

# Therapeutic Use Exemptions - TUEs



Have you checked the status of ALL OF your medications?  
Are you taking a prohibited substance?  
Your competition level may require you to submit a TUE  
for approval prior to use in sport.

## **NATIONAL OR INTERNATIONAL-LEVEL ATHLETES** **(LEVEL 1)**

This is an athlete who is in the International Federation (IF) and/or USADA Registered Testing Pool or competing in an event classified as "International" by your IF.

Any prohibited medication requires an approved TUE prior to use.

The TUE request must be:

1. Complete & legible.
2. Contain medical records to support the request.
3. Submitted to USADA at least 21 days in advance of the anticipated use of the Prohibited Substance or Method where the rules of sport apply.

Exceptions apply to inhaled or locally injected glucocorticosteroids  
(please see below for more information).

*\*\*Some International Federations (IF) may have specific requirements, forms and deadlines regarding TUEs and athletes are encouraged to consult their IF TUE rules prior to submitting a TUE to avoid any delays in processing.*

### **Beta-2 Agonists**

*(For the treatment of asthma)*

1. Apply for a TUE at least 21 days in advance of the use of the beta-2 agonist.
2. At a minimum, the TUE application must include:
  - a. A complete medical history of the condition.
  - b. A comprehensive report of the clinical examination, with specific focus on the respiratory system.
  - c. A Pulmonary Function Test (PFT) report is required. For details on the specific requirements of the PFT, please visit [www.usada.org/go/TUEs](http://www.usada.org/go/TUEs).
    - A PFT must be completed within 3 months of the submitted TUE.

In addition, you must complete a Declaration of Use in 2 places:

1. USADA Website Declaration - Declaration of Use is available after you log-in to your USADA account (this is the same place where you update your Whereabouts information: <http://usada.org/athletes/login.aspx>). The Declaration must be made at the time the use starts; and
2. Doping Control Official Record (DCOR) - On the "Declaration of Use" section of the DCOR at the time of any sample collection.

### **Glucocorticosteroids**

*(For the treatment of allergies, asthma, inflammatory conditions, skin disorders, etc.)*

As of January 1, 2009, Glucocorticosteroids are divided into three (3) categories.

1. Systemic Use - Oral (pills), IV Infusion, into the muscle injection (intramuscular), rectal.  
**Requires TUE approval prior to use and Declaration on DCOR.**
2. Inhalation and Local Injections - Into the skin (transdermal), into the spine (epidural), into a joint (intraarticular), around a joint (periarticular), around a tendon (peritendonous) injections.  
**Requires USADA Website Declaration at the time the use starts and Declaration on DCOR at the time of any sample collection.**
3. Topical Use - Superficial use on skin (including iontophoresis/phonophoresis), gums, ear, nose, eye, perianal.  
**Permitted, but declare on the DCOR at the time of sample collection.**

## **NON-NATIONAL LEVEL ATHLETES (LEVEL 2)**

This is an athlete who is NOT in the International Federation (IF) or USADA Registered Testing Pool and is not competing in an event classified as "International" by your IF.

**A TUE is required prior to use for the following categories of substances:**

1. Anabolic Agents
2. Hormones & Related Substances (i.e. Insulin, GH, EPO)
3. Hormone Antagonists and Modulators
4. Prohibited Methods (i.e. Enhancement of Oxygen Transfer, Chemical and Physical Manipulation, Gene Doping)

### **For Beta-2 Agonists for the treatment of Asthma and Locally Injected Glucocorticosteroids:**

**Prior to competition:**

- Complete the USADA Website Declaration at the time the use starts at (<http://usada.org/athletes/login.aspx>).
- To obtain Login information for this site, email [tue@usada.org](mailto:tue@usada.org) with your name, birthdate and sport.

**If tested in a competition:**

- Declare the medication on the Doping Control Official Record at the time of sample collection.

### **If you are tested and a prohibited substance is found in your Sample:**

(with the exception of Anabolic Agents, Hormones & Related Substances, Hormone Antagonists and Modulators, and Prohibited Methods which require a TUE prior to use):

You will receive notification from USADA that the prohibited substance was found in your Sample. You then must:

- Provide a medical file within 14 days to document the use of the substance.
- File a complete and legible TUE with USADA for the prohibited substance and any other prohibited substances to further continue the use of the substance(s) in sport. TUE requests for Beta-2 Agonists will require a Pulmonary Function Test.

### **DID YOU FILE AN ATUE BEFORE 12/31/2008?**

All valid Abbreviated TUEs (ATUE) granted by USADA prior to December 31, 2008 will continue to be valid until the earlier of\*\*:

- The expiration date of the valid ATUE;
- The cancellation of the ATUE by the granting of a TUE; or
- December 31, 2009.

You will still need to complete the USADA Website Declaration for the beta-2 agonist or the inhaled or locally injected glucocorticosteroid at the time the use starts and on the Doping Control Official Record at the time of sample collection.

*\*\*Athletes with an ATUE approved by their IF should check with their IF for transition period deadlines.*