



ESSENTIAL INFORMATION

FOR PLAYERS

2019/20
LEVEL: YOUTH





FOR ALL

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ON-FIELD MATTERS

HOW MANY YELLOW CARDS CAN I RECEIVE BEFORE I GET AN AUTOMATIC BAN?

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

Number of cautions in non first team competitive matches	Cut off point (inclusive)	Automatic suspension for number of cautions
5	31 December	1 Match
10	Second Sunday of April	2 Matches
15	Last day of the same playing season	3 Matches
20	Last day of the same playing season	As determined by a Regulatory Commission

Automatic Suspension/Sanction applies to Non-First Team Competitive matches

IF I AM SENT OFF, HOW LONG WILL I BE SUSPENDED FOR?

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





WHAT HAPPENS IF THE MATCH OFFICIALS DO NOT SEE AN INCIDENT OF MISCONDUCT?

- 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 (for example, following an incident of discrimination or spitting).

WHAT HAPPENS IF MY TEAMMATES AND I DISAGREE WITH A MATCH OFFICIAL'S DECISION?

- 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 surround 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 an accepted or proven charge and for repeat offences, the sanctions become considerably greater.

WHAT HAPPENS IF A FIGHT BREAKS OUT BETWEEN OPPOSING PLAYERS OR OFFICIALS?

- 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.

WHAT HAPPENS IF I GET SENT OFF AND REACT ANGRILY TO THE DECISION?

- 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.

WHAT PUNISHMENT CAN I FACE IF I DIVE OR FAKE AN INJURY?

- 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 a particular 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.

WHY SHOULD I BE CAREFUL OF MAKING GESTURES ON THE FOOTBALL PITCH OR MAKING COMMENTS TOWARDS A CAMERA?

- 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 reminded that any form of abusive, insulting, or improper language or behaviour which The FA considers to have been directed towards a camera may be the subject of disciplinary action.





WHY WOULD I GET PUNISHED FOR MY CELEBRATIONS AFTER SCORING A GOAL?

- 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.

HOW SHOULD I RESPOND IF A SUPPORTER ENTERS THE FIELD OF PLAY?

- 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.

WHAT SHOULD I DO IF A PYROTECHNIC IS THROWN ONTO THE PITCH?

- In the event of any pyrotechnic device being thrown onto the pitch, you should **move well away from it** and **you must not attempt to remove the device** yourself as such matters will be dealt with by safety stewards.

AM I ALLOWED TO REVEAL A MESSAGE UNDERNEATH MY SHIRT?

- Law 4 of IFAB Laws of the Game 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 and/or your team 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

WHAT IS THE FA'S ANTI-DOPING PROGRAMME?

The FA's Anti-Doping programme combines drug testing, education and research and is designed to protect football from doping.

- Youth, reserve, professional and international footballers are regularly drug tested across the men's and women's game.
- Players receive Anti-Doping education at workshops, and resources are available to assist players and parents.
- Research into the latest developments in Anti-Doping is ongoing to ensure that the Anti-Doping testing and education programme is as effective as possible.
- As soon as you sign with a club, you fall under The FA Anti-Doping Regulations and are eligible to be tested.

WHY DO WE NEED IT?

- To protect and defend the reputation of the game;
- To protect the physical and mental health of players;
- To ensure that all players have an equal chance.





WHAT ARE PERFORMANCE ENHANCING DRUGS?

There are lots of drugs that can improve your stamina or strength and they are known as performance enhancing drugs. Some examples are steroids, hormones and stimulants, many of which are banned in football. Any player, from professional down to apprentices and youth players, caught taking drugs like these can be banned from football for as long as four years. If you take drugs to cheat, there's no place for you in football and your career will be over very quickly.

- It's not just the risk of committing a doping offence that makes performance enhancing drugs dangerous, many substances carry significant health side effects.
- Anabolic agents such as nandrolone and testosterone can be abused to aid muscle growth / recovery. However, the side effects can be very severe and include an increased risk of heart attack, liver failure, infertility and testicle shrinkage.
- EPO (erythropoietin) can be used to improve oxygen delivery to muscles and therefore improve endurance. However abuse of this substance can cause blood clots, strokes and may lead to heart attacks.
- Stimulants can be used to increase alertness but can lead to a rise in blood pressure and body temperature which can cause major organs to stop working. Often they are also addictive, can cause mood swings and lead to increased aggression.

HOW DO I KNOW WHICH MEDICATIONS I CAN TAKE?

- Be careful when taking medicines. Many medicines that you get from a chemist or from your doctor may contain substances that are banned in football. Even some types of flu remedy contain banned substances.
- Always check to see if your medication is on the banned list – you can check medications at **www.globaldro.com**.
- It doesn't matter whether you have taken the substance deliberately or accidentally, you are responsible for what you put into your body.
- If you are asthmatic, make sure you check the banned status of your inhaler. Certain inhalers are banned, or banned above a certain threshold.

WHAT ARE THE RISKS WITH TAKING SUPPLEMENTS?

Due to the physical demands of football, players may be tempted to take supplements as part of their diet.

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 make a decision to use 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.*

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.

*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.

Be careful when taking a medication or supplement if you are not sure of its contents, check with your club doctor first.





WHAT ARE THE DANGERS OF SOCIAL DRUGS?

- The FA's Anti-Doping programme bans players from taking social drugs (such as cocaine, cannabis and ecstasy) at all times.
- Social drugs are illegal, addictive and can seriously damage your health.
- If you test positive for social drugs after training or in a test at your house, you may face a ban from football, up to three months for a first offence.
- If you test positive for social drugs after a match you are likely to face a two year ban.

IS ALCOHOL BANNED?

- Alcohol is not banned in football but in almost all cases where players have tested positive for social drugs, they have been drunk at the time.
- Think carefully about your lifestyle and how much alcohol you drink. It can affect your ability to say no to taking drugs.

WHAT ABOUT NEW PSYCHOACTIVE SUBSTANCES?

New psychoactive substances – often incorrectly called legal highs – contain one or more chemical substances which produce similar effects to illegal drugs (like cocaine, cannabis and ecstasy). Psychoactive substances can carry serious health risks. The chemicals they contain have in most cases never been used in drugs for human consumption before.

- This means they haven't been tested to show that they are safe. Users can never be certain what they are taking and what the effects might be.
- The effects of legal highs can include drowsiness, paranoia, comas, seizures and, in a few cases, death.
- Many of these risks are increased if the drug is combined with alcohol or with another psychoactive drug.
- Because the chemical ingredients in a branded product can be changed without you knowing, the risks are unpredictable.
- Even drugs that look similar or have similar names may be of varying strengths and have different effects.

WHAT HAPPENS ON A DRUG TEST?

- You can be tested at anytime and anywhere. This includes; after a match, after training or even at your home address. You will not know you will be tested until you are told in person by Anti-Doping officials.
- You can be selected for urine or blood test, or both at the same time. This is because they test for different substances.
- As a player under the age of 18 you are strongly recommended to bring an adult with you to the Doping Control Station.
- You will be accompanied by an Anti-Doping official from the point at which you are notified through to the end of your test.
- The Anti-Doping official will then talk you through the process of giving a sample and answer any questions you have about the test.
- When you provide a sample you will be directly observed by an Anti-Doping official of the same gender as you.
- Please listen to the instructions of the Anti-Doping official. It is an offence to interfere or tamper with the procedures or to be abusive to Anti-Doping officials.
- Parents can be reassured in that all Anti-Doping officials have been CRC checked.
- You can view a urine or blood drug test on The FA Anti-Doping website: www.TheFA.com/anti-doping.
- Refusing or failing to provide a sample and complete the test may result in a 4-year suspension.

THINK ABOUT YOUR CHOICES

It's your career, your reputation, your responsibility.

WHO DO I CONTACT IF I HAVE ANY QUESTIONS?

If you have any questions regarding Anti-Doping and drugs there are a number of people you can talk to:

WITHIN FOOTBALL

- Your club doctor
- A member of club staff responsible for safeguarding
- You can contact The FA at www.TheFA.com/anti-doping or call **0800 169 1863** ext **4334**
- You can find more information on the FA website www.TheFA.com/anti-doping

SOCIAL DRUGS

- For confidential advice about drugs go to www.talktofrank.com or call **0300 123 6600**
- For alcohol related issues you can visit www.drinkaware.co.uk or call Drinkline on **0300 123 1110**
- If you have a problem with drugs/alcohol and need help you can visit www.sportingchanceclinic.com or contact Sporting Chance on **08702 200 714** or email info@sportingchanceclinic.com





INTERMEDIARIES

WHAT DO I NEED TO KNOW ABOUT 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 have entered into 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 FA Regulations for someone who does not have that authorisation to represent you if you are under 18. An Intermediary cannot contact you before your 18th birthday without the permission of your parent or guardian. Your parent or guardian must also provide signed consent if you choose to sign a Representation Contract with an Intermediary.

A list of all FA Registered Intermediaries can found on [TheFA.com](https://www.thefa.com)

This list will also confirm whether the Intermediary has been given FA authorisation to represent under 18's.

You must have a Representation 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 [INTERMEDIARIES.QUERIES@THEFA.COM](https://www.thefa.com)

BETTING RELATED INTEGRITY

WHAT ARE THE BETTING RULES?

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.

Betting operators are obliged to report any bets made in breach of FA Rules to The FA and the Gambling Commission. They can also search your betting history.

Players are not allowed to be involved in TV/Radio adverts for betting companies which encourage betting on football markets. Players should seek advice before being involved in any kind of betting adverts other than shirt sponsorship.

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

WHY DO I NEED TO BE CAREFUL WITH SHARING 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.





WHAT IF I AM APPROACHED TO FIX A MATCH?

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 extremely 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 banned 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 and prosecution.

HOW DO I REPORT A MATCH/SPOT FIXING APPROACH?

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 below.

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](https://www.thefa.com), or please contact:

Email: integrity@TheFA.com

Telephone: 0208 795 9640

MEDIA COMMENTS AND SOCIAL MEDIA

WHY DO I NEED TO BE CAREFUL WITH WHAT I POST ON SOCIAL MEDIA OR SAY TO THE MEDIA?

ALL MEDIA COMMENTS AND POSTINGS ON SOCIAL MEDIA SITES SUCH AS TWITTER, FACEBOOK, SNAPCHAT 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.
- Be careful of what you 'like'.

SANCTIONS FOR THESE OFFENCES MAY BE FINANCIAL AND/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

WHAT IS DISCRIMINATORY ABUSE?

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

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

CAN I BE CHARGED FOR MESSAGES SENT IN PRIVATE OR OUTSIDE OF A FOOTBALL ENVIRONMENT?

Players should be aware that discriminatory language or content may result in disciplinary action even if shared in a 'private' message – For example, via text, email, private social media account or WhatsApp message. The FA may also take action for discriminatory language or behaviour that occurs outside of a football context – for example, using discriminatory language during a night out.

In addition, any Club or Participant must report any allegations or reported discrimination within a Club, whether it is being dealt with by way of internal process, employment tribunal or not.





WHAT SHOULD I DO IF I SEE OR HEAR DISCRIMINATORY ABUSE?

IF YOU OR ANOTHER PLAYER IS 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 a first offence of on-field discriminatory abuse for a participant is a minimum **6 match suspension** and mandatory education, plus a possible fine.

If you and/or another player are being abused by member/s of the crowd please bring it to the attention of a Match Official as soon as possible. The Referee will then alert the Home Club's Safety Officer and the Police via the Fourth Official. The Club and/or Police will then seek to identify the person/people responsible and take appropriate action while the match continues.

HOW DO I REPORT 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

WHAT SHOULD I DO IF I AM CONCERNED ABOUT THE BEHAVIOUR OF A COACH OR PARENT TOWARDS ME?

Football is a fantastic game, played every week by millions of young people up and down the country.

This is made possible by the thousands of dedicated coaches and club staff who provide incredible support to help our youngsters enjoy a wonderful experience.

The FA wants to make sure that every measure is taken, and every bit of support is given, so children and young people have the best possible start in football – in whatever role they choose to take.

We want you to feel confident in football and to know that you will have fun and be safe. However, if standards ever fall short; with poor practice or unacceptable behaviour, speak to someone you trust or your Club's designated safeguarding officer.

WHEN SHOULD I REPORT A CONCERN?

- You may feel that a coach has unrealistic expectations during training or a match, or there is unduly aggressive conduct from a parent or spectator or within the team.
- Perhaps you think you are being asked to play in unacceptable conditions.
- Maybe you have safety concerns about a lack of supervision.
- Or you may be aware of inappropriate use of social media by coaches towards you.
- If you are upset, hurt or scared by the way that someone behaves with you, please let someone you trust know.

Speak to your Club's designated safeguarding officer who will be able to help you. They are trained to report concerns to the County FA, The FA or agencies such as the police or Children's Social care.

You can also contact The FA directly at safeguarding.children@TheFA.com





FOR ALL

WHERE CAN I FIND FURTHER INFORMATION?

This booklet has been prepared to provide helpful guidance on some disciplinary matters for the 2019-20 Season for youth players of clubs in the Premier League, English Football League, National League, The FA Women's Super League and The FA Women's Championship.

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 shall take precedence.

RULES AND REGULATIONS WEBSITE

For further information on any of these areas, please visit:

www.TheFA.com/football-rules-governance

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
London HA9 0WS
T: +44 (0)800 169 1863
F: +44 (0)800 169 1864
W: TheFA.com

Job number: 16591