This guide is designed to help non-national level athletes and athlete support personnel understand and comply with anti-doping rules and regulations, including the doping control process, therapeutic use exemptions (TUEs), and the Prohibited List.

Effective Jan. 1, 2019 - Dec. 31, 2019
BEFORE YOU APPLY FOR A TUE

to assist non-national level athletes

TUE RULES: NON-NATIONAL LEVEL ATHLETES

How to Apply for a TUE

1) Print and complete the TUE application form with your most recent medical documentation from a licensed health care provider (see GlobalDRO.com). All medical documentation will be scanned and submitted online. The forms can be completed and submitted at GlobalDRO.com or Global Drug Reference Online (Global DRO)®.

2) Provide medical documentation to support the use of a prohibited substance or method. Medical documentation should include details on the nature of your diagnosis, symptoms, management strategies, and alternative treatments that are not effective in treating or managing the condition.

3) Submit your completed TUE application form to USADA.org/tue-pre-check-form or by fax at 719-785-2029.

4) After the USADA TUE Committee has reviewed the medical documentation, you will receive notification of the outcome. If approved, the TUE will be communicated to your anti-doping jurisdiction in accordance with the WADA International Standard for Therapeutic Use Exemptions.

For more information, visit GlobalDRO.com.

TUE Questions? Contact USADA at tue@USADA.org or by phone at 410-785-2029.
**DRUG REFERENCE RESOURCES**

Global Drug Reference Online (Global DRO®)

Remember to **always** check the status of medications **prior** to use. **GlobalDRO.com** provides information about the status (prohibited or permitted) of substances and methods on the WADA Prohibited List. Be sure to save a record of your search, and you can also email **drugreference@USADA.org** for assistance.

**Wallet Card**

This small resource card provides examples of prohibited and permitted substances and methods. The Wallet Card and many other educational resources are available at **USADA.org/publications-policies**.

### HOW TO KNOW IF YOU ARE A NON-NATIONAL LEVEL ATHLETE

If you check **ALL** of the boxes below, you are considered a non-national level athlete and the Therapeutic Use Exemption (TUE) rules explained on the next two panels apply to you.

- You have never been notified that you are in the Registered Testing Pool (RTP) or reduced Whereabouts pool for USADA or any International Federation (IF).

- You have never and don’t plan to compete in any event sanctioned by an IF, the International Olympic Committee, the International Paralympic Committee. If you ever register for an international event, you are NOT a non-national level athlete for TUE purposes.

- You have never and don’t plan to compete in, or qualify for, any open-elite or professional level National Championships or events sanctioned by the U.S. Olympic Committee. If you are competing at a national event as a masters or age-group athlete, you are still a non-national level athlete.

- You have never and don’t plan to compete in a competition that immediately results in National Team selection for an Olympic, Paralympic, Pan or Para-Pan American Games.

- You have never received funding from the U.S. Olympic Committee.

- You have never tested positive for any substance for which you did not have a valid TUE.
1) If the substance or method is prohibited at all times (both in-competition and out-of-competition), then a TUE is needed before using the substance or method, except as described below.

2) If the substance is prohibited in-competition only (but not out-of-competition), then a TUE is not needed prior to competition as long as you can comply with Section 5 of the TUE Policy. Please read the USADA TUE policy carefully and contact USADA with any questions.

3) The FIRST time a non-national level athlete tests positive for one of the following substances, or uses an IV in violation of the rules, he or she will have an opportunity to submit medical documentation to USADA to demonstrate the medical need for such prohibited substances or methods in accordance with Section 5.b.2 of the USADA TUE Policy.

- Diuretics or other masking agents
- Inhaled beta-2 agonists
- Insulin (if diagnosed with insulin-dependent diabetes)
- An IV or injection of a permitted substance greater than 100mL per 12 hours for rehydration
- Selective estrogen receptor modulators (SERMs) where the female athlete can demonstrate use (e.g. tamoxifen) due to a diagnosis and treatment of breast or other cancers
- Clomiphene where the female athlete can demonstrate use due to treatment of infertility
- Medically-supervised plasmapheresis as a plasma donor.

TUE Questions? More information on the USADA TUE Policy as it applies to non-national level athletes can be found at USADA.org/substances/tue/policy/. You can also email tue@USADA.org for assistance.
Advise your treating physician that you are an athlete and some medications may be prohibited for use in sport.

Search GlobalDRO.com to determine the status of the medication your physician intends to prescribe and if it is prohibited, ask the physician if there are any alternative medications available that don’t contain a prohibited substance.

If a prohibited medication is recommended, submit a TUE Pre-Check form (USADA.org/tue-pre-check-form) to USADA to determine if a TUE is required. If you need a TUE, submit the General USADA TUE Application along with all required medical documentation at least 30 days before your scheduled competition.

1) Print and complete the TUE application form with your treating physician (form can be found at USADA.org/tue/apply). All provided medical information remains confidential.

2) Provide medical documentation to support the use of the prohibited substance or method (e.g., a complete comprehensive medical history of your diagnosis, symptoms, management strategies, lab results, and a clear statement from your physician indicating why the use of permitted alternatives are not effective in treating or managing the medical condition).

3) Submit completed TUE application and medical documentation to USADA by email at tue@USADA.org or by fax at 719-785-2029.

4) After you submit a complete TUE application, USADA will formally notify you via email of the status. Keep in mind that it can take up to 21 calendar days for a decision* to be made about a TUE. All TUE applications are reviewed in accordance with the WADA International Standard for Therapeutic Use Exemptions (ISTUE).

5) If a TUE is approved for a prohibited substance and/or method, you will receive an approval certificate that is valid for a specific length of time, along with a letter outlining steps to follow to keep your TUE valid.

* All athletes must meet the WADA ISTUE criteria in order to be granted a TUE for a prohibited substance and/or method. All USADA TUE applications are reviewed anonymously by an independent TUE Committee of board-certified physicians.
During the testing process described on the following panels, athletes have the following rights and responsibilities.

**Athletes have the right to:**

- Have a representative present, and if available, an interpreter
- Request a delay in reporting to the doping control station for a valid reason (in-competition):
  - receiving medical attention
  - performing a cool down or competing in further events
  - attending a medal ceremony or media commitment
- Request a modification to the testing process if the athlete has a disability
- View the Doping Control Officer’s (DCO’s) credentials
- Choose a collection vessel and sample collection kit
- Receive a copy of the Doping Control Official Record (DCOR)
- Provide feedback

**Athletes are responsible for:**

- Remaining within direct observation of the DCO/chaperone at all times
- Producing photo identification to confirm their identity
- Complying with all testing procedures
- Reporting immediately to the doping control station during in-competition testing unless there are valid reasons for delay
- Staying in direct observation of the DCO or chaperone from the time of notification until the sample collection session is complete
- Keeping the sample in their possession and in view of the DCO at all times until it is sealed
- Carefully reviewing all sample collection documentation for accuracy and completeness

Athletes are responsible for complying with the current rules in place. While the information in this Pocket Guide is accurate at the time of publication, for the most up-to-date information, please visit [USADA.org](http://USADA.org) or call us at (719) 785-2000.
ATHLETE RIGHTS AND RESPONSIBILITIES

While drug testing may not always be convenient, it is critical to upholding clean sport and a level playing field. The following information provides an overview of the sample collection process.

**URINE COLLECTION PROCESS**

An athlete selected for a test will be notified in writing by the USADA Athlete Express® at least 24 hours in advance. The USADA Athlete Express® will include a link to an Athlete Evaluation Form, where they can provide feedback about their testing session.

**BLOOD COLLECTION PROCESS**

The blood collection process closely resembles the urine collection process described previously. Below are a few differences and things to expect.

**DIETARY SUPPLEMENTS**

As athletes assume the risk of testing positive and experiencing adverse health consequences if they choose to use supplements. Athletes are held to the standard of “strict liability.” In the anti-doping world, this means that athletes are responsible for any prohibited substance found in their system, regardless of how it got there.

**NEED HELP?**

Follow USADA on social media to learn more about drug and doping and to support clean sport.

**TRUSTSPORT**

Transport is a community-based movement powered by the U.S. Anti-Doping Agency that champions the positive impact of sport in our lives and in the lives of our communities through ethical and education-focused anti-doping efforts. To learn more about anti-doping resources, please visit: USADA.org/playclean

**STAY INFORMED**

Click here for drug testing news, updates, and more! USADA.org/substance411

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DRUG TESTING 101 (CONT.)

The blood collection process closely resembles the urine collection process described previously. Below are a few differences and things to expect.

**BLOOD COLLECTION PROCESS**

- Some USADA DCOs will be qualified phlebotomists, but if they are not, a certified and/or licensed phlebotomist, called a blood collection officer (BCO), will perform the blood draw.

- To control for blood plasma volume changes, the athlete will be asked to remain seated for a specified period of time (20 minutes) prior to providing a blood sample.

- The BCO will select an area, typically the non-dominant arm, from which to draw the blood. The amount of blood drawn, which is less than two tablespoons, is highly unlikely to affect performance.

**Testing Questions?** Athlete Express is available to athletes, coaches, parents, and NGB staff from 8 a.m. to 4 p.m. Mountain Time, Monday-Friday.

- Call Athlete Express® at (719) 785-2000 or Toll Free at (866) 601-2632
- Email Athlete Express® at athleteexpress@USADA.org.
Given the limited regulation of the dietary supplement industry, athletes assume the risk of testing positive and experiencing adverse health consequences if they choose to use supplements. **The use of supplements is at an athlete’s own risk.**

Athletes are held to the standard of “strict liability.” In the anti-doping world, this means that athletes are responsible for any prohibited substance found in their system, regardless of how it got there.

**Did You Know?**

- Unlike pharmaceuticals, the FDA does not analyze the safety, efficacy, or label accuracy of supplements before they are sold to consumers.
- Manufacturers may misidentify prohibited substances on labels, or they may omit prohibited substances from labels altogether.
- Neither USADA nor WADA approve any dietary supplements.
- In some cases, dietary supplements with illegal or dangerous ingredients have remained on shelves for years despite FDA warnings and recall efforts.
- To further reduce your risk, consider choosing a supplement product that has been evaluated by a third-party certification program.

**Get Informed:**

- Visit [Supplement411.org](http://Supplement411.org) for more information on supplement risks and the use of third-party testing agencies.
- Review USADA’s [High Risk List](http://USADA.org/high-risk-list) to find examples of risky supplements.
- Explore the TrueSport Supplement Guide at [USADA.org/supplement-guide](http://USADA.org/supplement-guide) for more guidance on how to evaluate supplement marketing and your need for supplements.
- Consult the TrueSport Nutrition Guide at [USADA.org/nutrition](http://USADA.org/nutrition) for information on how to fuel an athlete’s body properly without the use of supplements.
Substances/Methods Questions:
- Email: drugreference@USADA.org

TUE Questions:
- Email: tue@USADA.org

Testing and Results Questions:
- Email: athleteexpress@USADA.org

Be a Voice for the Right Choice!
- Contact USADA’s Play Clean Tip Center to anonymously report the abuse of performance-enhancing drugs in sport:
  - Phone: 1-877-752-9253
  - Email: playclean@USADA.org

TrueSport® is a community-based movement powered by the U.S. Anti-Doping Agency that champions the positive values and life lessons learned through sport.

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- TrueSport.org
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