To the members of FIFA

Circular no. 1508

Zurich, November 2015
ADSG/jdv/vam

11 rules to prevent doping

Dear Sir or Madam,

FIFA’s “11 rules to prevent doping in football” posters aim to raise awareness among young athletes, coaches, doctors, trainers and parents about the dangers and consequences of doping. It is a line-up of 11 simple messages selected by experts in anti-doping management in collaboration with the World Anti-Doping Agency (WADA), introducing basic but important advice, such as checking the list of prohibited substances, avoiding recreational drugs, taking care with food supplements, and applying for therapeutic use exemptions (TUE).

We want to create greater awareness about doping! Therefore, FIFA appeals to all its member associations to distribute the enclosed posters to their clubs and national teams at all levels. The posters should be printed and displayed in football facilities all across the respective countries, particularly for youth-level players to see. With every player that we can teach about the dangers of doping, we lower the risk of footballers taking doping substances due to a lack of knowledge.

Education is key in the fight against doping. Support the “11 rules to prevent doping” campaign and help us to reduce doping violations in football.

We thank you very much for your cooperation and, should you have any questions, please do not hesitate to contact FIFA’s anti-doping unit (medical@fifa.org).

Yours faithfully,
FIFA

Marco Villiger
Acting Deputy Secretary General

CC: - Executive Committee
    - Medical Committee
    - Confederations
    - WADA
11 RULES TO PREVENT DOPING IN FOOTBALL

1. Doping is cheating
   Doping is cheating. Respect your team mates and your work, but most of all respect yourself. You don't need to win knowing you have cheated.

2. Get informed
   Get informed about doping. Consult your national database such as Global Drug Reference Online (www.gdref.org) to ensure a safe and long-lasting career. Always consult with a doctor or pharmacist before taking any medication, even if it is from your doctor. It's still your responsibility. Not every doctor is aware of the FIFA Anti-Doping Regulations and the World Anti-Doping Code.

3. Check the prohibited list
   WADA's anti-doping prohibited list is a list for all athletes. It describes the substances (or classes of substances) and methods that athletes are forbidden to use. Always check the list before taking any medication. If you have any doubts, make sure to check with your national anti-doping organization.

4. Focus on good nutrition
   A balanced and healthy diet can improve performance and provide all the nutrients and energy you need.

5. Be very careful with supplements
   Be careful with supplements and avoid them if you are not 100% sure about their contents. Supplements might contain prohibited substances, either due to contamination or to deliberate spiking. You are responsible for what you take and you must take responsibility never to take substances in supplements without consulting a doctor, and do everything to reduce the risks of inadvertent doping.

6. Do not risk your career
   It is against the rules to make, sell, buy or attempt to traffic in prohibited substances or prohibited methods. It is against the rules to possess, administer or attempt to administer any prohibited substance or prohibited method.

7. Avoid social drugs
   Avoid social drugs such as marijuana and cocaine as they are a threat to your health and could harm your playing career as well as your personal life. Both of these substances are prohibited by WADA for in-competition periods, but marijuana may remain in your body for many weeks after usage.

8. Anabolic steroids are harmful
   Footballers can get right into the game. Eat a balanced diet to stay fit and healthy throughout your career. Anabolic steroids are bad for you. It affects your heart, liver, and sexual performance, destroying tissues, developing of bones in males, early heart disease, and potentially increasing psychological side effects.

9. Don't forget your whereabouts
   whereabouts are an important element to catch cheaters and keep sport clean. Remember to make yourself available for testing when required. At a given time and place you will be given notice of a test. If you fail to report to the test, you could face disciplinary action.

10. Never refuse a test or tamper with a sample
    Never refuse a test or tamper with a sample. Fabrication, exchange or destruction of a test sample and refusal or failure to submit to sample collection is a violation of these rules.

11. Therapeutic use exemption
    If you have a significant health problem, you may be able to apply for a therapeutic use exemption to use a prohibited substance or method. The treatment must not improve your performance beyond what is inherent to normal treatment and there must be no other suitable treatment available.

FIFA

FOOTBALL FOR HEALTH
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