

- CONMEBOL -  
**COPA AMERICA**  
**FEMENINA**  
**COLOMBIA 2022**



**MEDICAL COMMISSION  
AND ANTI-DOPING UNIT**





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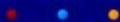
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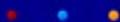
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# Turning point in women's football



In Colombia, we experienced a Copa América Femenina of historic importance. For the first time, this tournament had major prizes:

**USD 1.500.000**  
for the Champion

**USD 500.000**  
Vice-champion

This is part of a firm commitment that CONMEBOL has made to the growth and development of women's football in the continent. The Confederation's objective, in the short and medium term, is for South America to become a world power in women's football, as in the men's game.

This tournament also inaugurates a new periodicity of the **CONMEBOL Copa América Femenina**, which will now be played every two years. The intention is to give the South American girls and women a different, more demanding rhythm, in order to increase the competitiveness of our teams. This is also possible thanks to the enormous growth that this competition has experienced, both in terms of the number of spectators

and the number of countries and territories reached by television broadcasts.

However, for these achievements to be possible, it is essential to work efficiently behind the scenes. All organizational and logistical aspects must be planned and controlled. Part of that responsibility falls on CONMEBOL's Medical Commission and Anti-Doping Unit, whose work in recent years, due to the COVID 19 pandemic, has been intense and complex, but also very professional and fruitful. This magazine details the reports and statistics that prove the positive results obtained through this meticulous work.

Once again, the health protocols proved to be highly effective, with a negligible number of positive cases. CONMEBOL's vaccination campaign for South American football athletes was no less important in this regard. Thus, the Copa América Femenina was perhaps one of the last tournaments of our Confederation in which coronavirus testing was still mandatory.

We can say that the **CONMEBOL Copa**

**América Femenina** represents a true sporting and organizational triumph, which consolidates the strategy of promoting South American women's football promoted by CONMEBOL.

**Alejandro Domínguez W-S**  
President of CONMEBOL



# The triumph is in not letting our guard down

It is often said that the riskiest moment in a pandemic is when it is coming to an end. It is then that controls begin to be relaxed, protocols are skipped, rigor is lost, and care is loosened. In short, the guard is lowered. The danger of a rebound in these circumstances is evident. Fortunately, both the CONMEBOL Presidency and the CONMEBOL Council have always given clear instructions in this regard: to remain alert, follow all preventive measures and work with the same concentration and responsibility. The Medical Commission and the Anti-Doping Unit have made every effort to do so. The auspicious results are in, for the **CONMEBOL Copa América Femenina**, contents that I am pleased to present in this magazine.

This tournament registered a high level of vaccination:

**99%** of people immunized  
against COVID 19

Of the many coronavirus tests performed throughout the competition, only 1.9% were positive cases. In addition to the work related

to COVID, there were the usual tasks of the Medical Commission and Anti-Doping Unit, such as the study of injuries and Anti-Doping controls. On this last point, it is important to note that for the first time in the **CONMEBOL Copa América Femenina**, Out-of-Competition doping controls were carried out on the six national teams that qualified for the final phase of the competition, thus expanding the margin of verification, as it corresponds to professional competitions.

Likewise, opening a new work front, it was the first time that the Anti-Doping Unit carried out Anti-Doping educational talks to the delegations within this competition, framed in the development of an Education Plan. This work is based on the conviction that our mission will be fully accomplished if we can achieve greater integration and coordination with the schools and delegations.

The **CONMEBOL Copa América Femenina - Colombia 2022** has left us with unforgettable matches in which the growth of South American women's football was evident. It has also taught us valuable lessons,



including the need to remain vigilant in relation to the health situation and medical needs in competitions.

A handwritten signature in black ink, appearing to read 'Osvaldo', written over a white background.

**Dr. Osvaldo Pangrazio**  
President of the CONMEBOL  
Medical Commission and Director of  
the Anti-Doping Unit



## Testimony of responsible and efficient work



From a strictly footballing point of view, the **CONMEBOL Copa América Femenina** that has just concluded in Colombia also shows an enormous growth in South American women's football. The approaches on the field, the technical skills, the prepared or blackboard plays, the relays, the rotations, the triangulations, the tactical discipline, are all elements that speak of a leap in quality in the South American women's national teams. Although there are still aspects to be improved, the girls and young women of our continent are on the right track and the clubs and teams they are part of are on their way to becoming world powers in the sport.

As a football player and coach, I know that this technical progress is based on an indispensable foundation: good health and

physical preparation. Skill and talent are of little value without this foundation, which guarantees that a team will not collapse. And in this task, medical teams play a preponderant role. In times of pandemic this contribution becomes even more crucial, as a new threat, COVID 19, has been added to injuries, exhaustion, and shock. In these circumstances, the work of the CONMEBOL Medical Commission and Anti-Doping Unit, in coordination with the medical teams of the various national teams, is fundamental. To their usual tasks related to Anti-Doping controls and the study of injuries, were added controls, coronavirus detection tests, surveillance of positive cases and compliance with protocols.

For all these reasons, we can congratulate the CONMEBOL Medical

Commission and Anti-Doping Unit and the doctors, physical trainers, and team coaches that took part in this competition. The excellent results obtained are described in this magazine, which should serve not only as a statistical record, but also as a testimony of responsible and efficient management at times of great health demands.

**Nery Pumpido**  
Secretario General Adjunto -  
Fútbol de la CONMEBOL





# MEDICAL COMMISSION AND ANTI-DOPING UNIT



**Dr. Osvaldo Pangrazio**  
President of the Medical Commission  
Director of the Anti-Doping Unit



**Paola Coronel**  
Administrative Manager MC & ADU



**Gabriela Gossen**  
Anti-Doping Unit Coordinator



**Federico Rivarola**  
Responsible for Medical Commission



**Elias Paredes**  
Responsible for Anti-Doping Unit



**Alicia Velázquez**  
Medical Commission Analyst



**Sebastian Peña**  
Administrative Assistant MC & ADU

# MEDICAL OFFICERS

## PASCUAL GUERRERO STADIUM

CALI



**Dra. Matilde Miralles**

CONMEBOL Medical Officer



**Dra. Jairo Rojas**

General Medical Coordinator



## CENTENARIO STADIUM

ARMERIA



**Dra. Vanessa Lozano**

CONMEBOL Medical Officer



**Dr. Marcelo Rodriguez**

CONMEBOL Medical Officer



## ALFONSO LÓPEZ STADIUM

BUCARAMANGA



**Dra. Matilde Miralles**

CONMEBOL Medical Officer



**Dra. Jairo Rojas**

Coordinador Médico General





## - CONMEBOL - COPA AMERICA FEMENINA

### HISTORY

The **CONMEBOL Copa América Femenina** is the most important and prestigious national team tournament in South America. It has been held every four years since 1991. However, beginning in 2022 the tournament will be organized every two years.

The championship began in Maringá, a city in the Brazilian state of Paraná, with the participation of Brazil, Chile, and Venezuela. It was the only criterion adopted by CONMEBOL as a qualifier for the first Women's World Cup, held that same year.

The 10 National Teams from CONMEBOL Member Associations participated for the first time during the third edition, in 1998, held in Argentina. Since the 2010 edition, the tournament was officially renamed **CONMEBOL Copa América Femenina**. Previously, the championship granted two direct berths to the Women's World Cup

(champion and vice-champion), but with the current format, the **CONMEBOL Copa América Femenina** will grant three direct berths (1st; 2nd; and 3rd place) plus two for repechage (4th and 5th place).

In addition, this edition is a qualifier for the Olympic Games, awarding 1 direct quota and 1 playoff quota and is also a qualifier for the Pan American Games (3rd, 4th and 5th place).







- CONMEBOL -  
**COPA AMERICA**  
**FEMENINA**  
**COLOMBIA 2022**



The 9th Edition of the  
**CONMEBOL Copa América Femenina**  
was held from July 8th  
to 30th, 2022 in **Colombia**.

**PARTICIPATING WOMEN'S NATIONAL TEAMS**

**GRUPO A**



**GRUPO B**



# TOURNAMENT VENUES



## Cali

### Pascual Guerrero Stadium:

Cali, officially the Special, Sports, Cultural, Tourist, Business, and Service District of Santiago de Cali, is a Colombian district, capital of the department of Valle del Cauca. It is the third most populated city and the third economic and cultural center of Colombia. It is located in the southern region of Valle del Cauca. Geographically the city is located in the Cauca River Valley, formed by the western mountain range and the central mountain range of the Andean Region.

The Pascual Guerrero stadium is considered one of the best sports venues in Colombia. It is used by the América de Cali Football Club and the Atlético Fútbol Club and Boca Juniors of Cali. Both the stadium and the other sports venues surrounding it, which between the fifties and seventies of the twentieth century, were one of the most complete and modern sports complexes in Latin America, which is why the term "Sports Capital of America" was coined for the city.

**Capacity: 49.828**



# MINI CASES



## Bucaramanga

### Alfonso López Stadium:

Bucaramanga is a Colombian municipality, capital of the department of Santander. It has been declared by the World Bank in its study of “competitive cities for studies and growth” as one of the most prosperous cities in Latin America. It is located in the northeast of the country on the Eastern Cordillera, a branch of the Andes Mountains, on the banks of the Rio de Oro River. Bucaramanga has the fifth most populated urban agglomeration in the country and is located 384 km from Bogotá, the capital city.

The Alfonso López Stadium is a sports venue located in this city. It has a capacity for 25,000 spectators. It is the home of Atlético Bucaramanga, a club of the First Category A of Colombian professional football. It is named after Alfonso López Pumarejo.

**Capacity: 25.000**



## Armenia

### Centenario Stadium:

Armenia is a Colombian municipality, capital of the department of Quindío, and one of the main cities of the Colombian coffee-growing region, the so-called paisa region, and the coffee-growing cultural landscape.

The Centenario is the main sports venue in the Colombian city of Armenia. It is nicknamed “The Garden of America” and has a capacity of 20,716 spectators.

**Capacity: 20.716**





- CONMEBOL -  
**COPA AMERICA**  
 FEMENINA  
 COLOMBIA 2022

**GROUP A**

- COLOMBIA
- CHILE
- ECUADOR
- PARAGUAY
- BOLIVIA

**GROUP STAGE**

**JUNE**

VENUES	08 VIE	09 SAB	10 DOM	11 LUN	12 MAR	13 MIE	14 JUE	15 VIE	16 SAB	17 DOM	18 LUN
<b>CALI</b> <i>Pascual Guerrero Stadium</i>	#2 BOL VS ECU 16:00		BREAK	#6 PAR VS CHI 16:00		BREAK	#10 PAR VS BOL 16:00		BREAK	#14 CHI VS BOL 16:00	
	#1 COL VS PAR 19:00			#5 BOL VS COL 19:00			#9 CHI VS ECU 19:00			#13 ECU VS COL 19:00	
<b>ARMENIA</b> <i>Centenario Stadium</i>		#4 URU VS VEN 16:00	BREAK		#8 ARG VS PER 16:00	BREAK		#12 ARG VS URU 16:00	BREAK		#16 PER VS URU 16:00
		#3 BRA VS ARG 19:00			#7 URU VS BRA 19:00			#11 PER VS VEN 19:00			#15 VEN VS BRA 19:00
<b>BUCARAMANGA</b> <i>Alfonso López Stadium</i>											
<b>Day off</b>	COL	PER		ECU	VEN		COL	BRA		PAR	ARG
<b>MATCHES PER DAY</b>	2	2	0	2	2	0	2	2	0	2	2

**THIRD PLACE**

Arg 3:1 Par

Friday July 29  
 Armenia - Centenario Stadium

**GROUP B**

-  BRAZIL
-  PERÚ
-  VENEZUELA
-  ARGENTINA
-  URUGUAY



**CUP FINALS**

**JULY**

	19 MAR	20 MIE	21 JUE	22 VIE	23 SAB	24 DOM	25 LUN	26 MAR	27 MIE	28 JUE	29 VIE	30 SAB	PARTIDOS POR ESTADIO	
BREAK		#18 ECU VS PAR 19:00	#19 BRA VS PER 19:00										10	
		#17 COL VS CHI 19:00	#20 VEN VS ARG 19:00			#21 3A VS 3B 19:00					#24 P22 VS P23 19:00		12	
							#22 1A VS 2B 19:00	#23 1B VS 2A 19:00				#25 G22 VS G23 19:00		3
	BOL	URU												
	0	2	2	0	0	1	1	1	0	0	1	1	25	

**FINAL**

Col  0:1  Bra

Saturday July 30

Bucaramanga - Alfonso López Stadium



# MEDICAL COMMISSION REPORT



# MEDICAL SERVICES

As part of the Minimum Requirements for Medical Services in CONMEBOL Competitions, and in order to ensure health care during the development of the CONMEBOL Copa América Femenina 2022, the Medical Commission carried out an inspection of all processes and equipment used to care for the athletes during training.

In addition, at each game the Field Medical Officer inspected the compliance and proper functioning of the medical services in the stadium for the athletes and for the general public.

The Medical Services Team is composed of ambulances, a medical

room for first aid, and health personnel trained in the area. The Medical Coordinator, Dr. Jairo Rojas, with the help of each Field Medical Officer, was responsible for the verification at all the sites.

## TEMPERATURE CONTROL

As part of the Medical Provisions in official CONMEBOL matches, weather conditions are evaluated to consider Cooling Breaks. This is done by the Medical Commission through the Field Medical Officer.

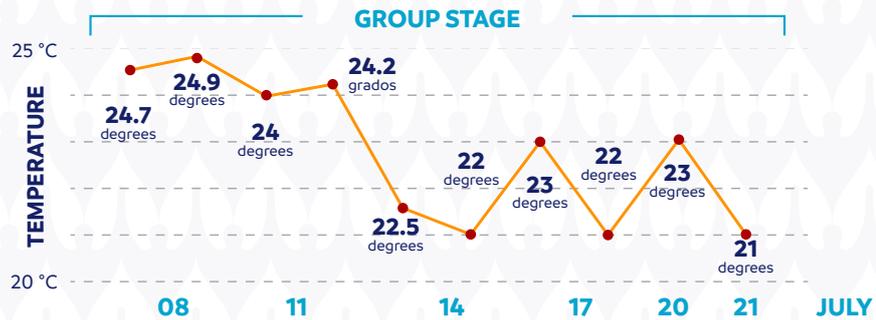
Climatic conditions are evaluated by

means of the Wet Bulb Globe Test (WBGT). The WBGT is a composite temperature used to estimate the effect of temperature, humidity, wind speed, and visible and infrared radiation on athletes.

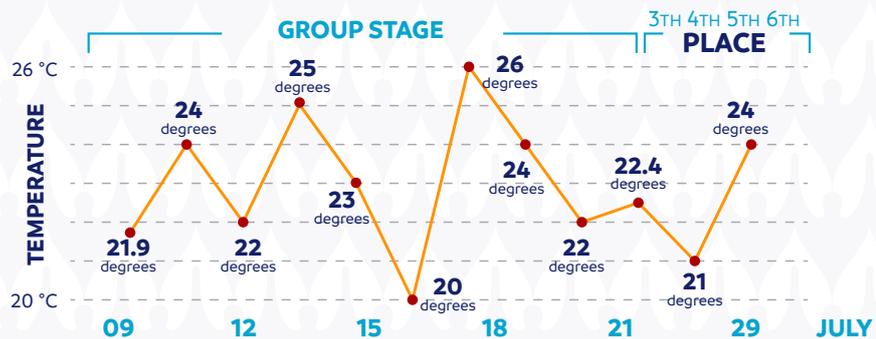
During the CONMEBOL Copa América Femenina, the average temperature was 22.8°C.

### The following temperatures were reported by location:

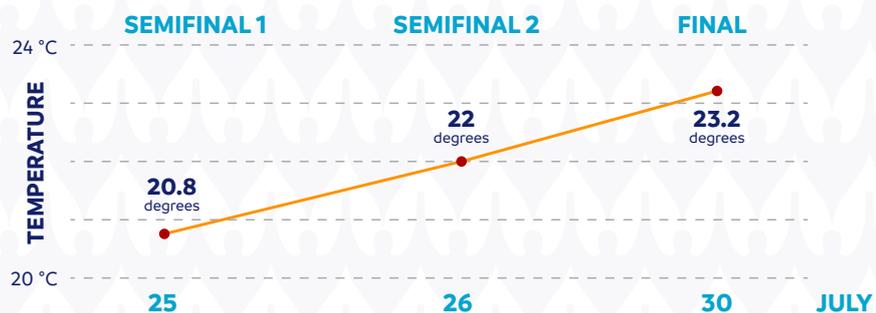
#### CALI



#### ARMENIA



#### BUCARAMANGA





## COVID-19 MEDICAL PROTOCOLS

As care and prevention measures, the Medical Commission oversaw the applying of the CONMEBOL Medical Recommendations Protocol and Medical Provisions for the CONMEBOL Copa América Femenina 2022 with specific guidelines in Colombia.

## COVID-19 CONTROL PLAN

The CONMEBOL Medical Commission ordered the control of COVID-19 detection tests every 72 hours, starting with an RT-PCR test and then antigen tests.

The following schedule was followed:

GROUPS	ARRIVAL 07 Jul	MATCHES															
		08 Jul	09 Jul	10 Jul	11 Jul	12 Jul	13 Jul	14 Jul	15 Jul	16 Jul	17 Jul	18 Jul	19 Jul	20 Jul	21 Jul		
Teams	●			●			●			●			●			●	
Staff CONMEBOL	●			●			●			●			●			●	
Stadium Operating Staff - CALI	●			●			●			●			●			●	
Stadium Operating Staff - ARMENIA		●							●			●				●	
Stadium Operating Staff - BUCARAMANGA																	

GROUPS	CUP FINALS									
	22 Jul	23 Jul	24 Jul	25 Jul	26 Jul	27 Jul	28 Jul	29 Jul	30 Jul	
Teams	●			●			●			
Staff CONMEBOL	●			●			●			
Stadium Operating Staff - CALI										
Stadium Operating Staff - ARMENIA			●					●		
Stadium Operating Staff - BUCARAMANGA				●					●	

● RT-PCR

● ANTIGEN



# RESULT REPORT

The number of COVID-19 screening tests were:

**ANTIGEN**  
4.035

**PCR**  
583

**TOTAL TOURNAMENT: 4618**

## POSITIVE

POSITIVE PCR ————— 52

POSITIVE ANTIGEN ————— 38

TOTAL POSITIVE TOURNAMENT ————— **90**

## NEGATIVE

NEGATIVE PCR ————— 531

NEGATIVE ANTIGEN ————— 3.997

TOTAL NEGATIVES TOURNAMENT ————— **4.528**

### CALI

**43**  
POSITIVE PCR

**12**  
POSITIVE ANTIGEN

**55**  
TOTAL POSITIVE TOURNAMENT

**328**  
NEGATIVE PCR

**1299**  
NEGATIVE ANTIGEN

**1627**  
TOTAL NEGATIVE TOURNAMENT

### ARMENIA

**9**  
POSITIVE PCR

**23**  
POSITIVE ANTIGEN

**32**  
TOTAL POSITIVE TOURNAMENT

**203**  
NEGATIVE PCR

**2074**  
NEGATIVE ANTIGEN

**2277**  
TOTAL NEGATIVE TOURNAMENT

### BUCARAMANGA

**0**  
POSITIVE PCR

**3**  
POSITIVE ANTIGEN

**3**  
TOTAL POSITIVE TOURNAMENT

**0**  
NEGATIVE PCR

**264**  
NEGATIVE ANTIGEN

**264**  
TOTAL NEGATIVE TOURNAMENT



# INJURIES REPORT

Colombia hosted the ninth edition of the CONMEBOL Copa América Femenina 2022, which celebrated its final in Bucaramanga. Two groups were formed, Group A: Colombia, Chile, Ecuador, Paraguay, and Bolivia and Group B: Brazil, Peru, Venezuela, Argentina, and Uruguay. In the final phase, Chile and Venezuela played for 5th place, and in the semifinals, in the first, Colombia and Argentina, and then Brazil and Paraguay. Argentina and Paraguay competed for third place. The final was disputed between Colombia and Brazil, the latter being the champion. A total of twenty-five matches were played and 33 referees and assistant referees participated during the competition.

## General epidemiology of injuries during the CONMEBOL COPA AMÉRICA FEMENINA 2022

In the CONMEBOL Copa América Femenina 2022, 44 total injuries were counted, but only on 18 occasions did they require the player to leave the field and be substituted; a situation in which we classified an injury as "serious" (Table 1).

We counted 19.5 injuries per 1,000 minutes of play or 1.76 injuries per game. We counted 8 serious injuries per 1,000 minutes of play or 0.75 serious injuries per game.

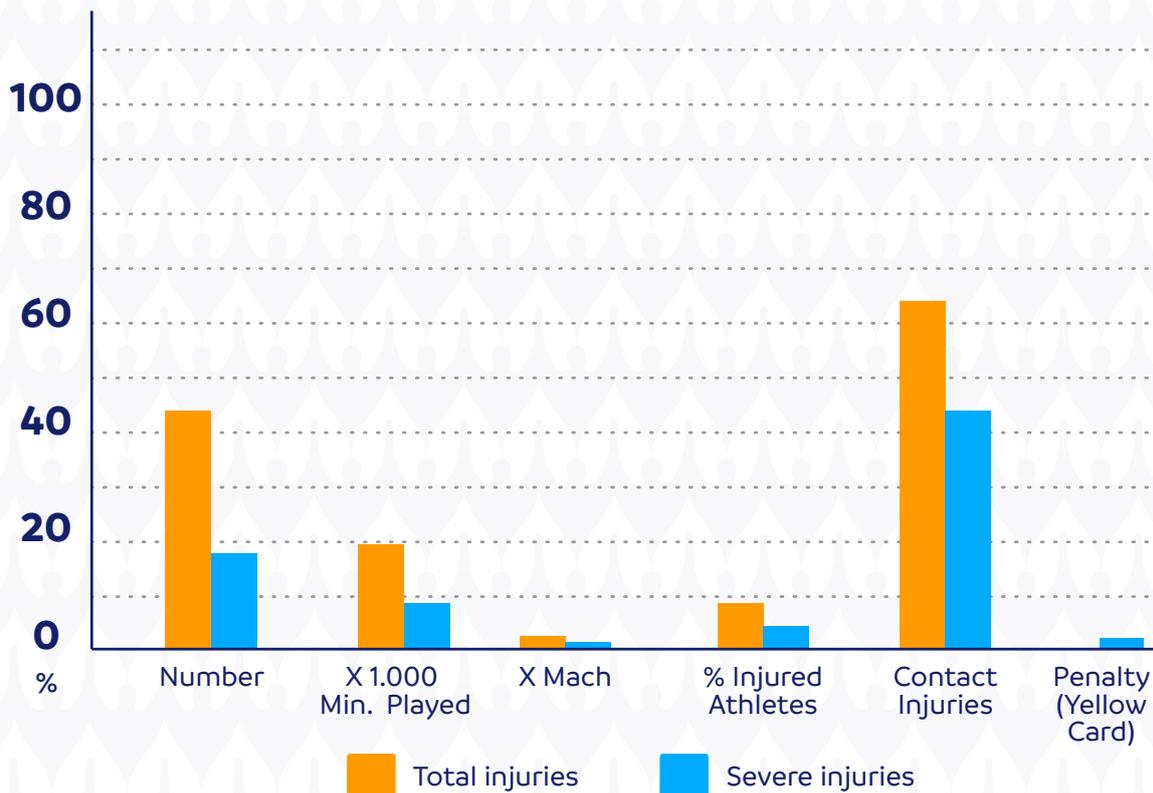
Eight percent of the athletes who participated in the competition were injured and 3.3% of all athletes

had a serious injury.

Of the total number of injuries, 28 were contact injuries (63.6%) and 8 of the injuries were serious (44.4%). Of the injuries counted, 20 affected the right side and 16 the left.

Of the 28 contact injuries, 8 were considered serious, requiring the player's withdrawal, and only two actions merited a yellow card.

## INJURIES



## Diagnosis and location of the Lesions (Table 2).

not always well specified, but usually require the entry of the team doctor. Some require the player to leave the field.

This was followed by muscle and tendon injuries, 11 in total, classified as contractures (6 cases), muscle strain (2 cases) and 1 muscle tear.

There were 4 diagnoses of concussion or craniocerebral trauma, 2 anterior cruciate ligament tears, 1 avulsion fracture of the 5th metacarpal of the hand, 1 acromioclavicular dislocation, 1 elbow dislocation, 1 migraine headache, 1 anxiety crisis, 1 knee sprain, and 1 post meniscectomy syndrome.

Muscle injuries are still difficult to diagnose and classify. In this women's competition, 4 hamstring injuries were diagnosed, 1 of which was bilateral, 4 calf muscle injuries,

1 of which was also bilateral, 1 anterior rectus thigh muscle injury, 1 pectoralis major muscle tear and 1 Achilles tendon injury. Given the diagnostic doubts, the player with the pectoralis major muscle injury was taken to the hospital where an MRI was performed and reported as a muscle tear.

The dislocated elbow was transferred to the hospital where the reduction was performed under anesthesia, returning to the hotel with its immobilization.

As usual, the concussions followed the protocol established by CONMEBOL, 2 cases were transferred to the hospital where a CT scan was performed. One case was treated with corticoids and intravenous analgesia, and in the other case the CT scan was performed, and she returned to her delegation after spending time under observation. The other two cases were observed by the medical team, one of them was a strong facial blow that had no

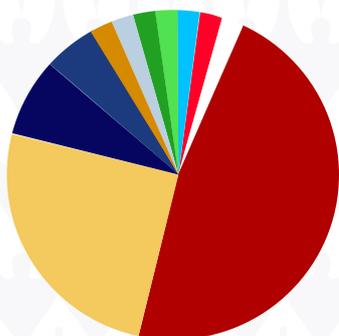
major repercussions.

As for the post-meniscectomy syndrome, it should be noted that it had been diagnosed five months earlier and severe pain was reproduced during the championship.

The location of the lesions was in order of frequency thigh (8 cases), ankle (7 cases), leg (7 cases), head (6 cases), knee (5 cases), thorax (3 cases), shoulder (2 cases), foot (2 cases) and with 1 case each, hand, lumbar spine, pelvis, and elbow.

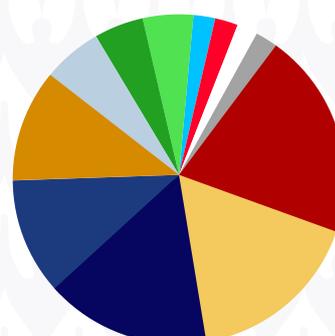
Of the injuries, 4 were to the upper limb and 30 to the lower limb.

### DIAGNOSIS



● Contusion	20
● Tendon-muscle injury	11
● Concussion	4
● ACL tear	2
● 5th metatarsal avulsion fracture	1
● Acromioclavicular dislocation	1
● Migraine headache	1
● Anxiety crisis	1
● Elbow dislocation	1
● Postmeniscectomy syndrome	1
○ Knee sprain	1

### LOCATION



● Head	6
● Spine	1
● Chest	3
● Shoulder	2
● Elbow	1
● Hand	1
● Pelvis	1
● Thigh	8
● Knee	5
● Leg	7
○ Ankle	7
● Foot	2

## When did the injuries occur?

With the games divided by quarters, injuries were more frequent in the second half, especially at the end of the first half and beginning of the second and at the end of the game, where fatigue and that tendency “to waste time” seem to increase the frequency of injuries. There were 2 injuries during warm-up or during a training session. Of the total number of injuries during the competition, 14 occurred in the first half and 28 in the second half.

If we look at the serious injuries, this trend is broken, and the injuries seem to be more evenly distributed during the match. In fact, the number of “serious” injuries in the first half was 8 and 10 in the second half (Figure 1).

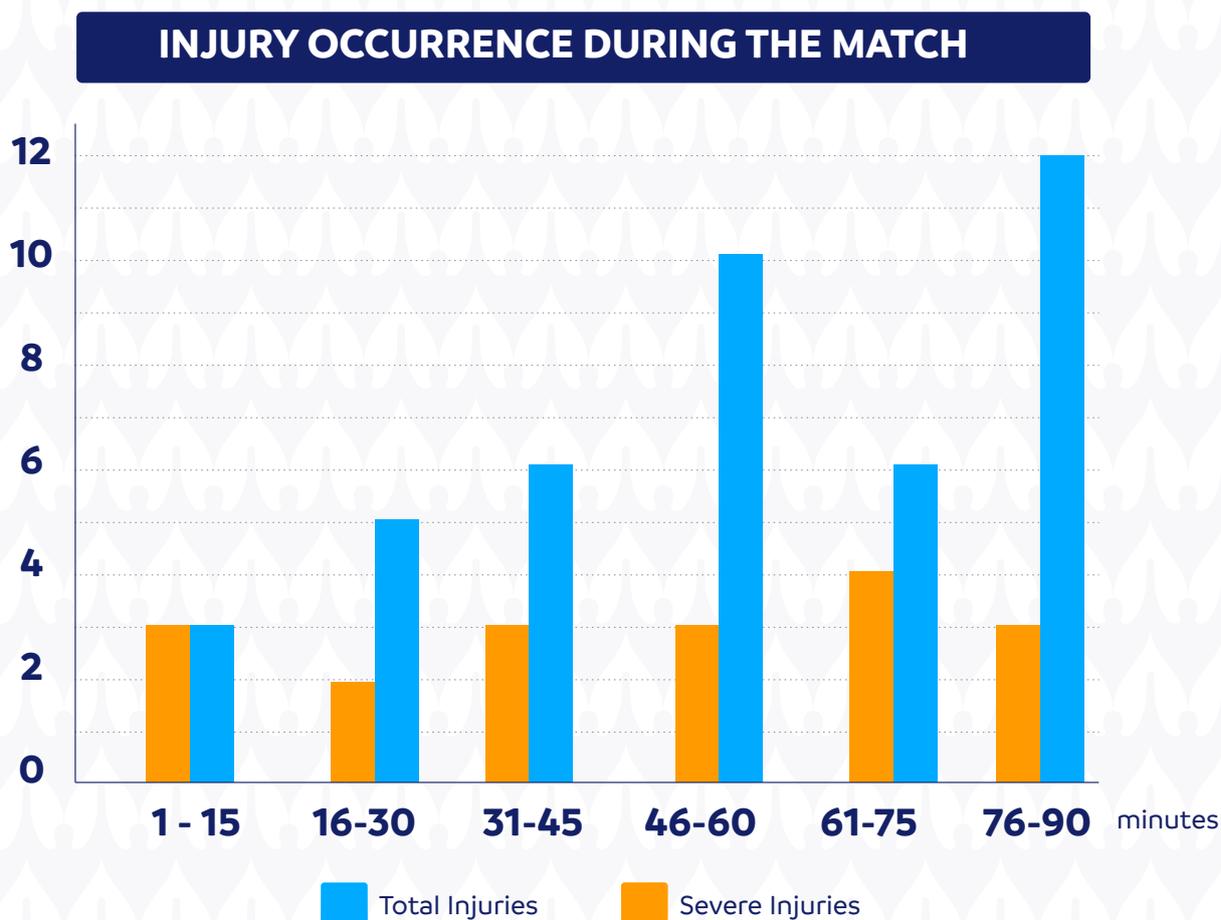


Figure 1. Time at which total injuries (blue) and severe injuries (orange) occurred.





# ANTI-DOPING Unit Report

The Anti-Doping Unit developed an Anti-Doping Control and Education Plan for the CONMEBOL Copa América Femenina - Colombia 2022, which was executed 100% as planned.

With regard to the Testing Plan, urine samples were collected in the 25 matches of the competition. In addition, Out-of-Competition controls were performed on the entire squad of the teams participating in the Final Phase of the competition. The minimum Complementary Analyses established by the International Standard for Testing and Investigations (2021 WADA) were applied. All samples collected were processed by a WADA-accredited laboratory located in Cologne, Germany.

# SAMPLES COLLECTED AND ANTI-DOPING EDUCATIONAL TALKS



## PASCUAL GUERRERO STADIUM CALI

**40 SAMPLES**  
COLLECTED

**5 ANTI-DOPING**  
EDUCATIONAL TALKS HELD



## CENTENARIO STADIUM ARMERIA

**139 SAMPLES**  
COLLECTED

**5 ANTI-DOPING**  
EDUCATIONAL TALKS HELD



## ALFONSO LÓPEZ STADIUM BUCARAMANGA

**56 SAMPLES**  
COLLECTED

# ANTI-DOPING TESTING DISTRIBUTION PLANNING (TDP)

In the CONMEBOL Copa América Femenina 2022, the Anti-Doping Testing Distribution Planning (TDP) was administered under the Anti-Doping Regulations 2021 and by the protocols established after the COVID-19 pandemic.

The collection of urine samples was carried out in compliance with the World Anti-Doping Code 2021 - WADA within the framework of the agreement signed between WADA and FIFA. All Anti-Doping materials used were from the renowned Lockcon brand.

## 100%

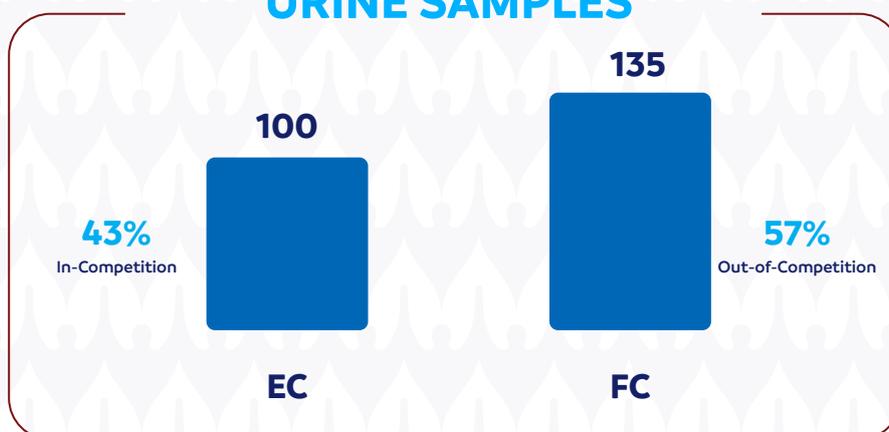
of controls performed were urine samples



the collection procedure is the same EC and FC

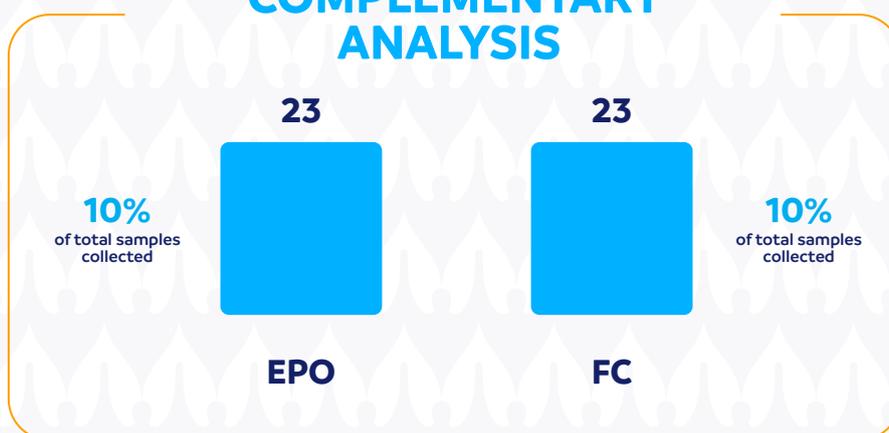
## Types of Anti-Doping Controls

### URINE SAMPLES



235 SAMPLES COLLECTED

### COMPLEMENTARY ANALYSIS



235 SAMPLES COLLECTED

Samples Storage for 10 years

132 Samples  
Stored ✓



URINE



Deutsche  
Sporthochschule Köln  
German Sport University Cologne

Laboratory  
Accredited by WADA

Urine samples have been stored for a period of 10 years (corresponding to 56.1% of all samples collected in the competition).

The World Anti-Doping Code 2021 (WADA) establishes that Anti-Doping organizations must, within their Testing Plan distribution, store a number of samples for the purpose of reanalysis with new technologies or procedures in the future. The implementation of new detection methods and the emergence of increasingly precise instrumentation and machinery will allow the detection of forms of doping that currently could go unnoticed by testing systems, which is why they are stored.

## Request of Whereabouts

Six Whereabouts were processed of the teams participating in the final phase for out-of-competition controls.

### National Teams:



### Each Whereabouts Request must state:

- Name and surname of the team doctor (cell phone number and e-mail).
- Dates, travel schedules for the ROUND and RETURN Semi-Final Phase matches
- Data (name of the place, address, city, country, telephone, additional information).
- Night Residence/Hotel - 23:00 to 05:00 hs (place where the team will stay).
- Regular activities, trainings, meetings, etc. (6:00 a.m. to 10:00 p.m.).
- Scheduled home games.



## PLAYER SELECTION

### In-Competition

**80% Draw**  
**20% Targeted**

### Out-of-Competition

**100% Targeted**

### Method of selection of athletes in Anti-Doping tests

The CONMEBOL Anti-Doping Unit performs Anti-Doping tests, In- and Out-of-Competition, on athletes participating in this tournament, collecting urine and/or blood samples.

The selection of athletes designated for controls can be determined through two methods:

**1) Random Selection:** through a draw that takes place during the second half of the match (minute 75), which will be attended by the representatives of each team.

**2) Targeted Test:** in which any player present in the Good Faith List and in the Line-up Sheet of the match (in the case of a In-Competition doping control) may be selected.

CONMEBOL has perfected its system for classifying athletes when it comes to Targeted test. The system is based on statistical data and categorization factors of actions within the field of play, which are seen as parameters for the selection of athletes who will undergo this type of control.

The risks of doping and the effective use of resources are judiciously assessed to optimize detection. In

football, as a team sport, targeted testing is mainly carried out to detect systematic doping. This method consists of the analysis of statistical data of the game, customized by Club/National Team and by player, which is followed throughout the competition by analyzing individual and collective performance. For this purpose, the data collected from minutes played and the performance of each player is used, adding factors such as yellow and red cards, goals scored and conceded, age, physical build, playing position, abnormal biological parameters (blood parameters, steroid profiles, etc.), injuries, non-compliance with whereabouts reports, the player's history of doping controls and rehabilitation after a period of suspension. The selection of these criteria is given in accordance with the International Standard for Testing and Investigations of WADA and CONMEBOL's Anti-Doping Unit.

This selection method optimizes the collection, evaluation, and processing of Anti-Doping information from available sources, in order to implement an effective and intelligent doping Testing Distribution Planning (TDP), establishing a research base of our athletes in all our competitions.

## LABORATORY

The collected samples are sent to a WADA-accredited laboratory. In this case the one designated is the Deutsche Sporthochschule Köln. 235 samples were collected and sent in 26 shipments via the DHL platform.



**Deutsche Sporthochschule Köln**  
German Sport University Cologne



# THERAPEUTIC USE EXEMPTION (TUE)

A player may suffer from illnesses or ailments that require the use of medication. In case of need of the substance(s) that the player needs to take are on the current Prohibited List, a Therapeutic Use Exemption may allow her to take that medication that would otherwise be prohibited.

**There are criteria for granting a TUE and these are described below:**

**1.** Any player who consults a doctor who prescribes treatment or medication for therapeutic purposes should ask whether the prescription contains prohibited substances or methods. If this is the case, the player should request alternative treatment.

**2.** If no alternative treatment is available, a player who has a documented medical history, and requires the use of a prohibited substance or prohibited method, must first apply for a TUE. However, TUEs are granted only in cases where there is a clear and convincing clinical need and no sporting advantage to the player.

**3.** The application and approval of TUEs is carried out according to a strict procedure, as established in the WADA International Standard for Therapeutic Use Exemptions and in the current CONMEBOL TUE policy.

**For the approval or denial of such TUE, CONMEBOL relies on the following documents:**

- CONMEBOL Anti-Doping Regulations 2021
- World Anti-Doping Code 2021 (WADA World Anti-Doping Code 2021 (WAC), published by WADA
- International Standard for Therapeutic Use Exemptions 2021 (ISTUE)

During the **CONMEBOL Copa América Femenina**, the TUE Sub-Commission processed a total of 3 applications, coming from the following National Teams:



## Anti-Doping Control Software

ADAMS (WADA) Y MODOC (PWC)



Activities in Adams and Anti-Doping Control Software

Amount

Creation of Mission

31

Charge of Anti-Doping Control Forms

235

Upload of TUE Requests

3

# PERCENTAGE OF ATHLETES CONTROLLED BY NATIONAL TEAM

## Distribution of Anti-Doping Controls by Team

Delegation	Number of Player (Good Faith List)	% of Players Controlled	Total Percentage of Doping Controls
Argentina	23	95,65	15%
Bolivia	23	30,43	3%
Brazil	23	100	15%
Chile	23	91,30	13%
Colombia	23	95,65	15%
Ecuador	23	30,43	3%
Paraguay	23	95,65	15%
Perú	23	26	3%
Uruguay	23	30,43	3%
Venezuela	23	100	14%



# ANTI-DOPING EDUCATION PLAN

## Educational Talks

This activity seeks to reach athletes and athlete support staff, using educational talks as a pedagogical tool. Each talk lasts 45 minutes and is guided by an Educator specialized in the subject, who seeks to directly influence and raise awareness about the fight against doping in women's Football.

### The educational talks are aimed at:

- Professional athletes
- Support personnel: doctors, trainers, nutritionists, psychologists, leaders, parents, etc.

**Duration Time:** 45 min

### Directed Anti-Doping Educational Talks were held:

- **300** athletes and coaching staff
- **10** National Teams
- **10** lectures
- **2** locations

## The talks are divided into 3 stages:

### Introduction

Brainstorming and interacting with the audience to identify Anti-Doping rule violations and the causes that lead to them.

### Main Portion

Presentation with slides, CONMEBOL video of the topics to be discussed.

### Final

Closing with a playful activity of motivation and analysis that leads to a commitment to fight against doping in football.

## 6 speakers:

- **Dr. Marcelo Rodríguez** (ARG)  
CONMEBOL Medical Officer
- **Dr. Jairo Rojas** (COL)  
General Medical Coordinator
- **Dra. Vanessa Lozano** (COL)  
CONMEBOL Medical Officer
- **Dra. Matilde Miralles** (URU)  
CONMEBOL Medical Officer

- **Gabriela Gossen** (PAR) Coordinator of the Anti-Doping Unit - CONMEBOL

- **Elías Paredes** (PAR) – Responsible for the Anti-Doping Unit - CONMEBOL

## The topics developed were:

- 1.** List of Prohibited Substances and Methods;
- 2.** Risks of Nutritional Supplements;
- 3.** Anti-Doping Rule Violations;
- 4.** Consequences of Doping: Sanctions, Health and Social Damages;
- 5.** Doping Control Procedures;
- 6.** Rights and Responsibilities of Athletes and their Support Personnel;
- 7.** Therapeutic Use Exemptions;
- 8.** The Doping Injury to Sportsmanship.
- 9.** Whereabouts Requirements.



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