasy")

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
- Lisdexamfetamine
- Mefenorex
- Mephentermine
- Mesocarb
- Metamfetamine(*d*-)
- p-methylamfetamine
- Modafinil
- Norfenfluramine
- Phendimetrazine
- Phentermine
- Prenylamine
- Prolintane

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

# S6 STIMULANTS (continued)

## B: SPECIFIED STIMULANTS

Including, but not limited to:

- 3-Methylhexan-2-amine (1,2-dimethylpentylamine)
- 4-Methylhexan-2-amine (methylhexaneamine)
- 4-Methylpentan-2-amine (1,3-dimethylbutylamine)
- 5-Methylhexan-2-amine (1,4-dimethylpentylamine)
- Benzfetamine
- Cathine\*\*
- Cathinone and its analogues, e.g. mephedrone, methedrone, and α-pyrrolidinovalerophenone
- Dimetamfetamine (dimethylamphetamine)
- Ephedrine\*\*\*
- Epinephrine\*\*\*\* (adrenaline)
- Etamivan
- Etilamfetamine
- Etilefrine
- Famprofazone
- Fenbutrazate
- Fencamfamin
- Heptaminol
- Hydroxyamfetamine (parahydroxyamphetamine)
- Isometheptene
- Levmetamfetamine
- Meclofenoxate
- Methylenedioxymethamphetamine
- Methylephedrine\*\*\*
- Methylphenidate
- Nikethamide
- Norfenefrine
- Octodrine (1,5-dimethylhexylamine)
- Octopamine
- Oxilofrine (methylsynephrine)
- Pemoline
- Pentetrazol
- Phenethylamine and its derivatives
- Phenmetrazine
- Phenpromethamine
- Propylhexedrine
- Pseudoephedrine\*\*\*\*\*
- Selegiline
- Sibutramine
- Strychnine
- Tenamfetamine (methylenedioxymphetamine)
- Tuaminoheptane

and other substances with a similar chemical structure or similar biological effect(s).

## EXCEPTIONS

- Clonidine;
- Imidazole derivatives for dermatological, nasal or ophthalmic use [e.g. brimonidine, clonazoline, fenoxazoline, indanazoline, naphazoline, oxymetazoline, xylometazoline] and those stimulants included in the 2021 Monitoring Program\*.

\* Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol, and synephrine: These substances are included in the 2021 Monitoring Program and are not considered *Prohibited Substances*.

\*\* Cathine: Prohibited when its concentration in urine is greater than 5 micrograms per millilitre.

\*\*\* Ephedrine and methylephedrine: Prohibited when the concentration of either in urine is greater than 10 micrograms per millilitre.

\*\*\*\* 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 millilitre.

## S7 NARCOTICS

### PROHIBITED IN-COMPETITION

All prohibited substances in this class are *Specified Substances*.

*Substance of Abuse* in this section: diamorphine (heroin)

The following narcotics, including all optical isomers, e.g. *d*- and *l*- where relevant, are prohibited.

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

## S8 CANNABINOIDS

### PROHIBITED IN-COMPETITION

All prohibited substances in this class are *Specified Substances*.

*Substance of Abuse* in this section: tetrahydrocannabinol (THC)

All natural and synthetic cannabinoids are prohibited, e.g.

- In cannabis (hashish, marijuana) and cannabis products
- Natural and synthetic tetrahydrocannabinols (THCs)
- Synthetic cannabinoids that mimic the effects of THC

### EXCEPTIONS

- Cannabidiol



# S9 GLUCOCORTICOIDS

### PROHIBITED IN-COMPETITION

All prohibited substances in this class are *Specified Substances*.

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

Including, but not limited to:

- Beclometasone
- Betamethasone
- Budesonide
- Ciclesonide
- Cortisone
- Deflazacort
- Dexamethasone
- Flucortolone
- Flunisolide
- Fluticasone
- Hydrocortisone
- Methylprednisolone
- Mometasone
- Prednisolone
- Prednisone
- Triamcinolone acetonide

# P1 BETA-BLOCKERS

## PROHIBITED IN PARTICULAR SPORTS

All prohibited substances in this class are *Specified Substances*.

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 aerials/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:

- |              |              |                |               |
|--------------|--------------|----------------|---------------|
| • Acebutolol | • Bunolol    | • Labetalol    | • Oxprenolol  |
| • Alprenolol | • Carteolol  | • Metipranolol | • Pindolol    |
| • Atenolol   | • Carvedilol | • Metoprolol   | • Propranolol |
| • Betaxolol  | • Celiprolol | • Nadolol      | • Sotalol     |
| • Bisoprolol | • Esmolol    | • Nebivolol    | • Timolol     |

## 13 - ANTI-DOPING REGULATIONS



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### SCHEDULE FOUR

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#### GUIDE TO THERAPEUTIC USE EXEMPTIONS

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##### 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 UKAD on behalf of The Association, 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 should check with their doctor if they could use an alternative medication or treatment. If alternatives do not exist, are unsuitable, or have failed to be effective (if trialled), 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 Association 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 Association'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:
  - Premier League Players (First Team and U23)
  - Championship Players (First Team and U23)
  - League 1 Players (First Team and U23)
  - League 2 Players (First Team and U23)
  - Registered Scholars competing in the U18 Premier League
  - Women's Super League Players
  - Any other Player who trains or competes with any of the above 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.

## 13 - ANTI-DOPING REGULATIONS

- 1.6** Players must take note that TUEs issued to them by UKAD 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 UKAD will not be valid for purposes of UEFA or FIFA or other competitions unless and until it is recognised by them. The Association and/or UKAD will support the Player in seeking such recognition. If UEFA or 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 UKAD will determine whether the original TUE should nevertheless remain valid for national-level competition and Out-of-Competition Testing.
- 1.7** A Player may not apply to more than one body for a TUE.
- 1.8** The Association 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 The Association 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 Association's Anti-Doping Regulations.
- 1.9** A Player who seeks a TUE from UKAD consents to the disclosure of confidential medical records for the purposes 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 UKAD or the UK TUE Committee to process his/her TUE application;
  - (b) the communication by UKAD 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 Association, FIFA, WADA and other Anti-Doping Organisations. The data will be processed by UKAD, The Association and any other relevant party for the purposes of carrying out these Anti-Doping Regulations.
- 1.10** Should the Player wish to revoke the consent set out in the preceding paragraph, he or she must notify UKAD 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)

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

- must not be made simultaneously to both UKAD and another body;
- should be made on forms provided by UKAD, 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 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 UKAD either by e-mail or post (if posted, in an envelope marked "Private and confidential TUE Application"):

TUE  
UK Anti-Doping,  
Sport Park,  
3 Oakwood Drive,  
Loughborough, LE11 3QF

or by e-mail: [tue@ukad.org.uk](mailto:tue@ukad.org.uk)

**1A2** Players should retain a copy of the application and enclosures sent to UKAD, along with proof of the date of mailing/emailing.

**1A3** UKAD 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 UKAD's TUE jurisdiction. If the Player falls under the TUE jurisdiction of UEFA or FIFA, then UKAD 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, UKAD 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 UKAD 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.

## 13 - ANTI-DOPING REGULATIONS

**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;
- in cases where specific expertise is required (for example, for Athletes with impairments where the substance or method pertains to the Athlete's impairment), at least one (1) member or expert of the UK TUE Committee should possess such expertise; 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 (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 a medical condition, supported by relevant clinical evidence.
- (b) The Therapeutic Use of the Prohibited Substance or Prohibited Method will not produce any additional enhancement of performance beyond what might be anticipated by a return to the Player's normal state of health following the treatment of the medical condition.
- (c) The Prohibited Substance or Prohibited Method is an indicated treatment for the medical condition, and there is no reasonable permitted Therapeutic alternative.
- (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 approved substance or method, the dosage(s), frequency and route of Administration permitted, (b) the duration of the exemption granted; and (c) any conditions or requirements that the Player must satisfy.

**1A11** If the UK TUE Committee denies the TUE, it shall state its reasons for doing so in the decision itself.

**1A12** UKAD will send copies of the UK TUE Committee's decision, on a confidential basis, to the Player and/or to the Player's designated representative. UKAD may send The Association a copy where necessary. UKAD will also share 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, then at the same time as UKAD 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 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 twenty-one (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 or urgent treatment of a medical condition was necessary; or
  - (b) there was insufficient time, opportunity or other exceptional circumstances that prevented the Player from submitting, or 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;
  - (d) the Player Used Out-of-Competition, for Therapeutic reasons, a Prohibited Substance that is only prohibited In-Competition
- 1B3** In exceptional circumstances and notwithstanding any other provision in this Schedule Four, a Player may apply for and be granted retroactive approval for their therapeutic Use of a Prohibited Substance or Prohibited Method if, considering the purpose of the Code, it would be manifestly unfair not to grant a retroactive TUE. In the case of International-Level and National-Level Players (as defined by the Code), any such grant must be with the prior approval of WADA.
- 1B4** An application for a TUE covering emergency treatment or treatment of an acute medical condition should be made within five (5) working days of the commencement of Use of the Prohibited Substance or Prohibited Method in question. UKAD may extend this deadline if the Player provides compelling reasons why it should do so.
- 1B5** 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 UKAD no later than five (5) working days after an Adverse Analytical Finding is reported in respect of the Sample collected from the Player. UKAD may extend this deadline if the Player provides compelling reasons why it should do so.

#### Effective dates for TUE grants

- 1B6** 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.
- 1B7** 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.
- 1B8** If 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.
- 1B9** 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. A player should submit an application for a new TUE well in advance of that expiry date, so that there is sufficient time for a decision to be made on the application before the TUE expires.



## 13 - ANTI-DOPING REGULATIONS

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

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- 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 UKAD 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 UKAD to the Player and/or the Player's designated representative and all other relevant Anti-Doping Organisations. Such notice shall take effect upon receipt. UKAD may also notify The Association where necessary.
- 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 Association 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

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- 1D1** A Player who wishes to appeal a decision of the UK TUE Committee must lodge written notice of the appeal with UKAD 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 UKAD at the following address, in an envelope marked "Private and confidential TUE Appeal":
- TUE  
UK Anti-Doping,  
Sport Park,  
3 Oakwood Drive,  
Loughborough,  
LE11 3QF
- or by e-mail: [tue@ukad.org.uk](mailto:tue@ukad.org.uk)
- 1D3** UKAD 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.

## 13 - ANTI-DOPING REGULATIONS

- 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 UKAD 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, it shall state its reasons for doing so in the decision itself.
- 1D8** UKAD will send copies of the UK TUE Appeal Panel's decision, on a confidential basis, to the Player and/or the Player's designated representative. UKAD may also notify The Association where necessary. UKAD will also share 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; and
  - (d) the right of the Player or UKAD (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 UKAD 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.

**TUE APPLICATION FORMS CAN BE DOWNLOADED FROM UKAD'S WEBSITE: <https://www.ukad.org.uk/>**