

THE 2016 FA ANTI-DOPING ADVICE CARD

Information for players, parents, club medical staff and healthcare professionals.



ANTI-DOPING



Valid from 1 July - 31 December 2016

TheFA.com/anti-doping

EXAMPLES OF SUBSTANCES PROHIBITED AT ALL TIMES

This section does not cover every single prohibited substance/method and players/support personnel are advised to consult the full Prohibited List for a definitive breakdown at wada-ama.org

Anabolic agents

Androstenedione, clenbuterol, DHEA, epitestosterone, mesterolone, methandienone, nandrolone, selective androgen receptor modulators (SARMs), stanozolol, testosterone, tibolone, trenbolone.

Peptide hormones, growth factors, related substances and mimetics

Corticotrophins and their releasing factors, Erythropoiesis-Stimulating Agents (EPO, dEPO, CERA, Hematide), Growth Hormone (GH) and its releasing factors, Insulin-like Growth Factor (IGF-1). Chorionic Gonadotrophin (CG) and Luteinizing Hormone (LH) and their releasing factors are prohibited in males. Mechano Growth Factors (MGFs), Fibroblast Growth Factors (FGFs), hypoxia-inducible factor (HIF)-stabilizers eg. Cobalt, HIF Activators eg. Xenon and Argon, Vascular-Endothelial Growth Factor (VEGF), Hepatocyte Growth Factor (HGF), Platelet-Derived Growth Factor (PDGF).

Non-approved substances

Any pharmacological substance which is not addressed by any of the other sections of the WADA Prohibited List and with no current approval by any government regulatory health authority for human therapeutic use.

Beta-2 agonists

All beta-2 agonists are prohibited except inhaled Salbutamol (maximum 1600 micrograms over 24 hours), inhaled Formoterol (maximum delivered dose 54 micrograms over 24 hours) and Salmeterol when taken by inhalation in accordance with the manufacturer's recommended therapeutic regime.

Hormone and metabolic modulators

Aminoglutethimide, anastrozole, androstatrienedione, clomiphene, cyclofenil, exemestane, formestane, fulvestrant, insulin, letrozole, melodonium, raloxifene, selective estrogen receptor modulators (SERMs), tamoxifen, testolactone, toremifene, 6-oxo, trimetazidine.

Diuretics and masking agents

Amiloride, bendroflumethiazide, desmopressin, furosemide, hydrochlorothiazide, indapamide, metolazone, plasma expanders, probenecid, thiazides, triamterene, vaptans.

EXAMPLES OF DOPING METHODS PROHIBITED AT ALL TIMES

Manipulation of blood and blood components

Blood doping, using blood or blood products and modified haemoglobin products, to enhance the uptake, transport or delivery of oxygen. Any form of intravascular manipulation of the blood or blood components by physical or chemical means.

Chemical and physical manipulation

Methods including tampering or attempting to tamper in order to alter the integrity and validity of a sample. Intravenous infusions and/or injections of more than 50ml per 6 hour period are prohibited except for those legitimately received in the course of hospital admissions or clinical investigations.

Gene doping

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

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

EXAMPLES OF SUBSTANCES PROHIBITED WHEN DETECTED IN-COMPETITION ONLY

Glucocorticoids

All glucocorticoids eg. beclometasone, hydrocortisone, triamcinolone, prednisolone are prohibited when administered by oral, intravenous, intramuscular or rectal routes.

Narcotics

Buprenorphine, dextromoramide, fentanyl (and its derivatives), hydromorphone, oxycodone, oxymorphone, pentazocine and pethidine.

Stimulants

Cathine, ephedrine, heptaminol, mephedrone, methylhexaneamine, methylphenidate, modafinil, nikethamide, octopamine, oxilofrine, pseudoephedrine, strychnine, tuaminoheptane.

EXAMPLES OF SOCIAL DRUGS PROHIBITED AT ALL TIMES

Testing positive for a social drug at an in-competition test (match day) is likely to lead to a two-year ban from football.

Amphetamine

(also known as Speed, Base)

Benzylpiperazine

(also known as Party Pills, Legal E)

Cathinone and its analogues eg. mephedrone

(also known as Meow Meow, M Cat)

Cannabinoids

(also known as Cannabis, Marijuana, Weed)

Cocaine

(also known as Coke, Charlie)

Diamorphine

(also known as Heroin, Smack)

LSD

(also known as Acid)

Methadone

(also known as Physeptone)

Methylamphetamine

(Crystal Meth, Ice)

MDMA

(also known as Ecstasy, Pills, E)

MDEA

(also known as Eve)

For confidential advice regarding social drugs contact national drugs education service FRANK by one of the following methods: Tel: 0300 123 6600 SMS: 82111 talktofrank.com

**SOCIAL DRUGS ARE PROHIBITED BY THE
FA AT ALL TIMES**

THERAPEUTIC USE EXEMPTIONS (TUE) & ASTHMA MEDICATION

Therapeutic Use Exemptions

This process gives players a means of attaining approval to use a prescribed prohibited substance/method for the treatment of a medical condition.

How to apply:

- If your medication is prohibited check that you cannot take a permitted medication instead.
- Find out if you are at a level of competition that requires a TUE to be submitted in advance by checking the FA Anti-Doping Regulations or with your club doctor or physio.
- If a TUE is required complete the relevant TUE form, attach the required medical evidence and send to UKAD*.

A TUE form must be signed by the doctor who prescribed your medication and you should consult with your club medical staff before applying.

For more information about the TUE process consult the FA Anti-Doping Regulations or log on to ukad.org.uk/support-personnel/tues

*If your club is involved in UEFA or FIFA competition at the time that you need to apply for a TUE you should consult UEFA or FIFA Anti-Doping regulations.

Asthma Medication

Although you do not need to obtain a TUE to use a Salbutamol or Formoterol inhaler you still need to be careful about how much you take.

You can still commit an anti-doping rule violation and potentially face a suspension if you take more than 1600 micrograms of Salbutamol or 54 micrograms of Formoterol over 24 hours.

Terbutaline is banned at all times.

For further guidance please speak to your club doctor.



SUPPLEMENTS IN FOOTBALL

The FA does not recommend that players take supplements. Players are strongly advised to be very cautious if they choose to take any supplement such as vitamin tablets, energy drinks, or sport-nutrition formulas. This is because there is no guarantee that any supplement is free from banned substances.

Assess the need

seek expert nutritional/dietary advice, you may not need supplements.

Assess the risk

know, understand and address the risks of contamination.

Assess the consequences

you could receive a four-year ban from football.

You can reduce the risks by:

- undertaking thorough internet research
- only using batch-tested products
- checking on Informed-Sport (which is a risk minimisation programme) that the supplement has been batch tested

If you test positive due to taking a contaminated supplement, to get a reduced sanction you must be able to evidence that you did substantial research to check whether the product contained any banned substances prior to consuming it. For example, by being able to evidence internet searches on the ingredients listed on the product and searches on the website of a risk minimisation scheme, such as Informed Sport (www.informed-sport.com).

Always remember that you are responsible for anything that is in your body when you are drug tested.

The FA accepts no liability for the contents of supplements produced, recommended or approved by Informed Sport or any other organisations.

WARNING

Players in the UK should be aware of the prohibited substance Higenamine following its identification in a number of supplement products.

Supplement manufacturers have been found to label products containing Higenamine using one or more of the following names: **Demthylcoclaurine, Norcoclaurine.**

Players should avoid all products that contain this substance as its use could be detrimental to health and lead to an Anti-Doping Rule Violation (ADRV).

You can view the following education resources at [The FA.com/anti-doping](https://www.thefa.com/anti-doping):

- Video of a player undergoing a blood and urine test
- Player Essentials Guide (available in 5 languages)
- Youth Player and Parent Guide
- WSL Player Anti-Doping Guide
- FA Anti-Doping Regulations and Procedural Guidelines
- The FA Social Drugs Policy Regulations

To obtain a hard copy of any of these guides please contact your club secretary, club physiotherapist or The FA Anti-Doping Team (anti-doping@TheFA.com)

WHEREABOUTS

This section only relates to players competing in the Premier League, Championship, League 1 and League 2 (including reserve players). Players born on or before 31 August 1998 should follow steps 1, 2 and 3 as described below. Players born on or after 1 September 1998 at clubs who have a Category 1 academy should follow step 1 only.

1. Tell The FA

If you will be absent from a training session or will arrive after the session has started you must notify The FA before the session start time. If you are leaving before the session has ended you must notify The FA before you leave clearly stating in your notification that you are leaving early. In all notifications provide your full name and club, and if required all of the information at steps 2 and 3. The contact details of The FA are below:

SMS: 07800 140062

Email: whereabouts@TheFA.com

Tel: 0844 980 8210

(24hr messaging service)

2. Provide a full address and 1 hour time slot where and when you will be available that day.

The time slot must start at least 2 hours after notification and be between 6am and 11pm. The address must contain a postcode. You can update or change your location/time slot, provided the 2 hour gap is still observed.

3. Be at the address at the time you have stated and stay there for the hour.

N.B. If you are participating in club activity at a different venue to that of the scheduled club training session, you do not need to provide an alternative testing slot.

However, you must notify The FA, preferably in advance of the training session and in any event before you leave the original venue to relocate (if applicable), stating your alternative training venue and time. If you do not adhere to the requirements above, you may get a missed test strike. If you get 3 missed test strikes in 12 months you will be suspended from football for at least 12 months. This is your responsibility, not your club's.

EXAMPLES OF PERMITTED MEDICATION

Allergies and hayfever

Acrivastine, cetirizine, chlorpheniramine, desloratadine, fexofenadine, levocetirizine, loratadine, levocabastine, mizolastine, oxymetazoline, promethazine, sodium cromoglicate, xylometazoline. Glucocorticoids are permitted for use in eye drops and nasal sprays.

Adrenaline

Adrenaline is permitted when associated with local anaesthetic agents or by local administration eg. nasal, ophthalmologic.

Antibiotics

All antibiotic medication is permitted.

Asthma

Ipratropium, montelukast, sodium cromoglicate, theophylline. Inhaled salbutamol, salmeterol and formoterol are permitted with restrictions (see Beta-2 agonists section). Inhaled glucocorticoids are permitted.

Constipation

Bisacodyl, isphagula husk, liquid paraffin, methylcellulose, senna, sodium picosulfate, sterculia.

Cough/cold

Caffeine, codeine, guaifenesin, oxymetazoline, paracetamol, phenylephrine, phenylpropanolamine, pholcodine, steam and menthol inhalations, xylometazoline.

Depression

Amitryptiline, doxepin, escitalopram, fluoxetine, flupentixol, imipramine, lofepramine, nortriptyline paroxetine, sertraline, venlafaxine.

Diarrhoea

Atropine, diphenoxylate, loperamide.

Ear

Chloramphenicol, clioquinol, clotrimazole, gentamicin, neomycin, docusate sodium. Glucocorticoids in ear drops are permitted.

EXAMPLES OF PERMITTED MEDICATION

Eye

Antazoline, azelastine, levocabastine, nedocromil sodium, sodium cromoglicate, topical dorzolamide, topical brinzolamide. Glucocorticoids in eye drops are permitted.

Fungal infection

Amphotericin, clotrimazole, econazole, fluconazole, itraconazole, ketoconazole, miconazole, nystatin, terbinafine, tolnaftate.

Haemorrhoids

Benzocaine, bismuth subgallate, cinchocaine and lidocaine. Topical creams and ointments containing glucocorticoids such as beclometasone, betamethasone, clobetasol and hydrocortisone are permitted.

Indigestion and bowel problems

Atropine, calcium carbonate, charcoal, cimetidine, famotidine, lansoprazole, mesalazine, omeprazole, paracetamol, ranitidine, sulfasalazine.

Local anaesthesia

All local anaesthetics are permitted (except for cocaine).

Malaria prevention

Chloroquine, doxycycline, mefloquine, proguanil.

Migraine

Almotriptan, clonidine, pizotifen, sumatriptan, tolfenamic acid, zolmitriptan.

Nose

Acrivastine, levocabastine, oxymetazoline, phenylephrine, sodium cromoglicate, xylometazoline. Glucocorticosteroid nasal drops and sprays eg. beclometasone, fluticasone are permitted.

Oral contraception

Desogestrel, drospirenone, ethinylestradiol, etynodiol, gestodene, levonorgestrel, mestranol, norethisterone, norgestimate.

Pain/inflammation

Non-steroidal anti-inflammatory drugs (NSAIDs) are permitted, aspirin, celecoxib, codeine, diclofenac, dihydrocodeine, etoricoxib, ibuprofen, ketoprofen, naproxen, paracetamol, piroxicam, tramadol, valdecoxib.

EXAMPLES OF PERMITTED MEDICATION

Skin

Aqueous cream, emollients, lanolin, paraffin. Topical creams and ointments containing glucocorticoids are permitted.

Sleeplessness

Alprazolam, diazepam, diphenhydramine, nitrazepam, temazepam, zopiclone.

All vaccines are permitted.

Sore throat (lozenges/gargles)

Amylmetacresol, benzalkonium, benzocaine, chlorhexidine, dequalinium, dichlorobenzyl alcohol, lidocaine, menthol, povidone-iodine, thymol.

Vaccination

All vaccines are permitted.

Viral infection

Aciclovir, famciclovir, idoxuridine, penciclovir.

Vomiting/nausea

Cinnarizine, cyclizine, domperidone, hyoscine, meclozine, metoclopramide, prochlorperazine, promethazine.

Players should use caution when travelling abroad as ingredients of some brands and products may differ in other countries.

REPORT DOPING IN FOOTBALL

Report Doping in Sport is a confidential phone line to support the fight against doping in sport. The service allows players, support personnel and anyone involved in the game to provide information about the use, possession or supply of drugs in football.

If anyone has any information they should make the call to Report Doping in Sport on **0800 32 23 32** or visit **reportdoping.com** and play their part in protecting football.

SPEAK OUT!
reportdoping.com
08000 32 23 32

Help us protect **football**

USEFUL CONTACT INFORMATION

The Football Association

TheFA.com/anti-doping

Tel: 0800 169 1863 ext 4334

Email: anti-doping@TheFA.com

Whereabouts Contact Details

SMS: 07800 140062

Email: whereabouts@TheFA.com

Tel: 0844 980 8210 (24hr messaging service)

The Professional Footballers Association

ThePFA.com/players/anti-doping

Email: Info@thepfa.co.uk

Tel: 0161 236 0575

Sporting Chance Clinic

SportingChanceclinic.com

Email: info@sportingchanceclinic.com

Tel: 0870 220 0714

UK Anti-Doping (UKAD)

Ukad.org.uk

+44 (0) 207 842 3450

Email: athlete@ukad.org.uk

UKAD TUE Information

ukad.org.uk/support-personnel/tues

Email: tue@ukad.org.uk

Fax: + 44 (0) 800 298 3362

UEFA TUE Fax Number

+41 22 990 31 31

Report Doping in Sport

08000 32 23 32

reportdoping.com

Social Drugs

For confidential advice about social drugs go to talktofrank.com, text 82111 or call 0300 123 6600

For alcohol related issues you can call Drinkline on 0300 123 1110

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Find out if your medication contains a prohibited substance on
Global Drug Reference Online:

globaldro.co.uk

Global DRO is an online service that allows you to check the prohibited status of a licensed medication bought in the UK, USA, Canada, Japan and Australia.

Remember: you cannot use Global DRO to check herbal remedies, supplements or social drugs.