



No. 92/2020

TO UEFA MEMBER ASSOCIATIONS  
TO CLUBS PARTICIPATING IN UEFA COMPETITIONS

For the attention of  
the President and the General Secretary

Your reference	Your correspondence of	Our reference RLE/VOU	Date 9 December 2020
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## UEFA Anti-Doping Regulations, 2021 edition, and 2021 WADA Prohibited List

Dear Sir or Madam,

Please find enclosed the 2021 edition of the [UEFA Anti-Doping Regulations](#) (ADR) as approved by the UEFA Executive Committee at its meeting of 3 December 2020. The ADR have been updated to ensure harmonisation with the 2021 World Anti-Doping Code (WADA Code). The goal is for all footballers to benefit from the same anti-doping procedures and protections, no matter their nationality, the country where tested or the competition they are involved in, so that all players may participate in competition that is both safe and fair.

These regulations apply to all aspects of the UEFA anti-doping programme, including in- and out-of-competition doping controls, and will come into force on 1 January 2021.

### UEFA Anti-Doping Regulations, 2021 edition

The main changes made to the UEFA ADR are as follows:

The structure of the new UEFA ADR 2021 has been amended so that the numbering of the articles is now fully in alignment with the WADA Code 2021.

#### **Protection for Individuals Reporting Violations (Article 2.11)**

This new Article makes it an anti-doping rule violation to threaten another person to discourage them from reporting to authorities any information relating to an anti-doping rule violation, non-compliance with the Code or other doping activity, or to retaliate against another person for doing so. The range of sanction for these violations is two years to lifetime ineligibility depending on the seriousness of the violation. (Article 10.3.6)

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### **Specified methods (Article 4.2.2)**

The new ADR introduces the concept of 'specified methods' which, similar to 'specified substances', may be subject to sanctions that are milder or different from those for non-specified methods and non-specified substances. The annual WADA Prohibited List sets out the specified methods.

### **Regime of sanctions (Article 10)**

The new ADR have identified certain situations which permit flexibility in the sanctioning regime for anti-doping rule violations.

### **Substance of abuse (Article 10.2.4)**

Substances of Abuse is a new definition that encompasses those substances that are frequently abused in society outside of the context of sport. If the player can establish that the substance was used during an out-of-competition period in a context unrelated to sports performance, the period of ineligibility is three months and can be further reduced to one month if the player completes a rehabilitation programme. WADA will specify the Substances of Abuse on its Prohibited List. The 2021 edition identifies the following as Substances of Abuse: cocaine, diamorphine (heroin), methylenedioxymethamphetamine (MDMA/ecstasy) and tetrahydrocannabinol (THC).

### **Fraudulent Conduct During Results Management and Hearing Process (Definition in Annex A and Article 10.3.1)**

The definition of "Tampering" has been expanded to specifically include fraudulent conduct during results management including for example, submitting fraudulent documents or procuring false witness testimony. The range of sanction for this violation is from two to four years ineligibility, to be served consecutively with any period of ineligibility imposed for the underlying violation.

### **Aggravating Circumstances (Article 10.4)**

The concept of 'Aggravating Circumstances' has been inserted to deal with special or exceptional circumstances where an additional period of ineligibility of up to two years may be given.

Such circumstances and actions include, but are not limited to; Using or possessing multiple prohibited substances or methods; using or possessing prohibited substances or methods on multiple occasions; committing multiple other anti-doping rule violations; experiencing the performance-enhancing effects of the substance beyond the otherwise applicable period of Ineligibility; engaging in deceptive or obstructive conduct to avoid the detection or adjudication of an anti-doping rule violation.

### **Common contaminants and supplements (Article 10.6.1.2)**

As WADA-accredited laboratories are able to detect tiny quantities of prohibited substances, it has been difficult for players to prove that their adverse analytical findings were due to contamination and they were therefore unable to have their sanction reduced. To address this situation without changing Article 10.6.1.2, WADA will raise the reporting limits for prohibited substances that are known contaminants.

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### **Results management agreements (Article 10.8)**

Article 10.8.1 provides that when a player or other person facing four or more years' ineligibility admits to the violation and accepts the period of ineligibility within twenty days of notice of the charge, the ineligibility will be reduced by one year, thus providing some incentive for the individual to admit to the violation. Article 10.8.2 provides an opportunity for UEFA, the player or other person and WADA to enter into a case resolution agreement under which the period of ineligibility can be agreed upon based on the facts of the case. The case will then not be referred to the disciplinary bodies. Case resolution agreements are not appealable.

### **Education (Article 18 and definition in Annex A)**

A specific provision that refers to the new WADA International Standard for Education has now been included in the ADR to reaffirm UEFA's strong commitment to education in its protection of clean sport. For the last 15 years, UEFA has been running a very robust anti-doping education programme and has recently launched a new education strategy in line with the new International Standard for Education. Education is also defined in Annex A.

### **Definition of 'in-competition' (Annex A)**

For the purposes of the laboratory analysis menu, the term 'in-competition' is now defined as the period starting at 23:59 on the day before a match in which the player is scheduled to participate and ending with the completion of the sample collection process after the match. This will lead to short periods within a tournament in which 'out-of-competition' and 'in-competition' periods alternate.

### **Definition of 'Protected Person' (Annex A)**

A new definition of Protected Person has been included in the ADR. A Protected Person is a Player or other Person who at the time of the anti-doping rule violation is: (i) under the age of sixteen (16), or (ii) under the age of eighteen (18) and not included in any Registered Testing Pool and has never competed in any International Competition other than in youth matches (e.g. UEFA European Under-17 Championship, UEFA Youth League). Such Protected Persons benefit from a more favourable disciplinary regime (determination of fault, sanction, public disclosure).

### **Whereabouts sanction (Annex C)**

While the sanctioning regime remains unchanged for teams failing to submit timely and accurate whereabouts of their players, the player whereabouts violation will not be considered an anti-doping rule violation under Article 2.4 of the Code. Consequently, players in UEFA testing pools committing a whereabouts violation (three whereabouts failures or missed tests within a 12-month period) will now only be sanctioned with a maximum period of ineligibility of 12 months, depending on the player's degree of fault. In parallel, UEFA may at any time request FIFA to include a player in its Registered Testing Pool.

### **Additional Roles and Responsibilities**

Information regarding the additional roles and responsibilities of Players, Player Support Personnel, Member Associations and Clubs in UEFA Competitions can be found in Articles 21, 22 and 23 of the ADR.

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## 2021 WADA Prohibited List

In accordance with Article 4.1 of the ADR, the 2021 WADA Prohibited List will apply to all UEFA competitions from 1 January 2021.

In light of this, please find enclosed with this letter the new list of prohibited substances, and a WADA document summarising the changes compared to the 2020 Prohibited List. This information is also available on uefa.com (full address below) and the WADA website ([www.wada-ama.org](http://www.wada-ama.org)).

## Therapeutic Use Exemptions (TUEs)

All TUE applications are processed by UEFA in accordance with the 2021 WADA International Standard for Therapeutic Use Exemptions (ISTUE). There have been a number of updates to the 2021 ISTUE and your team doctors are strongly advised to carefully read the enclosed, *'Guide to the WADA Prohibited List and TUEs'*, for more detailed information regarding TUEs.

UEFA's rules and procedures governing TUEs are harmonised with those of FIFA. Players who are participating in UEFA competitions or in senior international (national A team) friendly matches and have to use a prohibited substance or prohibited method for therapeutic purposes must request prior authorisation from UEFA by means of a UEFA TUE application form (enclosed).

The TUE application form must be completed and signed by the player and their treating physician, and then sent with a complete file of medical evidence to the UEFA anti-doping and medical unit ([antidoping@uefa.ch](mailto:antidoping@uefa.ch)). In order to provide additional security, please encrypt the documents with a password and send the password in a separate email to [Rebecca.lee@uefa.ch](mailto:Rebecca.lee@uefa.ch). Forms must be sent to UEFA only and not to NADOs. Except in cases of medical emergency, doctors must not administer a prohibited substance or prohibited method before a TUE has been granted by UEFA.

WADA publishes checklists on the requirements for TUE applications for many common medical conditions. Doctors must ensure that all the requirements are met before applying to UEFA for a TUE otherwise applications will be sent back to the applicant for further information and the process for granting a TUE will be delayed. The guidance documents can be downloaded from the WADA website: <https://www.wada-ama.org/en/what-we-do/science-medical/therapeutic-use-exemptions/>

TUEs granted by FIFA are automatically valid for UEFA competitions. However, TUEs granted by NADOs are not valid for UEFA competitions unless they have been recognised by UEFA. In case of a TUE recognition request, the UEFA anti-doping and medical unit must be provided with a copy of the original application form and all medical information submitted to the authorising body (both translated into one of UEFA's official languages, if necessary) and any other specific document that may be requested by UEFA.

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Players participating in youth-level international friendly matches (i.e. any national youth team up to and including Under-21s) must apply to their NADO for a TUE, and not to UEFA.

Please forward this circular, the UEFA Anti-Doping Regulations, 2021 edition, and the 2021 WADA Prohibited List immediately to your team doctors, who must in turn inform their players. The Prohibited List, the Guide to the WADA Prohibited List and TUEs and all other enclosed documents are also available on the dedicated anti-doping section of the UEFA website at:

<https://www.uefa.com/insideuefa/protecting-the-game/anti-doping/>

Should you have any queries or require additional information regarding the new ADR, please contact Caroline Thom ([caroline.thom@uefa.ch](mailto:caroline.thom@uefa.ch)). For TUE matters, please contact Rebecca Lee ([Rebecca.lee@uefa.ch](mailto:Rebecca.lee@uefa.ch)) or [anti-doping@uefa.ch](mailto:anti-doping@uefa.ch).

Yours faithfully,

**U E F A**



Theodore Theodoridis  
General Secretary

Enclosures

- [UEFA Anti-Doping Regulations, 2021 edition](#)
- 2021 WADA Prohibited List
- WADA summary of modifications made to 2020 Prohibited List
- Guide to the WADA Prohibited List and TUEs
- UEFA TUE application form

cc (with enclosures)

- UEFA Executive Committee
- UEFA Medical Committee
- UEFA Anti-Doping Panel
- UEFA TUE Committee
- UEFA Doping Control Officers
- European members of the FIFA Council
- FIFA, Zurich
- European national anti-doping organisations
- European WADA-accredited laboratories