



PLAYER ESSENTIALS

2017 SEASON GUIDE



FOR ALL



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ON-FIELD MATTERS

YELLOW AND RED CARDS

The cut-off dates for receiving a sanction as a result of accumulating cautions are:

NUMBER OF CAUTIONS	CUT OFF DATE (INCLUSIVE)
5 (Premier League)	Following 19 League Fixtures
5 (English Football League)	Following 19 League Fixtures
5 (National League)	Following 23 League Fixtures
10 (Premier League)	Following 32 League Fixtures
10 (English Football League, National League)	Following 37 League Fixtures
15	End of the Season

SUSPENSIONS

PLAYER SENT OFF FOR	SUSPENSION
Receiving a second caution	1 Match
Denying a goal or an obvious goal scoring opportunity	1 Match
Using offensive or insulting or abusive language/gestures	2 Matches
Violent conduct or serious foul play	3 Matches
Spitting	6 Matches

These cut off dates do not apply to Women's Super League clubs due to playing Season difference



RETROSPECTIVE ACTION

- Please note that The FA has the power to take retrospective action for sending off offences which were not witnessed by the Match Officials.
- Players run the risk of being banned retrospectively particularly where such an incident is caught on camera.
- The FA may take action even where an incident has been witnessed or acted upon by Match Officials in very serious or unusual cases. In such circumstances lengthy bans may result.

SURROUNDING MATCH OFFICIALS

- You are reminded of the need to show respect to the Match Officials at all times.
- Match Officials may report incidents where two or more players of one club approach a Match Official in a confrontational manner and this may lead to a disciplinary charge.
- Your club will be liable to receive a significant fine in the event of a charge and for repeat offences, the sanctions become considerably greater.

MASS CONFRONTATIONS

- Match Officials may report incidents where two or more players or Club Officials are involved in a confrontation with opposing players or Club Officials.
- These are deemed to be mass confrontations and may lead to a charge.
- Again, your club may receive a significant fine in the event of a charge being found proven, and for repeat offences, the sanctions become considerably greater.

REACTION TO BEING SENT OFF

- You are reminded of the need to respect a Match Official's decision even if you disagree with it.
- In particular, you should note that a refusal to leave the pitch upon being dismissed or a delay in doing so or a bad reaction to such a decision may lead to a disciplinary charge and additional sanctions on top of any ban received for the red card.

SUCCESSFUL DECEPTION OF A MATCH OFFICIAL

- The FA can take retrospective disciplinary action in situations when a referee has been deceived by a clear act of simulation (such as a dive or feigning injury), and as a direct result, the offending player's team has been:
 - awarded a penalty; and/or an opposing player has been dismissed from the field of play (where the act of simulation led to a straight red or caused one of the two cautions that led to the dismissal).
- Players run the risk of being banned retrospectively where such an incident is caught on camera.
- In accepted or proven cases of simulation or feigning of injury, a player will receive a two match suspension.



GESTURES/GOAL CELEBRATIONS/ SPECTATORS/PYRO/CLOTHING

- Please exercise care when making any gestures. An abusive, insulting or improper gesture can lead to the referee dismissing you and/or retrospective disciplinary action. It is important to note that disciplinary action can be taken for gestures which have a negative or inappropriate meaning in another country or part of the world, regardless of the fact that those gestures may not be widely known in England.
- You are specifically reminded of the need to exercise restraint when celebrating goals. Celebrations that are considered to be inflammatory or which cause crowd issues, can lead to disciplinary action and potential match bans.
- You are reminded that you should not approach any spectators who enter the pitch.
- It is the responsibility of stewards to deal with such incidents. Equally, you should not attempt to intervene in any matter being dealt with by stewards or the police as this can often lead to further problems.
- In the event of any pyrotechnic device being thrown onto the pitch, you should not attempt to remove the device yourself as such matters will be dealt with by stewards.
- FIFA Law 4 states that Players must not reveal undergarments showing any slogans or advertising. The basic compulsory playing equipment must not have any political, religious or personal slogans, statements or images. If you breach this Law, it may be reported and you could be subject to a penalty.

USEFUL CONTACT

If you have any questions or queries relating to on-field issues, please contact: footballmatters@TheFA.com

ANTI-DOPING

TESTING

The FA conducts blood and urine tests for the Prohibited Substances (referred to as “banned substances” in this guidance) included on the Prohibited List.

You can be drug tested at any time and location, including after a game, at a training session or at home. You may be asked to provide a urine and/or a blood sample. The 2017/18 season will see a substantial increase in the amount of testing taking place across the game and Players are likely to be tested multiple times during the season. In addition, The FA Anti-Doping Testing Programme incorporates an Athlete Biological Passport (ABP) and Players may be selected for blood testing regularly across the season.



KEY FACTS ABOUT BEING TESTED

- All testing will be without advance notice. This means no warning will be given of the test.
- Do not refuse a drug test as this may lead to a 4 year suspension from football.
- You must stay in full view of the Doping Control Officer (DCO) or Chaperone from the moment you have been notified for a test until the process is complete.
- If you are selected for a drug test you are required to report to the Doping Control Station (DCS) immediately.
- You will be asked to remove enough clothing so that the DCO can directly observe the passing of the urine from the body into the collection vessel.
- If your sample is too dilute, then you will be required to provide an additional sample. Do not overhydrate as this may result in further dilute samples being provided.

A video demonstrating the entire urine and blood testing procedures can be viewed at www.TheFA.com/anti-doping.



**DID YOU KNOW THAT IN SOME
CASES CANNABIS CAN CAUSE
A POSITIVE TEST MORE THAN 4
WEEKS AFTER CONSUMPTION?**

SOCIAL DRUGS

'Social drugs' including cocaine, ecstasy (MDMA) and cannabis are banned by The FA at all times. A positive test for a social drug on a non-match day is a breach of The FA Social Drugs Policy regulations and may lead to a 3 month suspension (for a first offence).

A positive test for any banned substance, including a social drug, on a match day is a breach of The FA's Anti-Doping regulations and may lead to a 2-4 year suspension for a first offence.

Some of the things for which you can face disciplinary charges relating to drug testing are:

- the presence of a banned substance in your sample.
- evading sample collection, refusing or failing to provide a sample.
- failing to attend the DCS immediately.
- using abusive or insulting words or behaviour to a Doping Control official.
- tampering or interfering with the drug testing process.

In addition you can face disciplinary charges for other anti-doping offences including:

- using a banned substance.
- having possession of a banned substance.
- trafficking or administration of a banned substance.
- assisting another person in breaking the anti-doping regulations.
- associating with Player Support Personnel who are serving a ban for an anti-doping offence.

Any breach of Rules or regulations relating to anti-doping is serious and could lead to a significant period of suspension.

MEDICATION

Medications that are used in everyday life may contain prohibited substances. This includes medications prescribed by your doctor and those bought over the counter at a pharmacy or off the shelf at a supermarket. Examples include some cold and flu remedies. In addition, be aware with certain asthma inhalers which are banned or only permitted up to a certain threshold.

ALWAYS CHECK WITH YOUR CLUB DOCTOR BEFORE TAKING ANY MEDICATION AND CHECK WWW.GLOBALDRO.COM

If you need to take a medication which contains a banned substance then you should speak to your club doctor about obtaining a Therapeutic Use Exemption.

SUPPLEMENTS

Due to the physical demands of football, players may be tempted to take supplements as part of their diet. The FA does not recommend that any players take supplements, but if you do choose to take supplements it is important you are aware of the risks.

Supplement companies are largely unregulated – meaning you may never know exactly what you are taking. Some products have been found to contain banned substances that are not listed on the label and there could be a banned substance in your supplement.

ASSESS THE NEED

The FA recommends that players should develop their diet, lifestyle and training before considering taking any supplements. You should assess the need for taking a particular supplement by consulting a registered nutritionist or your Club Doctor before taking it.

ASSESS THE RISK

If you are insistent on taking supplements then you need to make sure that you minimise the risk of testing positive from taking a contaminated supplement. See www.informed-sport.com which provides a testing and accreditation process for supplements and lists those products that have gone through the Informed Sport programme by batch number.

'The FA accepts no liability for the contents of supplements approved by Informed-Sport or any other organisations. Strict liability applies and players may incur a ban as a result of using a contaminated supplement.'

ASSESS THE CONSEQUENCES

If you test positive for a banned substance contained in a supplement you could face up to a four year ban from football for a first offence.

"YOU ARE RESPONSIBLE FOR EVERYTHING IN YOUR BODY AT ALL TIMES – IGNORANCE IS NOT A DEFENCE. A POSITIVE TEST DUE TO A CONTAMINATED SUPPLEMENT CAN LEAD TO A SIGNIFICANT PERIOD OF SUSPENSION".

WHEREABOUTS

All Premier League and English Football League (EFL) Clubs are required to submit Whereabouts as directed by The FA.

As a Player, you need to be aware of your Whereabouts requirements.

If you are not going to be at a training session or are leaving early or arriving late, you must notify The FA.

REMEMBER:

1. If you are missing training or arriving late, notify The FA in advance of the training session.
2. If you are finishing training early notify The FA before you leave, clearly stating that you are leaving early.
3. When notifying The FA you must provide your;
 - a. full name,
 - b. your club,
 - c. an address, including a postcode, and
 - d. a one hour time slot when you are available for testing (at the address).
4. The time slot must be at least two hours after you have notified The FA of your absence and must be between the hours of 0600 – 2300 e.g. if you notify The FA at 9am then the earliest your one hour time slot can start is 11am.
5. Make sure you are present at the address stated for the full hour.
6. If you are participating in club activity at a different venue to that of the scheduled club training session, you must notify The FA, preferably in advance of the training session and in any event before you leave the original venue (if applicable) to relocate, stating your alternative training venue and time.

IF YOU DO NOT ADHERE TO THE REQUIREMENTS LISTED OPPOSITE, YOU MAY INCUR A MISSED TEST STRIKE. IF YOU GET THREE MISSED TEST STRIKES WITHIN A 12 MONTH ROLLING PERIOD, YOU WILL BE SUSPENDED FROM FOOTBALL FOR AT LEAST 12 MONTHS.

YOU CAN BE TESTED AT ANYTIME AND ANYWHERE, REGARDLESS OF WHETHER YOU HAVE BEEN ABSENT FROM TRAINING THAT DAY. THIS INCLUDES BEING TESTED AT HOME AT ANY TIME. CLUBS ARE REQUIRED TO PROVIDE THE FA WITH A LIST OF ADDRESSES WHERE EACH OF THEIR PLAYERS REGULARLY RESIDES.

USEFUL CONTACTS:

FA Anti-Doping team
tel: 0800 169 1863 ext. 4334

FA Whereabouts
e-mail: whereabouts@TheFA.com

FA Whereabouts SMS number:
tel: 07800 140062

FA Whereabouts
tel: 0844 980 8210 (24hr messaging service)

Report Doping in Football:
tel: 08000 32 23 32

If you need to speak to someone in confidence regarding social drugs, you can contact the Sporting Chance Clinic at;
tel: 0870 220 0714
e-mail: info@sportingchanceclinc.com

WEBSITES:

www.TheFA.com/anti-doping – access to all anti-doping education resources

www.globaldro.com – to check medication. This web address is mobile enabled so you can check the status of medication on the move

www.wada-ama.org/ – to view the latest version of the Prohibited List

www.informed-sport.com – provides a testing and accreditation process for supplements*

www.ukad.org.uk/about-tue – to apply for a TUE

* The FA supports the Informed-Sport programme however The FA accepts no liability for the contents of supplements tested by Informed-Sport or similar accreditation programmes.

INTERMEDIARIES

You do not need to use an Intermediary to represent you but if you do choose to they must be registered with The FA.

If you are in an exclusive Representation Contract with an Intermediary, you should not sign another contract with a different Intermediary.

You cannot be represented by an Intermediary until you are in the year of your 16th birthday and an Intermediary cannot be paid for representing you until you turn 18.

Intermediaries who wish to represent Players under the age of 18 also need to receive additional authorisation from The FA. It is against the Regulations for someone who does not have that authorisation to represent you if you are under 18.

A list of all FA Registered Intermediaries can found on [TheFA.com](https://www.thefa.com). The list will also confirm whether the Intermediary has been given FA authorisation to represent under 18's.

You must have a contract with your Intermediary. Ensure that you are given a copy of that contract and that it is signed by the Intermediary and dated. You should check the terms of the contract closely and seek legal advice if required. The contract with your Intermediary can only last for a maximum of 2 years (unless it was entered into while you were playing overseas).



**IF YOU HAVE ANY QUESTIONS REGARDING INTERMEDIARIES,
PLEASE CONTACT US ON 0844 980 8213 OR EMAIL
INTERMEDIARIES.QUERIES@THEFA.COM. FOR MORE INFORMATION, VISIT
[WWW.THEFA.COM/FOOTBALL-RULES-GOVERNANCE/POLICIES/INTERMEDIARIES](https://www.thefa.com/football-rules-governance/policies/intermediaries)**

BETTING RELATED INTEGRITY

BETTING

You are not permitted to bet on any aspect of any football worldwide – this includes bets on any match or competition, events within a match or competition, or on any other football matter (such as next manager markets or transfers). Remember that events in the technical area are considered part of a match and that betting on novelty markets connected to a game is also prohibited.

You are not permitted to ask or instruct someone else to place any of the above bets on your behalf.

The rule applies to bets made in person, on the telephone, online or even with friends.

You are not permitted, when acting in a personal capacity, to advertise or promote any football related betting activity.

Sporting Chance offers help and support to Players dealing with betting and addiction issues and can be contacted at info@sportingchanceclinic.com

INSIDE INFORMATION

Inside information is information that you are aware of due to your position in the game which is not publicly available – for example, this may be injury or team selection news.

You are not allowed to pass inside information on to someone else which they then use for betting.

You can be considered to have passed inside information by any means, e.g. word of mouth, text or other instant message, email, writing or social media postings.



MATCHDAY BETTING

SCORECAST SPECIALS

Stoke **VS** HULL

Results are based on 100 odds

1st Goalscorer	Score	Return
CROUCH	3-1	£710
GUIDETTI	3-2	£960
ADAM	1-0	£340
N'ZONZI	2-0	£810
PALACIOS	2-1	£1260



HOW TO CLAIM YOUR WINNINGS

GO ONLINE
WWW.BETBUTLER.CO

VISIT OUR BETTING KIOSK

GET IN TOUCH

Speak with our customer service team on 0800 188 0000 or visit our website for more information.

STOKE SPECIALS

Stoke **VS** HULL

Results are based on £10 odds

STOKE TO WIN 3-1
16/1 £170

DEMANIQUE TO SCORE FIRST
9/1 £70

GOAL IN FIRST 10 MINS!

£40



DAY
TING
ST PRICES VISIT
betbutler.co.uk

FIXING (INCLUDING MATCH AND SPOT FIXING)

Fixing is arranging in advance the result or conduct of a match or competition, or any event within a match or competition, this may include an incident in the technical area.

Fixing is prohibited and is treated very seriously.

In addition, offering or accepting (or even just agreeing to offer or accept) any reward or bribe related in any way to influencing the result or conduct of a match or competition or any event within a match or competition is similarly prohibited and serious.

If you attempt to fix, you are likely to get caught and be charged by The FA. If found proven, this is likely to lead to a significant suspension, and in some instances, a lifetime ban. Fixing offences may also be subject to criminal investigation.

REPORTING

If you are approached to fix or suspect that a colleague or someone you know has been approached to fix or is involved in fixing, then you must report it to The FA immediately on the phone number or email opposite.

**FAILURE TO REPORT ANY SUCH INFORMATION MAY
RESULT IN AN FA CHARGE AGAINST YOU.**

OFFENCES COMMITTED IN OTHER SPORTS

The FA may take disciplinary action against you if you are found by another sport's disciplinary body to have committed a betting or fixing or related offence under the rules of that other sport.

USEFUL CONTACTS

If you have any questions or want to send a report, you can contact us through the Betting and Integrity section of TheFA.com, or please contact:

Email: integrity@TheFA.com

Telephone: 0208 795 9640

MEDIA COMMENTS & SOCIAL MEDIA

ALL MEDIA COMMENTS AND POSTINGS ON SOCIAL MEDIA SITES SUCH AS TWITTER, FACEBOOK AND INSTAGRAM MAY BE SUBJECT TO THE FA'S DISCIPLINARY JURISDICTION.

DO NOT:

- Use threatening, indecent, abusive or insulting language or images.
- Use discriminatory language.
- Imply bias or attack the integrity of Match Officials.
- Make any comment about an appointed Match Official before a match.
- Be personally offensive about Match Officials.

These are examples of where charges may be brought.

Charges may be brought in respect of any comments or postings that may cause damage to the wider interests of football or bring the game into disrepute.

**ANY QUERIES SHOULD BE DIRECTED TO
FOOTBALLMATTERS@THEFA.COM**

REMEMBER:

- Retweeting is treated the same as posting a comment yourself.
- You are responsible for everything on your account at all times whether or not you posted it.
- Only use words, phrases and images that you are 100% sure of the meaning of – ignorance will not be a defence.
- Your comments may affect your future career.
- Remove any inappropriate postings as soon as possible.
- You are responsible for everything on your account including historic postings that you may no longer remember are still on your account. Therefore you must ensure you remove all posts which might be in breach of FA Rules.

**SANCTIONS FOR THESE OFFENCES MAY BE
FINANCIAL OR MATCH SUSPENSIONS.**

USEFUL CONTACT

If you have any questions or queries relating to media comments or social media issues, please contact: footballmatters@TheFA.com

DISCRIMINATION

DISCRIMINATORY ABUSE INCLUDES A REFERENCE WHETHER EXPRESS OR IMPLIED TO ANY ONE OR MORE OF THE FOLLOWING:

- Ethnic origin
- Gender
- Colour
- Gender reassignment
- Race
- Sexual orientation
- Nationality
- Disability
- Religion or belief

IF YOU ARE SUBJECT TO DISCRIMINATORY ABUSE AT A GAME BY EITHER THE CROWD OR ANOTHER PARTICIPANT, REPORT IT TO A MATCH OFFICIAL AS SOON AS POSSIBLE.

The sanction for discriminatory abuse is a minimum 5 match suspension and mandatory education, plus a possible fine.



REPORTING DISCRIMINATION

If you see or hear discrimination on the pitch, at the training ground or in the stands, please contact us to report it:

Email The FA: footballforall@TheFA.com

Or you can contact Kick It Out: info@kickitout.org

You can also download **Kick It Out's app** to help you report misconduct.

A short film featuring ex-England International Dion Dublin explaining how to report discrimination can be viewed at www.TheFA.com/football-rules-governance/inclusion-and-anti-discrimination/anti-discrimination





SAFEGUARDING CHILDREN



Children and young people (under 18's) naturally look up to professional players; as such how you behave has a powerful influence and impact.

You may come into contact with under 18's in lots of different ways; as players, fans, via school or hospital visits, community programmes or socially in pubs and clubs.

It is everyone's responsibility to safeguard children and young people, both on and off the pitch. It is important that you are alert to not putting a child or young person or yourselves at risk.

The FA is duty bound to investigate safeguarding concerns, the investigation would involve the club, the league and depending on the nature of the concerns, the police and local authorities. Given the profile of football, these concerns often find their way in to the media.

To safeguard yourself and under 18's, ensure you are accompanied on personal appearances and aware of personal contact with under 18's – e.g. when shirt signing, using social media and posing for photos.

DO NOT:

- Give out your contact details on social networking sites.
- Accept under 18's as a 'friend' on your personal social media site, or engage in communications.
- Be left on your own with fans who are under 18.
- Drink alcohol before or during work or an appearance with under 18's.
- Make sexually suggestive comments or actions to under 18's face to face or via text, phone, computer or social media – even in fun.
- Touch children inappropriately.
- Use foul or discriminatory language or make abusive gestures.
- Give personal gifts to under 18's.

If you have any questions or concerns regarding safeguarding, please speak to your club Designated Safeguarding Officer or contact safeguarding@TheFA.com

FURTHER INFORMATION

This booklet has been prepared to provide helpful guidance on some disciplinary matters for the 2017-18 Season for players of clubs in the Premier League, English Football League, National League, and Women's Super League 1 and 2.

Players are subject to The FA's Rules and Regulations, which should be referred to for the full provisions relating to the matters in this booklet.

In the event of any inconsistency between this guidance and the Rules and Regulations, the Rules and Regulations apply.

RULES AND REGULATIONS WEBSITE

For further information on any of these areas, please visit:
www.TheFA.com/football-rules-governance

PLAYER ESSENTIALS APP

A free app version of this guidance along with additional video content is available from the App Store (iOS) or Google Play (Android)

PROFESSIONAL FOOTBALLERS ASSOCIATION

Should you wish to discuss any of these issues with the PFA, you can contact them on:

Email: info@thepfa.co.uk

Telephone: 0161 236 0575







For All

The Football Association
Wembley Stadium,
Wembley,
Middlesex HA9 0WS

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The Football Association,
Wembley Stadium,
PO Box 1966,
London SW1P 9EQ

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T: 0800 169 1863
Twitter: @FA