



# UEFA Medical Regulations

Marc Vouillamoz

26 SEPTEMBER 2018  
FOOTBALL

SOCIAL DIALOGUE COMMITTEE FOR PROFESSIONAL

WE CARE ABOUT FOOTBALL

## UEFA Medical Regulations

The Medical Regulations are divided into 2 main sections:

1. Pre-competition medical examination of players
2. Minimum Medical Requirements (MMR) for players, team officials, the referee team and match officers

Latest version of the regulations came into force on 1 January 2018.



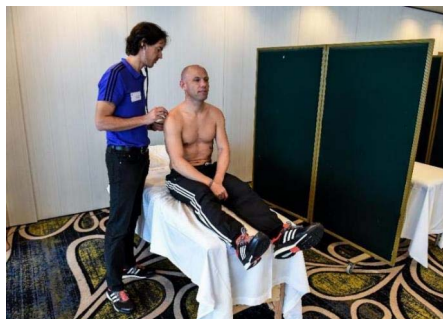
UEFA Medical Regulations

WE CARE ABOUT FOOTBALL

Edition 2017

## 1. Pre-competition medical examination of players (PCME)

- "Basic level" **mandatory for all players** participating in UEFA competitions
  - Up-to-date medical records (article 4)
  - Annual general medical examination (article 5)
  - Annual ECG (article 6.1)
- "Elite level" additional to the Basic level and **mandatory only for UEFA elite competitions:**
  - Echocardiography every two years (article 6.2)
  - Laboratory examination (article 7)
  - Orthopaedic examination and functional tests (article 8)



All **mandatory** examinations and tests must be completed before start of competition

## 2. Minimum medical requirements (MMR) for players, team officials, the referee team and match officers

The MMR must be provided for **all** matches in **all** UEFA competitions by the host club/association

1. Pitchside medical equipment
2. Emergency Ambulance
3. Emergency Pitchside doctor
4. Emergency medical room and equipment
5. Pre-match / pre-tournament information provision

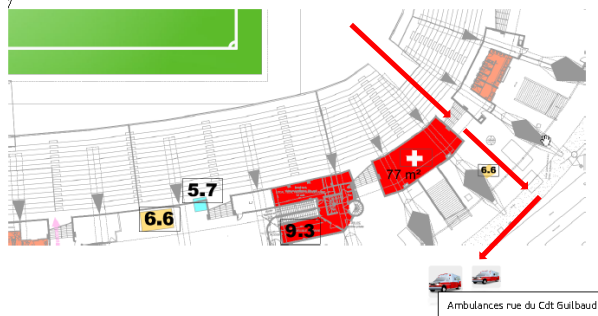


## 2. Minimum medical requirements (MMR)

### Pre-match information provision

2 weeks before a UEFA match, home team must provide to match delegate and to visiting team the following medical information:

1. Contact details of the home team and stadium medical staff
2. A stadium map, clearly identifying location of ambulance, medical room, pitch doctor, etc.
3. Details of the emergency evacuation route for serious injuries occurring in the pitch area
4. Contact details of the nearest hospital with accident and emergency facilities



## 2. Minimum medical requirements (MMR)

### Inspection

- The inspection of medical facilities on matchday-1 (MD-1) will take place during the visiting team's training session at the matchday stadium/hall.
- The UEFA match delegate will meet the medical official responsible for the stadium/hall and will inspect all items required in the Minimum Medical Requirements chapter in the UEFA Medical Regulations
- An official checklist must be signed by the medical official, confirming and taking the responsibility that all the equipment is provided.
- If items are missing, or if the medical staff is not in position when required, the host club/association may face a disciplinary case



---

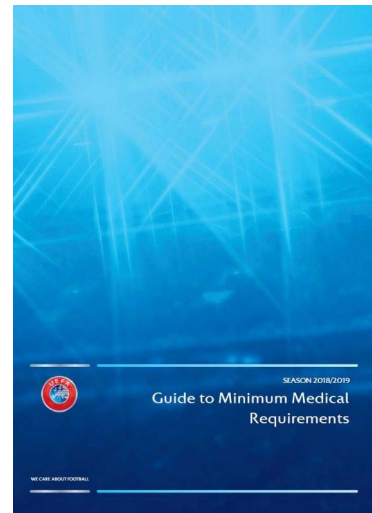
## 2. Minimum medical requirements (MMR)

### Guidance documents

- MMR in UEFA competitions
- Provision of medical services at youth final tournaments
- Pre-tournament information provision
- Pre-match information provision

All these guides can be found on UEFA's website:

<http://www.uefa.org/protecting-the-game/medical/index.html>



---

## Competition regulations: Team doctor on the bench

- Mandatory to have a team doctor on the bench for **all** UEFA competitions
- Without the presence of a team doctor on the bench, the match is **not** allowed to start.



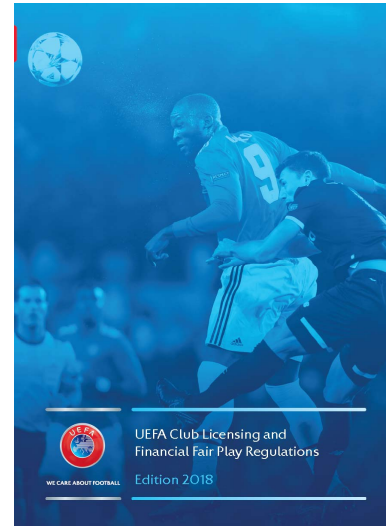
---

## UEFA Club Licensing and FFP Regulations

The CL & FFP Regulations contain several Medical requirements to:

1. Provide players with most appropriate medical/health care by qualified medical staff;
2. Increase protection of players of all age categories.

Latest version of the regulations came into force on 1 June 2018.



---

## UEFA Club Licensing and FFP Regulations

### **Existing provisions**

- Mandatory yearly medical examination for first team squad in accordance with relevant provisions of the UEFA Medical Regulations **[Art. 19 (1)]**;
  - Mandatory appointment of at least one Medical Doctor responsible for medical support of the first team squad during matches and training **[Art. 31]**;
  - Mandatory appointment of at least one Physiotherapist responsible for medical treatment and massages **[Art. 32]**;
-

---

## UEFA Club Licensing and FFP Regulations

### New provisions

- Mandatory maintenance of medical records for youth players **[Art. 17 (h)]**;
  - Yearly medical checks (defined by national legislation) also for youth players above 12 years old (in addition to yearly mandatory checks for first squad) **[Art. 19 (2)]**;
  - Training facilities to be equipped with medical room and minimum equipment (i.e. defibrillator and first aid kit) **[Art. 26 (d)]**;
  - Mandatory appointment of at least one doctor or physiotherapist responsible for youth teams **[Art. 32bis]**.
  - Introduction of Club Licensing for participation to UEFA Women's Champions League which includes medical requirements for women's teams **[Annex XIII]**
- 

---

## Procedure in case of concussion

- Referee stop the game to allow injured player be assessed by his team doctor
- In principle takes 3 minutes, unless serious incident requires player be treated on the pitch
- Player suffering head injury only allowed to continue playing after medical assessment
- On specific confirmation by the team doctor **only** to the referee





---

## Use of TV footage for medical assessment in UEFA competitions

- As from the season 2018/19, UEFA allowed teams to use TV footage for assessment of injured players
- The system/TV feed will not be provided by UEFA
- Teams will be allowed to use their own system but will have to organise and bear all the costs of the implementation (system, TV feed from HB, cabling, etc.)
- If the home team is using their own system, then similar access to the medical staff of the visiting team should be provided (potentially subject to technical costs).



*"Probably the most important advance we have made in terms of our medical governance and safety"*  
Dr Andy Massey, Liverpool FC

---

## Cooling breaks procedure in case of high temperatures

- 25 mins before kick-off, UEFA Delegate will determine if cooling breaks or not
- If the temperature exceeds 32°C when measured by a WBGT device, Match Delegate will inform referees and teams at end of the warm-up
- Cooling breaks implemented by **the referee** at approx. 30 minutes into each half the match



---

## Cold weather

- If temperature is -15C or colder, match is postponed unless both teams agree to play



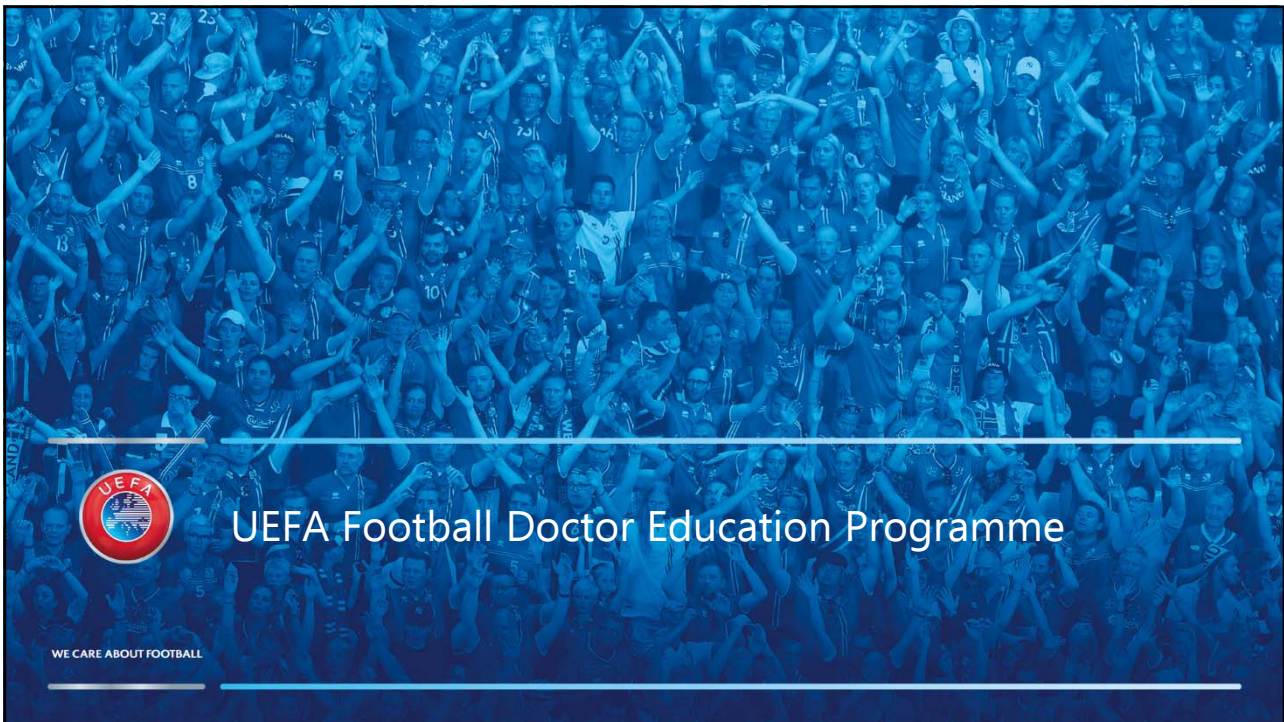
Thank you for your attention

Questions ?

WE CARE ABOUT FOOTBALL

---





## UEFA Football Doctor Education Programme (FDEP)

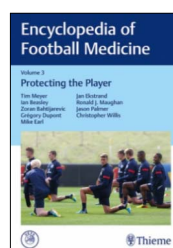
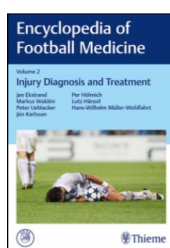
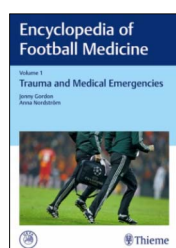
UEFA developed the Football Doctor Education Programme for doctors from its 55 national associations:

- Workshop 1: emergency medicine – launched in 2012 and renewed in 2017
- Workshop 2: injury diagnosis and treatment – launched in 2013
- Workshop 3: protecting the player – launched in 2015



## UEFA Encyclopaedia of Football Medicine

- Content of each FDEP workshop has been brought together to create *UEFA Encyclopaedia of Football Medicine*
- Encyclopaedia published last year by Thieme medical publishers
  - Available from Amazon and direct from Thieme



## FDEP: e-learning module

UEFA has developed an e-learning website for each workshop:

- videos of lectures and demonstrations
- interviews
- case studies
- specific course-related documents
- quizzes

## FDEP: cascading at national level

- Organising FDEP workshops at national level – “cascading” – is an integral part of the programme
- All participants at UEFA FDEP workshops are specifically trained to run their own workshops
- 35 National Associations have run cascaded courses



Sweden, Denmark and Norway joint workshop, January 2018

## FDEP: the future

A new FDEP strategy has been put in place:

1. UEFA to run one FDEP workshop per season as follows:
  - FDEP 1 - 2018/19
  - FDEP 2 - 2019/20
  - FDEP 1 - 2020/21
  - FDEP 3 - 2021/22
  - FDEP 1 - 2022/23
2. Widen access to the e-learning site and develop an accreditation system
3. UEFA looking solutions to allocating money from UEFA HatTrick development programme to encourage cascading



UEFA Injury studies



Prof. Jan Ekstrand

Research aiming to increase the players' safety and to better understand the injury specificity in football





### 2017/18 Elite Club Injury Study (ECIS) participants



FC Bayern München  
Bayer 04  
Leverkusen  
BVB Borussia  
Dortmund



AS Monaco  
Paris St-Germain FC  
LOSC Lille



AS Roma  
Juventus F.C.  
SSC Napoli



Club Atlético de  
Madrid  
Athletic Bilbao  
FC Barcelona  
Real Madrid CF  
Villarreal CF



FC Porto  
SL Benfica  
Sporting Lisbon



Club Brugge KV  
RSC Anderlecht



PSV Eindhoven



AFC Bournemouth  
Arsenal FC  
Chelsea FC  
Liverpool FC  
Manchester City FC  
Manchester United FC  
Southampton FC  
Tottenham Hotspur FC



- ✓ 55 clubs
- ✓ 18 countries
- ✓ 22 000 injuries



Celtic FC



FC Basel 1893



APOEL FC



Galatasaray AS



NK Maribor



PFC Ludogorets



PFC CSKA Moscow



FC Shakhtar  
Donetsk

Ekstrand 2018

### Match unavailability, mean 14%

- 50 injuries per season
- ~2 injuries /player / season
- ~14% of the squad unavailable due to injury

**Ekstrand J, Hägglund M, Waldén M.**  
Injury incidence and injury patterns  
in professional football – the UEFA  
injury study. Br J Sports Med 2011





ECIS season report

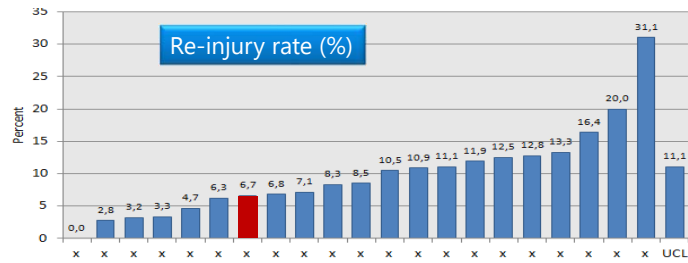
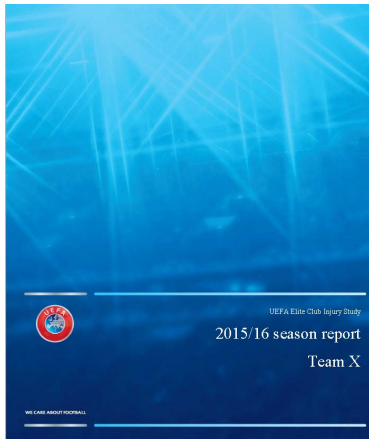
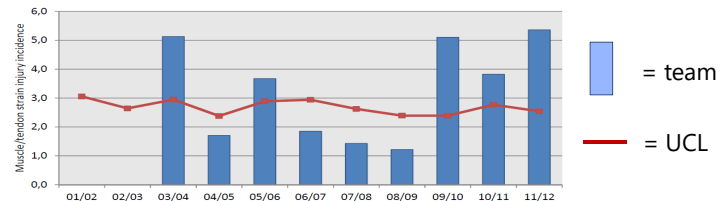


Figure 32. Muscle/tendon strain injury incidence [Eleven seasons]

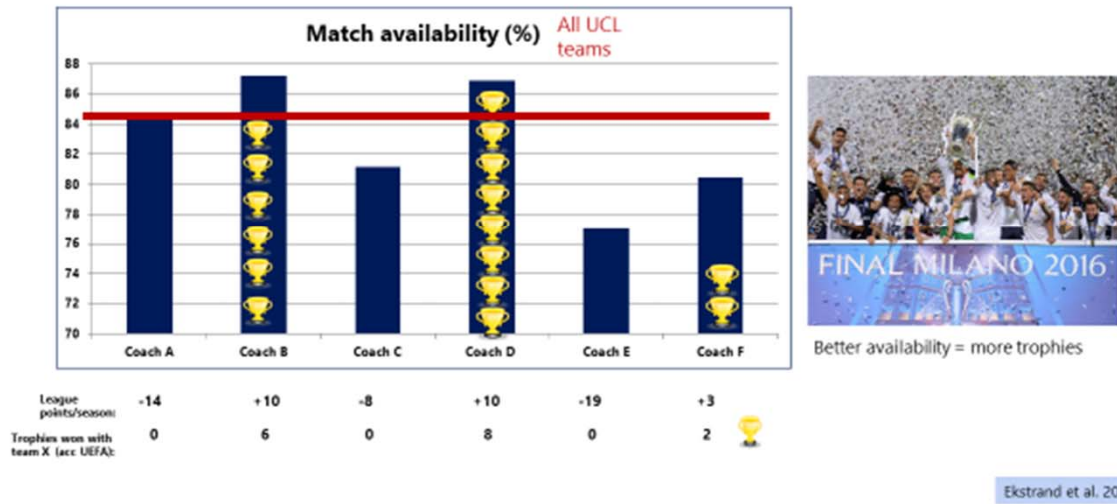


<http://www.uefa.com/insideuefa/protecting-the-game/medical/injury-study/index.html>

Ekstrand 2017



## UCL Team X 2001-2013



## Economic Impact of injury

Mr Sergei Palkin, CEO of Shakhtar Donetsk:

“ If a line-up player in a UEFA Champions League team is **INJURED FOR 1 MONTH, IT COSTS THE CLUB UP TO € 583.000**”



Ekstrand et al. 2016

## UEFA Women's Elite Clubs Injury Study (WECIS)

- Pilot study January to June 2018 with 16 teams from 9 countries was successful
- Official UEFA study launched and financed by UEFA as from 2018/19 season

