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TO UEFA MEMBER ASSOCIATIONS

For the attention of
the president and general secretary

Your reference

Your correspondence of

Our reference
MED/ZBA

Date
4 July 2023

Medical information – pre-season 2023/24

Dear president, dear general secretary,

We would like to share with you some reminders and updates from the medical unit ahead of the 2023/24 season to ensure that football players and officials participating in UEFA competitions receive the highest level of healthcare.

Please ensure that this letter is forwarded to all relevant staff and medical officials in charge of your national teams. It will also be sent directly to all clubs that qualify for UEFA competitions.

UEFA Medical Regulations, 2022 edition

The 2022 edition of the medical regulations will remain in force for the 2023/24 season.

UEFA Minimum Medical Requirements (MMRs)

The UEFA MMRs remain the same as last season. Host clubs and associations are reminded of the importance of compliance with the MMRs. Failure to comply will result in the club/association concerned being referred to UEFA's disciplinary bodies.

The Guide to MMRs and the UEFA Medical Regulations, which contain full details of the mandatory pre-competition medical examinations and MMRs, are both available to download in several languages from the medical documents section of UEFA's TIME platform.

MMR inspections on MD-1 are mandatory for some matches. Nevertheless, we strongly recommend conducting MMR inspections on MD-1 for all matches when applicable.

For matches where this is not applicable, we also strongly recommend organising MMR inspections ahead of MD to verify that all items from the MMRs are present for the official MD MMR inspection. This will ensure that, if any of the mandatory items are found to be missing, there is sufficient time to acquire them before matchday. The advanced life support (ALS) ambulance and stretcher teams do not have to be present for these inspections, but the pitchside emergency doctor (PED) and pitchside medical equipment must be present and the medical room must be equipped. Every MMR inspection must be conducted by the match delegate together with the host's chief medical officer (CMO), or equivalent.

Pre-match/tournament medical information

As per Articles 15 and 16 of the UEFA Medical Regulations, the club/association hosting a UEFA match/tournament must provide pre-match or pre-tournament medical information to the visiting team's medical staff and the UEFA match delegate at least two weeks before the match/tournament. If two weeks' notice is not possible due to a draw or other time constraints, it must be sent to the visiting team as soon as possible. A template and a completed sample of the medical information form are available on the TIME platform for reference.

Pitchside emergency briefing and form

UEFA has developed a pitchside emergency briefing, and an accompanying form, with the aim of ensuring that the on-site medical team are fully informed of how to respond to emergencies.

It is the responsibility of the host CMO, or equivalent, to read the briefing to the rest of the medical staff before every match and to identify the roles of each member of the medical team.

The form should be filled out appropriately before every match and clearly displayed in the player medical room. It must be visible to the match delegate during the MMR inspections on MD-1 (if applicable) and on matchday.

The briefing and form are available in the documents section of the TIME platform.

The pitchside emergency briefing will be conducted by UEFA's venue medical officer (VMO) at all UEFA finals and final tournaments. Scenarios such as sudden cardiac arrest and spinal injuries will be thoroughly discussed to make sure that the roles of the PED, the ambulance crew, the stretcher teams and the participating teams' own doctors are clearly defined.

Finally, it is the responsibility of the host's CMO, or equivalent, to present introduce the PED to both teams' doctors, preferably in the tunnel, 60 minutes before kick-off. This introduction should in principle last no more than five minutes, but should include discussion of emergency procedures, roles and responsibilities, and evacuation routes.

Concussion charter

In 2019, UEFA launched an awareness campaign aimed at players, coaches, referees, doctors and the general public about the dangers of concussion in football.

With this in mind, and as a further step towards protecting the health of players, the UEFA Medical Committee has produced a concussion charter that **MUST** be signed by the head coach, team doctor and President/CEO of every club/national team participating in UEFA competitions in 2023/24.

Concussion is a serious injury that needs to be managed and treated properly. Although studies report a low incidence of concussions in football (approximately one concussion every 20 to 30 matches), every member of your team should know what to do in the event of a suspected concussion on the pitch. By signing this concussion charter, you will not only be supporting UEFA's awareness campaign but also protecting the health of your players in the event of a concussion.

Our objectives are to reinforce good practices in concussion management, to raise awareness and to ensure that all key team figures (officials, coaches and team doctors) are aligned on the absolute need to abide by the procedures set out in the charter for treating suspected concussions and, when in doubt, to remove the affected player from the field of play.

The concussion charter is available in the documents section of the TIME platform. We suggest that your key contact person collects the signatures of your club representative, head coach and team doctor on a single copy of the charter before sending it back to medical@uefa.ch. The charter must be signed by every club/national team participating in any UEFA competition.

In addition, we kindly ask that your team doctors start organising the education sessions described in the charter for your players and staff.

Medical video review system (MVRS)

A medical video review system will be provided at all matches covered by video assistant referee (VAR) technology and feeds. Each team will be provided with a pitchside tablet enabling the medical team to review an incident from multiple angles instantly. This technology facilitates quick and accurate decision-making when treating a player, especially following a major incident.

It is the responsibility of each team to nominate one MVRS operator with medical knowledge to be responsible for the tablet. This person must be able to review the incident and pass useful real-time information to the team doctor assessing and treating the player on the field. Please note that it is the responsibility of the team to arrange their own radio system/earpiece to allow communication between the MVRS operator and the team doctor.

Dedicated support will be available for the MVRS operator on matchday in case they have any questions or face technical difficulties.

Should you have any queries or require any additional information, please email medical@uefa.ch.

Yours faithfully,

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Theodore Theodoridis
General Secretary

Enclosures

- UEFA Medical Regulations, 2022 edition
- Guide to MMRs
- Pre-match/tournament form template and sample
- Pitchside emergency briefing and form
- 2023/24 concussion charter

cc (with enclosures)

- UEFA Executive Committee
- UEFA Medical Committee
- European members of the FIFA Council
- FIFA, Zurich