



Scottish Football Association Introduction to Anti-Doping 2025/2026 Season

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Introduction

The Scottish FA's anti-doping policy is governed by UK Anti-Doping (UKAD) the anti-doping organisation for the UK. UKAD is responsible for implementing the world Anti-Doping code and the UK national anti-doping policy. The Scottish FA's policy is also compliant with UEFA's anti-doping guidelines.

The Scottish FA's Anti-Doping Assurance Framework can be seen on the website:

<https://www.scottishfa.co.uk/media/10777/12-anti-doping-regulations-2023-24-clean.pdf>

The purpose of this introduction pack is to provide information and education for clubs, grassroots clubs, parents and players. For further information on the Scottish FA's anti-doping education and governance policy please contact the SFA anti-doping lead.

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Important Topics covered in this pdf and in more detail during our Education Delivery Programme include:



The Prohibited List
Anti-Doping Rule Violations



Testing
Social and Recreational Drugs
Medication
Supplements
Clean Sport



We have also included some top tips and some frequently asked questions.



The Prohibited List

The prohibited list is a comprehensive document that outlines substances and methods banned in sports due to their potential to enhance performance or pose health risks to athletes.



What is included in the prohibited list?

- Substances that are prohibited at all times
- Substances prohibited in competition
- Methods prohibited at all times
- Substances prohibited in specific sports

For more information, please click on the link:
<https://www.wada-ama.org/en/prohibited-list>



Anti-Doping Rule Violations

These are breaches of rules set by anti-doping organisations designed to protect clean sport. There are eleven types of ADRV's applicable to athletes and also athlete support personnel.

Types of ADRV's

- 1 **Presence** - having a prohibited substance or its metabolites in an athlete sample.
- 2 **Use or Attempted Use** - using or trying to use a prohibited substance or method.
- 3 **Evading, Refusing, or Failing to submit to sample collection** - avoiding or refusing to provide a sample for testing.
- 4 **Whereabouts Failure** - missing tests or filing failures in an athlete's whereabouts information.
- 5 **Tampering or Attempted Tampering** - Interfering with the doping control process.
- 6 **Possession** - having prohibited substances or methods.
- 7 **Trafficking or Attempted Trafficking** - selling, distributing, or transporting prohibited substances or methods.
- 8 **Administration or Attempted Administration** - giving or trying to give prohibited substances or methods to an athlete.
- 9 **Complicity or Attempted Complicity** - assisting or covering up an ADRV.
- 10 **Prohibited Association** - associating with someone banned for doping offences
- 11 **Acts to discourage or retaliate against reporting** - intimidating or retaliating against whistleblowers

Consequences of ADRV's can range from reprimands to life bans from sport depending on the severity and intent.





Testing

Any Time – Any Place – Anywhere

5 Main types of tests but the first 2 are the most common

1. Urine Test
2. Blood Test
3. Dry Blood Spot Testing
4. Hair Follicle Test
5. Athlete Biological Passport

You can watch the processes of the Urine Test on You Tube:

https://www.youtube.com/watch?v=XzOnQBK_YZo&t=7s

As an athlete you have rights and responsibilities during the Testing procedure – you can check them out on the UKAD 100% Me app

Changes in the Social and Recreation Drug Policy

Key Message: They are banned at all time in Football and most of the time illegal in the UK.

The prohibited list identifies the following as substances of abuse: THC (psychoactive compound in cannabis), Heroin, Cocaine and MDMA (ecstasy)

Reduction in bans may occur if use is out of competition, if an athlete admits to a violation in advance and undergoes an “approved” treatment programme.



Medication

A lot of medication is not on the prohibited list and can be taken without concern, however there are medicines that are used daily that may contain prohibited substances.

You can check any medication you are taking is not prohibited on Global Dro.

Top Tips:

- Follow the guidelines
- Make sure you put in the exact medicine, spelling, method etc.
- Record your Unique Reference number
- If you see a Red box – don’t take the risk – check and take another Medicine with Green Boxes

It is not your GP’s responsibility to give you a medicine that is not prohibited – STRICT LIABILITY = Your Responsibility

If you need to take a specific medication for health reasons and it is prohibited, you may be able to obtain a Therapeutic Use Exemption (TUE’s)

Check out if you require a TUE on the UKAD TUE Wizard:

<https://www.ukad.org.uk/tue-wizard>

Supplements

There is NO Guarantee supplements will be free from any prohibited substances, so you have to mitigate the RISK if you are going to take any supplements.

ASSESS THE NEED – Is there an alternative option

ASSESS THE RISK – make decisions on products and place of purchase

ASSESS THE CONSEQUENCES – Could result in a 4-year ban

Informed Sport helps mitigate the Risk by:

Checking if the product has been batch tested

Checking if the product is in date

BUT REMEMBER - NO GUARANTEE





SUMMARY

Where would you go to check your Medication?



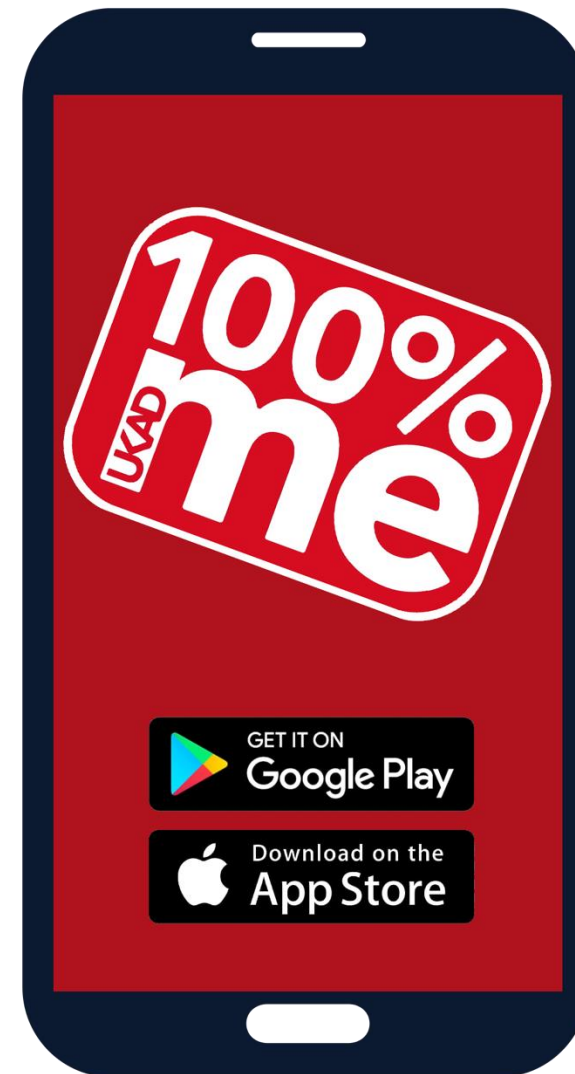
Where would you go to check your Supplements are at least batch tested and in date?



SPORT

Where would You go for more Information

Download the 100% me Clean Sport App



PROTECT YOUR SPORT



We can't do it alone. It takes a team

✉ Pys@reportdoping.com

Clean sport depends on everyone having the know-how to speak out when something's wrong. Speak to us in confidence - no matter how small.

Frequently Asked questions:

Q. If I see a Player taking something that looks strange should I report it?

A. To keep sport clean you should report it anonymously through UKAD's Protect Your Sport.

Q. Can I be tested if I play in the Scottish FA Cup?

A. Yes – any time, any place and any where

Q. If I drink water during my test will I get out quicker?

A. No, your sample may be too weak, and you may have to take another test – keeping you there longer. Make sure you take your normal amount of hydration.

Q. If I have been selected for a junior national team and I am under 18, can I be tested?

A. Yes, all SFA National Teams receive full education

Q. I have seen that a supplement company that is promoted and sponsored by a team, therefore I am assuming their supplements are ok to take?

A. No – remember there are no guarantees with supplements.

Q. I am under 18 and I am worried about being tested?

A. You may be tested but remember you have Player rights, check out the 100% Me App and you are allowed to take a chaperone with you into doping control.

For any other information contact:

Anti-Doping Lead Martin.Stolarek@scottishfa.co.uk

Or

UK Anti-Doping <https://www.ukad.org.uk>

