

11 RULES TO PREVENT DOPING IN FOOTBALL

1 Doping is cheating

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

2 Get informed

Get informed about doping. Consult your team doctor, or databases such as Global Drug Reference Online (www.globaldro.com) to ensure a safe and long-lasting career. Always double-check 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 vital tool for all athletes. It describes the substances (or classes of medications) and methods that athletes are forbidden from using. Always check the list before taking any medication. If you have any doubts, make sure to check with your national anti-doping organisation.

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 may face sanctions. Never take substances or 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 any prohibited substance or prohibited method. 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

Anabolic steroids are bad for you. It often leads to hair loss, severe acne (pimples), shrinking testicles, development of breasts in males, early heart disease, and potentially dangerous 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, seven days a week, as well as at all training sessions and competitions. If you miss a test three times in one year, you could face disciplinary action. If you are in a registered testing pool, you must submit your whereabouts.

10 Never refuse a test or tamper with a sample

Falsification, exchange or destruction of a test sample and evading, refusing or failing to submit to sample collection is a violation of the 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 a return to normal and there must be no other alternative treatment available.