



# MEDICAL

UEFA MEDICAL & ANTI-DOPING RESEARCH GRANT PROGRAMME

## Regulations 2025/26

### 1. Eligibility

Applicants must either:

- have obtained a doctorate and currently hold a research position at a university, football club, national association or equivalent institution; or
- be enrolled as a doctoral student at a university, football club, national association or equivalent institution and currently be preparing a doctoral thesis.

All applicants must have an excellent command of English language.

Joint applications may be considered if they meet the following conditions:

- A maximum of three research applicants
- Focus on multidisciplinary research and hence, demonstrate coverage of multiple relevant subjects;
- Multinational collaboration.

One of the applicants must be appointed as the lead researcher and act as the point of contact for UEFA Medical & Anti-Doping

Research proposals in the following fields may be submitted for consideration by the UEFA Medical Research Grant Jury:

- (1) load and injury/illness/health in women's football;
- (2) load and injury/illness/health in men's football;
- (3) any football performance, medical or health-related topic;
- (4) any football anti-doping-related topic from either social or natural science.

In principle, the jury will decide on a case by case basis on the amount to grant **up to €30,000 for either of the four research fields listed above.**

### 2. Application requirements and procedure

#### 2.1 Application dossier

Applications to the UEFA Research Grant Programme must be submitted online at <https://uefaacademy.com/courses/mrgp/> along with the following:

- The declaration to UEFA, which is available at <https://uefaacademy.com/courses/mrgp/>, duly completed and signed. For joint applications involving more than one applicant, each applicant must sign the declaration.
- An application document of no more than ten pages, describing the proposed research (see section 2.2).
- A one-page summary of the application document (see section 2.2).
- A CV of no more than one page. For joint applications involving more than one researcher, each researcher must include a CV.
- A letter that provides evidence of support for the project from the Head of the University Department(s) or equivalent positions at the respective institution of the applicant. For joint applications a letter of confirmation from the lead applicant's institution is sufficient.

Incomplete applications will not be considered by the jury.

The entire application dossier must be written in English.

**It is imperative that all applicants read these UEFA Medical & Anti-Doping Research Grant Programme Regulations and the Declaration to UEFA before completing the application form.**

#### 2.2 Application structure

Applications must use the provided UEFA template and be no more than ten pages long and contain at least the following sections:

- Introduction
- Question(s) and hypothesis(-es) to be researched
- Justification for the research (European football in general):
  - This section should be at least one page long and should convince the jury of the importance of the research for European football in general
- Summary of the state of knowledge and a literature review on the research topic
- Description of research undertaken to date by the applicant(s) on the topic or in related fields
- Planned methodology
  - This section should be at least one page long and should explain in detail the methodology which will be used during the research, showing that it is the most appropriate for the purpose, timeframe and budget of the research, demonstrating that it will be correctly applied and illustrating the researcher or researchers' awareness of the latest methodological developments in the field. Moreover, it should clearly show how the methodology is realistic and fits into a realistic timeline (see below).
- Main results expected
- Detailed timeline, ideally clearly presented in the form of a graphic chart

- The timeline should start at the earliest on 1 July 2025 and end, in principle, at the end of season 2025/26 (if not agreed differently and accepted by UEFA Medical & Anti-Doping Research Grant Jury, **before the start of grant**). The timeline must include an interim update with the assigned UEFA Medical & Anti-Doping delegate, and a final report aligning with a scientific paper manuscript, to be submitted no later than 12 month after the agreed start date.
- Risk assessment describing the potential threats to the feasibility of the project
- Selected bibliography (max. one page)
- List of the applicant's or applicants' main scientific publications (max. one page)
- List of bursaries previously awarded to the applicant(s)
- Detailed budget in euros, ideally clearly presented in the form of a table, justifying the amount requested.
  - The budget can cover:
    - the purchase of specific material necessary for the research (this area does not include the purchase of a computer);
    - the cost of additional manpower (e.g., for data collection);
    - the cost of travel and accommodation linked directly to the research;
    - costs related ensuring impact of the research project.
  - The budget cannot cover:
    - costs related to participation in academic conferences and/or meetings;
    - university overheads should, in principle, not be covered from UEFA grant;
    - costs related to publication of the results in peer-reviewed scientific journals/publications.

At the beginning of the research, once a grant has been awarded to a research project, a mandatory 'kick-off' meeting will be organised via conference call with the applicant, or the team of applicants in the case of joint research projects, and representatives from the UEFA Medical & Anti-Doping Unit to discuss the planned research and how the unit best supports the facilitation and impact strategy of the research project. Following this meeting, the researcher, or lead researcher in the case of joint research projects, might be asked to provide UEFA with **an amended proposal** that takes into account the meeting discussions and decisions agreed upon. At this instance, **an ethical approval letter** if the research involves human subjects, regardless of whether they are involved in interviews, focus groups or clinical research, must be presented to UEFA. **The award of the grant and payment of the first instalment are conditional** on the submission of this amended proposal and the ethical approval. Once agreed by the jury and UEFA, the applicant(s) will receive an official confirmation letter.

UEFA will set a time and date for the applicant(s) to present the final results once the project is completed. The presentation will be by conference call with representatives of the UEFA Medical & Anti-Doping Unit and/or UEFA Medical Committee.

Application documents must be typed in size 12 font (1.5 line spacing) on numbered A4 pages with margins not smaller than 2 cm on each side. **No application documents of over ten pages or in a different format will be considered.**

Applicants must also provide a one-page executive summary of their application document as a separate file. The summary must be typed in size 12 font (single line spacing) and be written in English. It must mention:

- the justification for the research (contribution to national associations and European football in general, specifying how they will particularly benefit from the research and why);
- the research question(s), aim(s), objective(s) and/or hypothesis(-es);
- the planned methodology; and
- the total financial contribution requested.

### 2.3 Submissions

Applications must be submitted online at <https://uefaacademy.com/courses/mrqp/> by 15 March 2025 (18:00 CET) in order to be considered for the 2025/26 UEFA Medical & Anti-Doping Research Grant Programme. **The UEFA administration will acknowledge receipt of all applications by email.**

To make it easier for UEFA to process the applications, each applicant must name the files that make up their application as follows: Year\_SurnameFirstname\_Document name

Please follow the examples below for fictional applicant Albert Einstein:

2025\_EinsteinAlbert\_Application dossier\_10 pages

2025\_EinsteinAlbert\_Application dossier\_summary

2025\_EinsteinAlbert\_CV\_1 page

2025\_EinsteinAlbert\_Letter of confirmation of support institution

2025\_EinsteinAlbert\_Ethical clearance letter

2025\_EinsteinAlbert\_Declaration to UEFA

For joint applications involving more than one researcher, the surname and first name in all file names should be those of the lead researcher. This applies equally to files that must be submitted for every researcher, whose own names should be added to the end of the file names. For example:

2025\_EinsteinAlbert\_CV\_1 page\_EinsteinAlbert

2025\_EinsteinAlbert\_CV\_1 page\_NewtonIsaac

2025\_EinsteinAlbert\_CV\_1 page\_HawkingStephen

Applications that do not conform to these naming conventions will not be considered.

### 3. Selection procedure

For each correctly completed application, at least two jury members will review the application. The reviewers will be chosen based on individual expertise and declaration of no potential conflict of interest. In the case of a conflict of interest, the respective jury member concerned will be replaced for reviewing and scoring.

Applications that meet all the requirements set out in this document will be examined by the UEFA Medical & Anti-Doping Research Grant Jury. The jury comprises representatives of the European football

community and academics known internationally for their work linked to football or other sports in Europe. One of the jury members is appointed as chair. The UEFA administration will be involved in the shortlisting of dossiers and in an advisory capacity in subsequent stages of the process.

### 4. Selection procedure

The UEFA Medical & Anti-Doping Research Grant Programme selection process is divided into three stages.

1. All applications are reviewed on their eligibility by the UEFA administration and all applications that do not meet the required standard or the criteria of the UEFA Medical Research Grant Programme Regulations are eliminated.

The jury then reviews the remaining applications in two stages of voting:

2. At least two members of the UEFA Medical & Anti-Doping Research Grant Jury review, grade and comment on the shortlisted proposals using the **Evaluation Sheet – step 1**. Upon request of the UEFA Medical Research Grant Jury, each application might also be sent to a specialist in the field that the research proposal relates to, appointed by UEFA.
3. The proposals that receive the highest grades enter the third and final stage. The number of applications taken into stage three will vary depending on quality and volume of applications. The final applications are each reviewed in detail (**Evaluation Sheet – step 2**) by at least two jury members. The applications are then discussed at the jury meeting and a decision is taken on which applications will be awarded UEFA Medical & Anti-Doping Research Grants.

Applicants will be informed of the **jury's decision** by **no later than 30 June 2025**. Decisions by the jury are final and no appeals will be considered. The jury may decide to select a number of applications as potential substitutes in case a grant is withdrawn in the early stages of the research. Should there be applications placed on this substitution list, applicants will be informed at the same time as the jury's decision, i.e., no later than 30 June 2025.

Applicants may not submit the same project proposal twice without having made significant changes. In addition, applicants may not submit a research proposal on the same subject more than twice in a row. Nor may applicants submit more than one project during the same UEFA Medical & Anti-Doping Research Grant Programme cycle. Finally, a researcher who has received a UEFA medical research grant may not submit a new application or be part of a research team submitting an application in either of the next two cycles of the programme.

**Unsuccessful applications from the first round of voting** will receive their evaluation form together with an anonymous comparison of the overall score of all applicants. This will enable the applicant(s) to understand the strengths and weaknesses of their application. No individual comments will be provided in the first round.

**Unsuccessful applications from the second round of voting** will receive their evaluation form together with an anonymous comparison of the overall score of all applicants. This will enable the applicant(s) to understand the strengths and weaknesses of their application. Additionally, applicant(s) will also receive a short personal evaluation from the jury providing them with further feedback on their application.

### 5. Payment procedure and beneficiaries' obligations

When submitting their application dossier, each applicant must sign the declaration to UEFA regarding confidentiality, data protection, intellectual property, publication and public presentation restrictions and the conditions of payment and possible repayment of the grant if any of the clauses outlined in the declaration are breached. For this reason, applicants must read, fully understand and sign the declaration before submitting their research proposal. The declaration is available at <https://uefaacademy.com/courses/mrgp/>. If an application dossier does not contain a signed declaration to UEFA when it is submitted, it will be considered invalid and will not be eligible for a grant. If any researcher other than the beneficiary(-ies) of the grant is directly involved in the research, a declaration signed by them must also be included in the application dossier.

When submitting their application dossier, each applicant agrees to take note of the UEFA rules regarding access to UEFA's archives and to follow the necessary steps with the relevant UEFA services if the nature of their research project means that they require access to UEFA's archives. These rules are available at <https://uefaacademy.com/courses/mrgp/>.

Grants are paid in three instalments. The applicant (or the lead applicant in the case of joint research projects involving more than one applicant) will receive one-third of the grant at the start of the project, after submission of the amended proposal and ethical approval letter following the kick-off meeting (in July 2025, depending on when the meeting takes place). A second payment will be made in January 2025, once an interim update is approved by UEFA. The jury and UEFA reserve the right to ask for the written evidence and may suspend the instalment until the expected research targets have been made. The remaining instalment will be paid after the final report (in scientific paper format) has been submitted and approved by UEFA.

**The interim update** must involve an online meeting between the applicant(s) and UEFA Medical & Anti-Doping delegates. In this meeting an update is expected on:

1. The progressions made;
2. Any obstacles faced in the research process;
3. An updated Gantt chart;
4. Discussions on how UEFA can support the project process and ensuring impact of findings are shared with relevant stakeholders.

**The final report** must be structured as follows and contain all of the following sections:

1. An executive 1-page summary fully detailing the importance and interest of the research for football and UEFA
2. The projects presented in a scientific manuscript format. This is expected to either be in the process of going through the scientific publication process or ready to do so.
3. A detailed plan on past and future plans on ensuring impact of the research in terms of current theory, state of knowledge and/or practices, and the consequences/recommendations for UEFA and football.

The interim meeting must be accompanied by an official letter from the applicant(s) stating that the research has made sufficient progress and whether the project will be completed on the expected deadline (no later than 12 months post project initiation). The jury and UEFA will assess the progress of the research based on the interim update and may ask for amendments or additional information

If an applicant or applicants are for any reason unable to follow the above reporting structure, any deviations from the standard structure must be clearly justified. The methodology, reasons and logic behind such deviations must be explicitly explained in the introduction to the report.

In exceptional cases, UEFA may withdraw the grant if it deems the researcher's progress to be unsatisfactory.

**The final report must be submitted no later than 12 months after start date.** One electronic copy of the final report must be submitted to UEFA. If a paper is successfully accepted for publication, the published version must also be shared with UEFA Medical & Anti-Doping. The jury and UEFA will assess the quality of the research based on the final report and may ask for amendments or additional information, particularly if the initial objectives of the research have not been met. In exceptional cases, UEFA may withdraw the grant if it deems the quality of the project to be unsatisfactory or to have deviated from the planned deliverables.

In addition to the final report, a one-page document summarising the key practical outcomes of the research for European football (UEFA and its stakeholders) must be sent to UEFA no later than 30 June 2024.

The applicant(s) will be invited to present their key outcomes and recommendations to UEFA Medical & Anti-Doping. This 30-minute presentation will be by conference call to the UEFA Medical & Anti-Doping Unit and may involve the Research Grant Jury and experts from the UEFA Medical Committee and the administration. The presentation will be followed by approximately 30 minutes of questions and answers. UEFA will provide the (lead) applicant with detailed guidelines prior to the presentation; however, it should be noted that the presentation should focus on the results and practical outcomes of the research.

UEFA may ask researchers to send updates on their research and any results collected at any time during the research process. Likewise, UEFA may at any time request that researchers submit a list of their expenditure in connection with their UEFA-supported research project.

The applicant will conduct the research either alone or together with one or two other researchers in the case of a joint research project. The researcher's obligations are set out in the declaration to UEFA document.

**UEFA's role as sponsor and supporter of the project has to be clearly mentioned and outlined within any scientific publication/presentation arising from the project.**



## 6. Contact details

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