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TO UEFA MEMBER ASSOCIATIONS

For the attention of
the President and the General Secretary

Your reference	Your correspondence of	Our reference	Date
		MEDI/ZBA	22 June 2026

Medical information – pre-season 2026/27

Dear Sir or Madam,

UEFA Medical Regulations, 2025 edition

The 2025 edition of the UEFA Medical Regulations will apply to the 2026/27 season.

UEFA Minimum Medical Requirements (MMRs)

The UEFA MMRs remain unchanged from last season. Host clubs and associations are reminded of the importance of complying with the MMRs. Failure to comply will result in the club or association in question 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 from the medical documents section of UEFA's TIME platform.

MMR inspections on matchday-1 are mandatory only for certain matches. For matches where no official inspection takes place on matchday-1, we strongly recommend organising an unofficial MMR inspection ahead of matchday to verify that all items are present for the official matchday MMR inspection. This will ensure that if any mandatory items are 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. However, the pitchside emergency doctor and pitchside medical equipment must be present, and the medical room must be equipped.

Each MMR inspection must be conducted by the match delegate in collaboration with the host's chief medical officer (CMO), or equivalent.

Minimum Medical Recommendations for Spectators

UEFA has developed minimum medical recommendations for spectators. While medical requirements for spectators remain the responsibility of the local authorities and are governed by their regulations, these new UEFA guidelines set out the minimum medical services that should be provided to the general public. The guidelines are available on the TIME platform and will be checked by UEFA safety and security officers on matchday.

NEW: Medical handover forms

In collaboration with European Football Clubs (EFC), UEFA has introduced a standardised medical handover protocol to support the continuity of care for players moving between club and national team environments. The system, accessible via the UEFA TIME platform, enables the structured and secure sharing of key medical information, subject to player consent and in full compliance with data protection requirements. In cases where there are issues accessing the TIME platform or if the TIME platform cannot be used (as is the case for clubs and national teams outside of Europe), forms will be available in PDF and Word document format with the same standardised information. We strongly remind national associations and clubs that the exchanging of information must be carried out in accordance with the highest standards of data protection requirements and secure communication. This initiative is an important step towards enhancing player safety and ensuring that relevant medical information is consistently available to the relevant medical staff.

To ensure effective implementation, each team must designate one medical contact who will manage all communications related to player handovers. As the system does not provide automated notifications, it is equally important that medical teams regularly and proactively access and review the platform to retrieve and update information as needed.

Please note that this tool will be made available only to senior men's and women's national teams for the 2026/27 season, as well as to the clubs of players called up to those national teams. As the TIME platform cannot yet be accessed from outside Europe, the tool is currently available only to European teams and their players. A standardised form is, however, available for non-European teams and their players. UEFA will aim to share this tool with all teams and clubs in the future through the development of the UEFA Medical Platform, which is expected to be launched in the lead up to the 2028/29 season. Active engagement from all stakeholders will be essential to maximise the benefits of this initiative, shape the development of the future medical platform and, most importantly, safeguard player health.

Pre-match/tournament medical information

As per Articles 17 and 18 of the UEFA Medical Regulations, the club or association hosting a UEFA match or 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 the timeline (a draw held at short notice, back-to-back rounds, etc.), it must be sent to the visiting team and match delegate 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's pitchside emergency briefing and accompanying form aim to ensure that the on-site medical team fully understands how to respond to emergencies. It is the responsibility of the host's CMO or equivalent to read the briefing to the rest of the medical staff before every match and to identify each member of the medical team's role.

The form should be completed accurately before every match and clearly displayed in the players' medical room. It must be visible to the match delegate during the MMR inspections on matchday-1 (if applicable) and matchday.

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

UEFA's venue medical officer will conduct the pitchside emergency briefing at all UEFA finals and final tournaments. Scenarios such as sudden cardiac arrest and spinal injuries will be thoroughly discussed to ensure that the roles of the pitchside emergency doctor, the ambulance crew, the stretcher teams and the participating teams' own doctors are clearly defined.

Finally, the host's CMO or equivalent is responsible for introducing the pitchside emergency doctor to both teams' doctors, preferably in the tunnel, 60 minutes before kick-off. This introduction should, in principle, last no more than five minutes and should include discussion of emergency procedures, roles and responsibilities and evacuation routes.

Concussions

Concussion charter

As always, the concussion charter **must** be signed by the head coach, team doctor and president/CEO of every club and national team participating in UEFA competitions in 2026/27.

The concussion charter is available in the medical 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. Every club and national team participating in any UEFA competition must sign the charter.

A concussion is a serious injury that requires proper management and treatment. Although studies report a low incidence of concussions in football, 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 are not only supporting UEFA's awareness campaign but also protecting your players' health in the event of a concussion. We kindly remind you that failure to follow the concussion charter principles may lead to a disciplinary procedure.

UEFA has been collecting information on all suspected head injuries reported by the delegates at all UEFA competitions. The Medical unit is reaching out individually to the doctors of the teams concerned. We are counting on these doctors to provide us with as much information as possible to strengthen our research.

NEW: UEFA Guidelines for the On-pitch Assessment of Possible Head Injuries

UEFA has introduced new guidelines for the on-pitch assessment of head injuries to support a more structured assessment of this type of injury during matches. The tool aims to assist medical staff in identifying and assessing possible concussions on the field and to facilitate appropriate medical decision-making in situations involving potential head trauma.

Please find the UEFA guidelines and pocket cards describing the recommended step-by-step procedure enclosed. Both resources can also be found in the medical documents section of TIME.

In parallel with the implementation of this tool, we are conducting a research project to evaluate its practical application and better understand the experiences of medical staff when performing concussion assessments during matches. If one of your athletes suffers a head injury, the team physician in charge will be contacted separately by email and invited to complete a short questionnaire. This questionnaire will focus on the doctor's personal experience of the evaluation of a potential concussion on the field. Participation is voluntary, and all information collected will be treated confidentially in accordance with data protection requirements and used solely for research purposes.

NEW: Heading framework

UEFA has introduced a Youth Heading Framework to help coaches teach young players to head the ball safely, confidently and correctly. The framework sets out clear, age-appropriate guidance for players at Under-9 level through to Under-16 and above. It is supported by a hands-on coach guide, age-group infographics for players and a series of short instructional videos. National associations are encouraged to share these materials with their youth coaches, clubs and academies. All documents can be accessed on the TIME medical documents section.

Medical video review system

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

Each team is responsible for nominating 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 team's responsibility to arrange their own radio system/earpiece to allow communication between the MVRS operator and the team doctor.

NEW: Menstrual health tracking

UEFA has published a report on menstrual tracking in women's football. It provides evidence-informed, athlete-centred guidance on why, what and how to track the menstrual cycle, supporting players in understanding their cycle, identifying irregularities and managing symptoms. The guidelines, together with a menstrual cycle and symptom diary, are available on the TIME platform as well as on the [OWN IT](#) series dedicated to women's health.

While this letter will also be sent directly to clubs that qualify for UEFA competitions, we ask that associations ensure it is forwarded to all relevant staff and medical officials responsible for each of their national teams.

If you have any questions about the new regulations and guidelines, please contact medical@uefa.ch.

Yours faithfully,

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Theodore Theodoridis
General Secretary

Enclosures

- UEFA Guidelines for the On-pitch Assessment of Possible Head Injuries
- UEFA concussion pocket cards

cc (with enclosures)

- UEFA Executive Committee
- UEFA Medical Committee
- UEFA Referees Committee
- UEFA National Team Competitions Committee
- UEFA Club Competitions Committee
- UEFA Youth and Amateur Football Committee
- UEFA Women's Football Committee
- European members of the FIFA Council
- FIFA, Zurich