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.
BEFORE YOU APPLY FOR A TUE

This guide is designed to help athletes understand the World Anti-Doping Agency (WADA) Prohibited List, which identifies substances and methods prohibited at all times (in and out-of-competition), prohibited in-competition only, or prohibited in particular sports.

All selective and non-selective beta-2 agonists, including all optical isomers where relevant, are prohibited. Inhaled beta-2 agonists such as salbutamol, terbutaline, and clenbuterol are prohibited at all times. The use of normal or genetically modified cells, and targeted genome editing techniques, such as CRISPR, is prohibited at all times except where used to treat, surgical procedures, or clinical diagnostic investigations.

HOW TO APPLY FOR A TUE

1. Print out the TUE application form with your physician’s prescription
2. Apply online at USADA.org/tue/apply
3. Submit the completed TUE application form electronically or by fax at 719-785-2029.

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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**.

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**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. If in doubt, please submit a TUE Pre-Check form to USADA.

- 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, International Paralympic Committee, the U.S. Olympic & Paralympic Committee (USOPC), or a Pan American/Parapan Event Organization. If you ever register for an international event, you are NOT a non-national level athlete for TUE purposes and need to contact USADA.

- You don’t plan to compete in a Trials or other event that immediately results in National Team selection for Olympic, Paralympic, Pan or Parapan American Games (e.g., any Olympic Trials named event).

- You are not receiving funding from the USOPC.
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 a non-national athlete has an Adverse Analytical Finding (AAF) caused by the use of a prohibited substance and/or prohibited method and is able to satisfy the criteria set forth below, then USADA may determine there is no anti-doping rule violation if the AAF or the non-national athlete’s potential anti-doping rule violation resulted from the use of one or more of the following.

- Substances or methods prohibited only in-competition
- Substances in the class of Diuretics and Other Masking Agents
- All inhaled beta-2 agonists
- Insulin where the athlete can demonstrate diagnosis of insulin dependent diabetes
- Selective estrogen receptor modulators (SERMs) or aromatase inhibitors (AIs) where the athlete can demonstrate use due to a diagnosis and treatment of breast or other cancers
- Clomiphene or AIs where the female athlete can demonstrate use due to treatment of infertility
- An IV infusion or injection of a non-prohibited substance greater than 100 mL per any 12-hour period for re-hydration purposes or for delivery of non-prohibited clinically approved medication
- Medically supervised plasmapheresis as a plasma donor (reintroduction of any quantity of additional blood or blood components remains prohibited, including blood transfusions).

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](http://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](http://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 the 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 30 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 or call us at (719) 785-2000.
ATHLETE RIGHTS AND RESPONSIBILITIES

During the testing process described in the following pages, athletes have the rights and responsibilities described below.

Athletes have the right to:

– Have a representative present, and if available, an interpreter
– Keep the sample in their possession and in view of the DCO from the time of notification until the sample collection session is complete
– Stay in direct observation of the DCO or chaperone from the time of notification until the sample collection session is complete
– Comply with all testing procedures
– Produce photo identification to confirm their identity
– Be offered the choice of multiple sample collection sites
– Receive a copy of the Doping Control Official Record (DCOR)
– Choose a collection vessel and sample collection kit
– Request a delay in reporting to the doping control station
– Have a representative present, and if available, an interpreter

Athletes are responsible for:

– Receiving and reviewing all sample collection documentation for accuracy and completeness
– Being present and in view of the DCO or chaperone from the time of notification until the sample collection session is complete
– Providing photo identification to confirm their identity
– Cooperating fully with all testing procedures
– Reporting immediately to the doping control station if the athlete is not in a transportation vehicle
– Staying in direct observation of the DCO or chaperone from the time of notification until the sample collection session is complete
– Providing samples that meet all the requirements

While the drug testing process 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 testing will be notified in writing by their sports anti-doping agency. The athlete will be asked to provide photo identification.

Follow-up instructions:

The athlete must provide a urine sample within a specified timeframe. If a urine sample has not been collected by the required timeframe, the athlete may be subjected to a repeat sample collection, at their own expense.

After the urine sample has been collected, the athlete will be asked to verify that the sample is complete and to sign the DCOR.

The athlete will be required to provide a urine sample on-site, within a specified timeframe. The athlete should maintain a urine collection in their possession for transportation, and carefully inspect the equipment used to collect the sample.

Athletes are required to:

– Carefully review all sample collection documentation to ensure that it is accurate and complete
– Be present and in view of the DCO or chaperone from the time of notification until the sample collection session is complete

ATHLETE RIGHTS AND RESPONSIBILITIES

BLOOD COLLECTION PROCESS

The logo below depicts an athlete standing in front of a large brick building. The following text provides an overview of the sample collection process.

An athlete selected for testing will be notified in writing by their sports anti-doping agency. The athlete will be asked to provide photo identification.

Follow-up instructions:

The athlete must provide a blood sample within a specified timeframe. If a blood sample has not been collected by the required timeframe, the athlete may be subjected to a repeat sample collection, at their own expense.

After the blood sample has been collected, the athlete will be asked to verify that the sample is complete and to sign the DCOR.

The athlete will be required to provide a blood sample on-site, within a specified timeframe. The athlete should maintain a blood collection in their possession for transportation, and carefully inspect the equipment used to collect the sample.

Athletes are required to:

– Carefully review all sample collection documentation to ensure that it is accurate and complete
– Be present and in view of the DCO or chaperone from the time of notification until the sample collection session is complete

ATHLETE RIGHTS AND RESPONSIBILITIES

TESTING QUESTIONS?

– Email: athleteexpress@USADA.org

– Contact USADA’s Play Clean Tip Center

– Email: playclean@USADA.org

– Contact your sport’s governing body or NGB

– Contact USADA’s Play Clean Tip Center

– Email: playclean@USADA.org

STAY INFORMED

Follow USADA on social media to learn more about anti-doping and how to support clean sport.

TRUESPORT

TrueSport is a community-based movement powered by USADA, the world anti-doping agency, and the National governing bodies for most Olympic sports.

Be a Voice for the Right Choice!

TrueSport.org @TrueSportUSA @TrueSport @truesportusa

TRUESPORT

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DRUG TESTING 101

The blood collection process is slowly evolving the world over in the anti-doping community.

BLOOD COLLECTION PROCESS

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The blood collection process is slowly evolving the world over in the anti-doping community.
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.
DIETARY SUPPLEMENTS

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:**

- USADA currently recognizes NSF Certified for Sport® as the program best suited for athletes to reduce their risk from supplements. Visit [USADA.org/nsf-advisory](http://USADA.org/nsf-advisory) for more guidance.
- 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://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.
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.

Join the Movement:

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