Show doping the red card!
Doping has no place in football. That is why FIFA has a consistent zero-tolerance policy at all levels against banned substances and methods. As a footballer playing at international level, you have an important part to play in this battle against cheating in our sport. Make your position clear: say yes to fair play and show doping the red card!

Inform yourself about the subject of doping. Make use of the information available explaining what it is and how to prevent it. Find out more at no-doping.fifa.com

FOOTBALL MUST REMAIN CLEAN.
What is doping?

Of course, everyone is aware of doping. But, as an athlete, it is not enough to have a vague idea of what it is. In order to protect yourself, you need to know the rules inside out.

It’s easy to see the temptation: there’s the pressure to do well, to get back to fitness quickly after an injury, to boost your performance, to reach your goals more easily. Forget it! There is no good reason and no excuse for resorting to doping.

The highest authority in the battle against doping is the World Anti-Doping Agency (WADA). WADA’s experts are responsible for drawing up the “Prohibited List” which lists all forbidden substances and methods. You are personally responsible for ensuring that no prohibited substance enters your body. You may unwittingly commit a doping offence by following the wrong diet or taking medication or dietary supplements. If you do not comply with doping controls or follow instructions, you may also be committing an offence. If you need to take certain prohibited medicines for medical reasons, you will need a therapeutic use exemption (TUE).

So remember: be careful, and don’t take any risks.
Anyone who breaks the rules faces severe consequences. Doping has already ruined the careers of many athletes and has inflicted long-lasting damage on the reputation of some sports.

FIFA has taken a strong stand in the fight against doping in football in order to guarantee a level playing field and to protect the millions of clean players. Cheating has serious consequences.

- Doping kills careers – being found guilty of doping does irreversible damage to an athlete’s reputation.

- Doping damages your health – the side-effects can cause serious long-lasting or even life-threatening damage to your physical and mental health.

- Doping can land you in a criminal court of law – in many countries the use, possession and dealing of drugs are illegal and punishable by law.

- Doping is isolating – the cheater is thrown out of the team, loses friends, and faces the pressure of negative publicity, a damaged reputation, and loss of respect and trustworthiness.

- Doping leads to financial losses – as well as possibly having to pay a hefty fine, the cheater may have contracts withdrawn and have to pay back prize money or reimburse sponsors.
EVERY YEAR AROUND 30,000 DOPING CONTROL TESTS ARE CARRIED OUT IN FOOTBALL. NO ONE CAN SLIP THROUGH THE NET. THIS TIGHT NET SHOWS HOW SERIOUSLY FIFA TAKES ITS ANTI-DOPING RESPONSIBILITIES.

You are an elite athlete, part of the small circle of players playing football at international level. You are therefore also obliged to take part in FIFA’s doping control process. This includes urine or blood tests and, if necessary, further medical investigations. The use of biological profiling means that anomalies can be discovered over the course of years.

The strong implementation of the programme both during the competitions and in training serves to protect athletes, fair play and equal opportunities.

SO REMEMBER: THERE ARE NO LOOPHOLES FOR DOPING CHEATS.
BE PROACTIVE IN THE FIGHT AGAINST DOPING.

IGNORANCE IS NO EXCUSE. EDUCATE YOURSELF TO PROTECT YOURSELF. TEST YOUR KNOWLEDGE WITH THE FIFA KNOWLEDGE TEST.

You can find the “Anti-Doping Educational Tool” at no-doping.fifa.com which has lots of useful information and advice. You can find all the information you need to make sure you know what doping is, understand the consequences, and can recognise hidden types of doping, and you can familiarise yourself with the FIFA Anti-Doping Programme. This is the best way to protect yourself from knowingly or unknowingly taking prohibited substances or using prohibited methods. It is your personal responsibility – you should never naively leave it in the hands of a doctor, coach or adviser.

Have you understood everything? You can soon find out. As a footballer playing at international level in FIFA competitions, the knowledge test is obligatory.

SO REMEMBER: READ THE INFORMATION ON NO-DOPING.FIFA.COM AND PASS THE TEST.
The 11 rules, with detailed explanations, can be found under “Prevention” in FIFA’s online “Anti-Doping Educational Tool”. Have a look at it there, and download it so you can consult it later.
FIFA is firm in its stance against doping. The rules are there to protect fair play in football for all players.

So join us in taking a clear stance against doping and cheating in sport. Be part of the anti-doping initiative. As a young player, you are not alone.

FIFA, your national association, your club, and many other organisations are there to support you so that you can go on playing football as long as possible.

Inform yourself about doping through reliable internet sources.

- **no-doping.fifa.com** – FIFA’s “Anti-Doping Educational Tool”.
- **wada-ama.org** – the World Anti-Doping Agency website has information about the World Anti-Doping Code and the official list of prohibited substances and methods.
- **globaldro.com** – the “Global Drug Reference Online” database with information about prohibited medication.

You can find contact details on the WADA website: [www.wada-ama.org/en/code-signatories](http://www.wada-ama.org/en/code-signatories)

There you can also find a list of the official National Anti-Doping Organisations which you can consult at national level.