Pictured: Nzingha Prescod, Olympic Fencer and Anti-Doping Education Athlete Presenter
Introduction

Athletes and athlete support personnel play a critical role in helping to protect the integrity of sport at every level. USADA’s mission is based on the fundamental truth that all athletes deserve the opportunity to compete on a clean and level playing field, where the results of any competition are determined by talent and hard work. USADA works to ensure that no athlete is ever cheated by a competitor engaging in the use of performance-enhancing drugs.

This handbook is designed to provide athletes with a summary of the information needed to successfully participate in the anti-doping program governing their sport. Access to accurate information ensures that athletes are not only fully prepared for training and competition, but also for the important role they play in the broader global anti-doping movement.
The United States Anti-Doping Agency (USADA) is recognized by the United States Congress as the official anti-doping agency for all Olympic, Paralympic, Pan American, and Parapan American sport in the United States. Further, USADA is the sole administrator of the UFC® Anti-Doping Program, which was launched in July 2015. USADA began operations on October 1, 2000, and is an independent, non-profit, non-governmental agency whose mission is to preserve the integrity of competition, inspire true sport, and protect the rights of athletes.

As a signatory to the World Anti-Doping Code (the Code), USADA complies with all of the International Standards developed by the World Anti-Doping Agency (WADA) in order to harmonize anti-doping efforts around the world. The World Anti-Doping Code was first implemented in 2004 and is subsequently amended approximately every six years (2009 and 2015). The latest version of the Code is effective January 1, 2021.

WADA reviews and publishes the Prohibited List (the List) each year following an extensive consultation process. The List identifies substances and methods prohibited at all times, in-competition only, and in particular sports.

How does a substance or method get placed on the Prohibited List?
A substance or method is included on the List if it meets at least two of the following three criteria:

* It has the potential to enhance or enhances sport performance.
* It represents an actual or potential health risk to the athlete.
* It violates the spirit of sport.1

USADA has created several resources to help athletes determine if substances are prohibited. One of the fastest ways to search the status of a medication and/or ingredient is by using Global Drug Reference Online (GlobalDRO.com), which provides easily accessible and accurate information on the status of brand-name pharmaceutical products sold in Australia, Canada, Japan, New Zealand, Switzerland, the United Kingdom, and the United States. Some over-the-counter medicinal products are also included in the database. Global DRO® does not contain information on, or applicable to, dietary supplements because they are associated with unreliable manufacturing and evaluation practices. If an athlete can’t find the brand name of their medication on Global DRO, they can also search the active ingredients listed on the medication label, which is often necessary in the case of cold, flu, and other such over-the-counter medications.

On Supplement411.org, athletes can find information about the many risks associated with supplements, as well as a growing list of supplements that have been determined to be high risk. Supplement 411 also provides information about the third-party supplement certifier USADA currently recommends to help athletes best reduce their risk if they decide to use supplements despite the known risks.

For additional assistance, contact USADA’s Drug Reference Team to find out if a medication, supplement, or ingredient is prohibited in sport before choosing to use it. Reach the Drug Reference Team at (719) 785-2000, option 2, or email drugreference@USADA.org.

* See Article 4.3.1 of the 2021 WADA Code for more information.

1 As defined in the Code, the spirit of sport is the celebration of the human spirit, body and mind. It is the essence of Olympism and is reflected in the values we find in and through sport, including health, ethics, fair play, honesty, character, joy, teamwork, dedication, respect for rules and one’s self, and other similar values.
HEALTH AND SAFETY SUMMARY OF PROHIBITED SUBSTANCES

This section provides answers to common questions about the health and safety risks associated with substances and methods included on the Prohibited List. Details are provided by category, as outlined on the List. It also provides information concerning the legitimate medical use of substances. See USADA.org/effects-of-substances for more information.

SUMMARY OF SUBSTANCES PROHIBITED AT ALL TIMES

ANABOLIC AGENTS

Anabolic androgenic steroids (AAS) are by far the most prevalent performance-enhancing drugs to build muscle strength and lean muscle mass. Due to scientific advances in detection sensitivity, AAS like testosterone, stanozolol, oxandrolone, and nandrolone are readily detectable in athlete samples.

What are some potential side effects of anabolic steroid abuse?
The physiological and psychological side effects of anabolic steroid abuse have the potential to impact any user, while other side effects are gender specific. The list below is not comprehensive.

- **Physiological - All Genders**
  - Acne
  - Male pattern baldness
  - Liver damage*
  - Premature closure of the growth centers of long bones (in adolescents) which may result in stunted growth

- **Psychological - All Genders**
  - Increased aggressiveness and sexual appetite, sometimes resulting in abnormal sexual and criminal behavior, often referred to as "Roid Rage"
  - Withdrawal from anabolic steroid use can be associated with depression and suicide

- **Male-Specific Side Effects**
  - Breast tissue development*
  - Shrinking of the testicles*
  - Impotence
  - Reduction in sperm production

- **Female-Specific Side Effects**
  - Deepening of the voice*
  - Cessation of breast development
  - Growth of hair on the face, stomach, and upper back*
  - Enlarged clitoris*
  - Abnormal menstrual cycles

* Effects may be permanent and can vary by individual

PEPTIDE HORMONES, GROWTH FACTORS, RELATED SUBSTANCES AND MIMETICS

Some substances in this category have important medical uses, such as erythropoietin (EPO) to treat anemia and human growth hormone (hGH) for growth hormone insufficiency. But many substances in this category are experimental and have no legitimate therapeutic use.

What are some potential side effects and health risks of this category?

- Hypertension (ESAs/hGH)
- Blood cancers leukemia (ESAs/hGH)
- Anemia (ESAs)
- Stroke (ESAs)
- Heart attack
- Pulmonary embolism (ESAs)
- Feminization (hCG)
- Thyroid problems (hGH)

BETA-2 AGONISTS

The primary medical use of these compounds is to treat conditions like asthma and other respiratory ailments. The anti-doping status of beta-2 agonists depends on the medication, the route of administration, whether it is being used in conjunction with another medication, and the dosage. Four inhaled beta-2 agonists are permitted by inhalation up to certain dose thresholds and it is essential that athletes check GlobalDRO.com before using any beta-2 agonist.

What are some potential side effects of beta-2 agonists?

- Rapid heart rate
- Headaches
- Sweating
- Nausea
- Muscle cramps
- Nervousness

NOTE: See Therapeutic Use Exemption policies pertaining to the use of prohibited medications at USADA.org/tue.

HORMONE AND METABOLIC MODULATORS

Hormone antagonists are agents that modify hormone functions. Specific classes of hormone antagonists and modulators are prohibited, including:

- Aromatase inhibitors and modulators
- Selective estrogen receptor modulators (SERMS)
- Agents modifying myostatin function(s)
- Other anti-estrogenic substances such as clomiphene
- Insulins and insulin-mimetics
- Meldonium, trimetazidine, AICAR

What are some potential side effects and health risks of hormone and metabolic modulators?

- Dramatic change in blood sugar levels (insulin)
- Endocrine system disruption (clomiphene)
- Liver damage (AICAR)
- Cholesterol imbalance (aromatase inhibitors)
- Motor function disorders and tremors (trimetazidine)
DIURETICS AND MASKING AGENTS
The primary medical use of these compounds is to treat conditions like hypertension, kidney disease, and congestive heart failure. Blood plasma expanders (e.g., intravenous administration of albumin, dextran, hydroxyethyl starch, and mannitol) are also prohibited.

There are some ophthalmic (topical eye) preparations of substances in this category that are permitted. The use of diuretics or masking agents in conjunction with a beta-2 agonist inhaler invalidates the permitted dosages for the inhalers. Athletes should check GlobalDRO.com for ALL of their medications before use.

What are some potential side effects and health risks of diuretic abuse?
- Dehydration
- Dizziness or fainting
- Muscle cramping and heart arrhythmia due to potassium depletion

NON-APPROVED SUBSTANCES
This category refers to substances that are not addressed by any of the other sections of the List and that have no current approval by any governmental regulatory health authority for human therapeutic use (e.g., drugs under pre-clinical or clinical development, discontinued designer drugs, and substances approved only for veterinary use).

STIMULANTS
The primary medical use of these compounds is to treat conditions like Attention Deficit Disorders, asthma, narcolepsy, and obesity.

What are some potential side effects and health risks of stimulant use?
- Insomnia
- Anxiety
- Weight loss
- Dependence and addiction
- Dehydration
- Tremors
- Increased heart rate and blood pressure
- Increased risk of stroke, heart attack, and cardiac arrhythmia
- Insomnia
- Anxiety
- Weight loss
- Dependence and addiction
- Dehydration
- Mood instability
- Impaired thinking and reading comprehension
- Respiratory diseases due to smoking, vaping, or dabbing

Could over-the-counter medications possibly contain stimulants?
Yes, prohibited stimulants, such as pseudoephedrine, levomethamphetamine, propylhexedrine, and ephedrine, can be present in over-the-counter products, such as allergy, cold, and flu medications, or nasal sprays or inhalants. Other stimulants can be found in dietary supplements, such as pre-workout powders and diet aids.

Athletes should ensure they do not take medications with pseudoephedrine during or within the 24 hours before a competition.

Dietary supplements, which can be purchased over-the-counter, can also contain prohibited stimulants like methylhexanamine and oxilofrine, also known as methylsynephrine. Be sure to visit Supplement411.org for more information, and call (719) 785-2000, option 2, or email drugreference@USADA.org with questions.

NARCOTICS
When dosed appropriately, narcotics have medical uses like relieving or managing severe pain.

What are some potential side effects and health risks of narcotics?
While a sensation of euphoria or psychological stimulation are effects common to the use of narcotics, misuse of narcotics can pose serious health risks. Those include:
- A false sense of invincibility
- Nausea and vomiting
- Increased pain threshold and failure to recognize injury
- Decreased heart rate
- Physical and psychological dependence, leading to addiction
- Respiratory depression
- Death

What should I do if painkillers are needed for an injury?
Check GlobalDRO.com, call USADA’s Drug Reference Team at (719) 785-2000 option 2, or email drugreference@USADA.org for more information. Go to the Therapeutic Use Exemption (TUE) section to learn more about applying for a TUE if needed.

CANNABINOIDS
Cannabinoids (cannabis, hashish, marijuana, synthetic THC) are prohibited in-competition, regardless of the legal status in the competition location. Cannabinimetics (JWH-018, JWH-073, HU-210) are also prohibited. While cannabidiol (CBD) is not prohibited, athletes should be extremely cautious because it’s nearly impossible to obtain a pure CBD extract or oil from the cannabis plant. Anyone who buys a CBD oil, extract, or other CBD product should assume that it is a mixture of CBD and other prohibited cannabinoids, such as THC.

The body absorbs THC, which is the psychoactive ingredient in cannabis, and breaks it down into metabolites. THC and its metabolites can accumulate in the body fat and tissues and be excreted in the urine over an extended period of time after use depending on the user’s metabolism and other factors.

What are some potential side effects and health risks of marijuana use?
- Increased heart rate
- Impaired short-term memory
- Distorted sense of time and space
- Diminished ability to concentrate
- Slowed coordination and reflexes
- Mood instability
- Impaired thinking and reading comprehension
- Respiratory diseases due to smoking, vaping, or dabbing

SUMMARY OF SUBSTANCES PROHIBITED IN-COMPETITION ONLY
GLUCOCORTICOIDS
The primary medical use of these compounds is to treat allergies, asthma, inflammatory conditions, and skin disorders, among other musculoskeletal ailments.

Glucocorticoids are often found in asthma control inhalers, eye or ear drops, topical creams, intra-muscular or intra-articular injections, and nasal sprays.

The anti-doping status of glucocorticoids depends on the medication and the route of administration. Glucocorticoids, such as cortisone and prednisone, are prohibited in-competition when taken by oral, intramuscular, intravenous, or rectal routes of administration. Athletes should check GlobalDRO.com before using any glucocorticoid.

What are some of the potential side effects of glucocorticoids?
- Loss of muscle mass and bone density
- Weakening of injured areas in muscle, bone, tendons, or ligaments
- Decrease in, or cessation of, growth in young people
- Immune system suppression

SUMMARY OF SUBSTANCES PROHIBITED IN PARTICULAR SPORTS

BETA-BLOCKERS
The primary medical use of beta-blockers is to control hypertension, cardiac arrhythmias, angina pectoris (severe chest pain), migraine, and nervous or anxiety-related conditions.

Beta-blockers are prohibited in-competition only in the following sports, and are also prohibited out-of-competition where indicated: Archery (WA),* Automobile (FIA), Billiards (WCBS), Darts (WDF), Golf (IGF), Shooting (ISSF, IPC),* Skiing/Snowboarding (FIS) in ski jumping, freestyle aerials/halfpipe and snowboard halfpipe/big air, and Underwater Sports (CMAS).

*Also prohibited out-of-competition

What are some potential side effects of beta-blockers?
- Fainting or loss of consciousness
- Sleep disorders
- Decreased heart rate
- Spasm of the airways

SUMMARY OF PROHIBITED METHODS OF DOPING

MANIPULATION OF BLOOD AND BLOOD COMPONENTS
Blood doping is a prohibited method of increasing oxygen to the tissues. Blood doping is used to artificially increase the number of red blood cells in the body by transfusion of one’s own blood (autologous transfusion) or blood from donors matched by blood type (homologous transfusion). The end result is that the hemoglobin mass (amount of red cells in the blood) is increased for a period of time and translates into the potential for increased endurance, work load, and recovery.

What are the health risks of blood doping?
Adding more red blood cells to the cardiovascular system can cause the blood to be more viscous and cause the heart to overwork. A person with already thickened blood is at greater risk of dehydration. Artificially boosting the number of red blood cells increases the risk of:
- Stress on the heart and cardiovascular system, leading to an enlarged heart
- Blood clotting
- Stroke
- Adverse immune response, including anaphylactic reaction that could result in death

With transfusions, there is an increased risk of infectious disease, such as AIDS or hepatitis.

CHEMICAL AND PHYSICAL MANIPULATION
Chemical and physical manipulation is tampering or attempting to tamper with the sample in order to alter its integrity, using intravenous infusions, or sequentially withdrawing, manipulating, and reinfusing whole blood or extra fluids.

GENE AND CELL DOPING
Gene doping is the use of normal or genetically modified cells, the transfer of nucleic acids or nucleic acid sequences, or the use of agents that directly or indirectly affect functions known to influence performance by altering gene expression. Most gene transfer technologies are still in experimental phases. The long-term effects of altering genetic material are unknown, although several deaths have occurred during experimentation.

INTRAVENOUS (IV) INFUSIONS AND/OR INJECTIONS
Intravenous infusions and/or injections of more than a total of 100 mL per 12-hour period are prohibited except for those legitimately received in the course of hospital treatments, surgical procedures, or clinical diagnostic investigations. Small volume intravenous injections (under 100 mL) are not prohibited as long as the substance delivered is not prohibited. IV infusions and/or injections provided through on-site event medical services, ambulatory treatment, outpatient clinics, doctors’ or medical offices, home visits, mobile IV clinics, boutique IV clinics, etc., are prohibited if they exceed the 100 mL per 12-hour period limit and don’t meet criteria for a TUE. Emergency TUEs will only be considered in exceptional circumstances. Please note that the health and well-being of the athlete must always remain the priority in emergency circumstances.

For more information regarding IV infusions or injections, call USADA’s Drug Reference Team at (719) 785-2000, option 2.
### MEDICAL RATIONALE

**Examples**
- Testosterone
- Nandrolone
- Stanozolol
- Methandienone (Dianabol)
- Anadrol
- Tetrahydrogestrinone (THG, The Clear)
- Deca Durabolin (Deca)

**Anabolic Agents**
- HGH (human growth hormone)
- EPO (erythropoietin)
- IGF-1 (insulin-like growth factor 1)
- Growth hormone releasing peptides (GH-RPs)
- hCG (human chorionic gonadotropin) in males only
- ACTH (adrenocorticotropic hormone)
- Insulin and insulin mimetics

**Beta-2 Agonists**
- Furosemide
- Hydrochlorothiazide
- Probenecid
- Spironolactone
- Epi-Pen (epinephrine)
- Amphetamine
- Methylenediamine
- Cocaine
- Ephedrine
- Phentolamine and its derivatives
- Lisadexelamine

**Stimulants**
- Morphine
- Heroin
- Fentanyl and Derivatives
- Oxycodone

**Other**
- Anti-Estrogenic Agents:
  - Tamoxifen
  - Selective Endogenous Receptor Modulators (SERMs)
- Cannabinoids:
  - Marijuana
  - Hashish
- Glucocorticoids:
  - Betamethasone
  - Prednisone
  - Prednisone

**Enhancement of Oxygen Transfer**
- Blood doping (used to increase the number of red blood cells in the body by transfusion of one's own blood (autologous transfusion) or blood from donors matched by blood type (homologous))
- Tampering, diluting urine, substituting urine samples, use of substances and methods, including masking agents which alter, attempt to alter, or may reasonably be expected to alter the integrity and validity of urine samples used in doping controls

**Chemical and Physical Manipulation**
- Gene doping is the non-therapeutic use of cells, genes, or genetic elements to modify gene expression, thereby having the capacity to enhance athletic performance

### LEGITIMATE MEDICAL USES

**Uses**
- Weight gain for wasting conditions (AIDS, Cancer)
- Decreased gonadal function in males
- Delayed puberty in males
- Osteoporosis
- Severe anemia
- Hereditary angioedema
- Metabolic cancer

**Hormones and Related Substances for Beta-2 Agonists**
- Salbutamol
- Formoterol
- Salmeterol
- Zebutaline
- Fentanol
- Bambuterol
- Vilensterol
- Indacaterol

**Diuretics and Masking Agents for Beta-2 Agonists**
- Epi-Pen (epinephrine)
- Amphetamine
- Methylenediamine
- Cocaine
- Ephedrine
- Phenylephrine and its derivatives
- Lisadexelamine

**Stimulants**
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### GENETIC DISEASES

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### REFERENCE CHART OF PROHIBITED SUBSTANCES AND METHODS

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**FURTHER INFORMATION**
- For more detailed information, refer to the appropriate athletic organization's handbook or consultation with a healthcare professional.
THERAPEUTIC USE EXEMPTIONS

There may be a time during an athlete’s career when they have a legitimate medical need to use a prohibited substance or method. GlobalDRO.com allows athletes to search for the prohibited status of a recommended medication online and is mobile friendly.

If the recommended medication is prohibited, athletes in the Registered Testing Pool (RTP) and Clean Athlete Program (CAP) should submit an application for a Therapeutic Use Exemption (TUE) before taking a medication, which allows athletes to meet their medical needs while still following the anti-doping rules. All other athletes, including recreational athletes, should submit a TUE Pre-Check Form (USADA.org/tue-pre-check-form) to USADA to determine if a TUE is required.

After a TUE is granted, it is valid only at a national level. If an athlete becomes an international athlete or competes internationally, the TUE will not be valid unless it is recognized by an athlete’s International Federation (IF). If the IF declines to recognize an athlete’s TUE, then the presence, use, possession, or administration of the prohibited substance or prohibited method is prohibited. If you are unsure what level of athlete you are, you can reach out to USADA.

USADA also provides a drug reference hotline with an expert available to answer any additional questions an athlete may have. The Drug Reference Line® is available Monday through Friday, 8 a.m. to 4 p.m. MT, by calling (719) 785-2000 and selecting option 2, or by emailing drugreference@USADA.org. If you need a TUE, submit the appropriate application, along with all required medical documentation, at least 30 days before use.

Upon application, USADA must receive the entire medical file relevant to a given diagnosis because an independent TUE Committee has to be able to reach the same diagnosis and arrive at the same treatment plan as the athlete’s physician. The most common reason for delayed or denied TUEs is a lack of medical documentation or a clear diagnosis. A prescription from a physician is not sufficient grounds in itself to obtain a TUE.

Please visit USADA.org/tue for more information on TUEs and the application process. All TUEs are evaluated in accordance with the WADA International Standard for TUEs (ISTUE).

How to Apply For a TUE:

1. Print and complete the TUE application form with the treating physician.
2. Provide medical documentation to support the use of the prohibited substance or method (a complete and comprehensive medical history of the diagnosis, symptoms, management strategies, lab results, and a clear statement from the physician indicating why the use of non-prohibited alternatives are not effective in symptom management).
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. USADA will contact the athlete upon receipt of the TUE application, and it can take up to 21 calendar days after receipt of a complete application for the TUE Committee to issue a decision. All TUE applications are reviewed in accordance with the WADA ISTUE.

5. If a TUE is approved, the athlete will receive a certificate indicating the approval length for the prohibited substance and/or method. The period of validity for a TUE varies among cases. All medical information submitted to USADA remains confidential.

NOTE: In rare circumstances when a prohibited substance or method is required for emergency treatment, an athlete must file a TUE application with full medical documentation from the emergency as soon as reasonably possible after the treatment. Emergency treatment should not be withheld, as the athlete’s health and well-being remain the top priority. In such cases, the emergency TUE request will be considered by a TUE Committee after treatment has taken place, per the WADA ISTUE.

SUBSTANCE CLARIFICATIONS

Regenerative Medicine: Stem cell injections and PRP treatments

As the field of regenerative medicine has advanced in recent years, athletes have increasingly turned to therapies that utilize biological substances, such as stem cells and amniotic or umbilical cord derived tissues to heal sports injuries faster. As these products and treatments vary widely, they may or may not be prohibited, depending on how the cellular material and its constituents are manufactured, purified, manipulated, or modified for use. The WADA Prohibited List states that it’s prohibited to use both normal and genetically modified cells, in any way, if the process causes performance enhancement. Based on these regulations, athletes should be aware that the use of regenerative medicine products or treatments cannot justify a positive doping test if any prohibited substances are identified in a sample. Further, in the U.S., the FDA has issued warnings to consumers about some regenerative therapies because the safety and benefit of almost all these products are so far unproven.

Before administering any regenerative medical treatment, athletes and athlete support personnel should confirm the prohibited or permitted status by calling USADA’s Drug Reference Team at (719) 785-2000 option 2, or emailing drugreference@USADA.org.

Blood Donation

WADA has issued a public statement confirming that plasmapheresis is prohibited under M1.1 for the donor because the donor’s own red blood cells and other blood components are reintroduced into the circulatory system after the plasma has been separated. However, donating whole blood is permitted. Athletes should consult with USADA prior to any plasma donation.
DIETARY SUPPLEMENTS

No organization, including USADA, can guarantee the contents or safety of any dietary supplements. Consequently, athletes always assume some risk of testing positive for prohibited substances when they use supplements.

As always, athletes are strictly liable for substances they ingest, including those consumed through dietary supplements. It is very important for athletes who are considering using supplements to be aware of the potential risks associated, including:

1. A positive anti-doping test result
2. Negative and potentially dangerous health issues

Athletes also need to be aware that manufacturers may misidentify prohibited substances on labels, or they may omit prohibited substances from labels altogether. Because dietary supplements are regulated in a post-market manner, the Food and Drug Administration (FDA) does not analyze the safety, efficacy, or contents of supplements before they are sold to consumers.

Be an Informed Consumer

- Athletes should always investigate the source of the product. Never use a product unless you have checked the ingredients against the Prohibited List and fully investigated the source of that product. If you have any questions, always contact USADA before using the product.
- Never use a pill, capsule, powder, drink, injectable, or other product that has been removed from its packaging by anyone other than you.
- Use extreme caution when considering substances from supplement stores, vitamin stores, and online suppliers.
- Be aware of red flag marketing claims and never use products that make claims about weight-loss, sexual enhancement, muscle-building, testosterone-boosting, or pre-workout energy boosting.
- It is risky to use products from a seller that also sells products containing prohibited substances, markets to bodybuilders, or makes extreme claims about the performance-enhancing benefits of the product.
- No product should ever be used that is advertised as being for research purposes only, or not for human consumption.

Supplement 411

USADA has created an online resource designed to provide athletes with the best possible information to evaluate the risks associated with the use of supplements. From product contamination to issues with product labeling, Supplement411.org provides athletes with information that will help them realize that safety issues exist, recognize risk when they see it, and reduce their risk of testing positive or experiencing harmful health effects from the use of dietary supplements. Visit Supplement411.org for more information, including the TrueSport Supplement Guide.

NSF Certified for Sport®

USADA currently recognizes NSF Certified for Sport® as the third-party supplement certification program best suited for athletes to reduce their risk from supplements. Visit USADA.org/nsf-advisory for more guidance.

High Risk List

USADA has compiled a non-exhaustive and growing list of products that are considered to be of high risk to athletes and consumers. This can be found at Supplement411.org. The absence of a product is not proof of minimal risk for a potential positive test.

DOPING CONTROL PROCEDURES

Athletes are subject to both in-competition and out-of-competition testing if they compete in events sanctioned by, or are members or license holders of, a National Governing Body, or fall under the USADA testing jurisdiction as defined in the USADA Protocol for Olympic and Paralympic Movement Testing.

The USADA anti-doping program utilizes in-competition (event) testing, as well as no-notice, out-of-competition testing, to help protect the rights of clean athletes and maximize unpredictability and the deterrent value of testing. The standard definition for “in-competition” is the period commencing at 11:59 p.m. on the day before a competition in which the athlete is scheduled to participate, through the end of the competition and the sample collection process related to the competition.

Out-of-competition testing is defined as testing at all other times and locations, such as your home or training location. Athletes are subject to both urine and blood testing 365 days a year and tests can occur at any time and any place. The sample collection process is designed to be safe, consistent, and as comfortable as possible for athletes.

The following information identifies the procedures athletes can expect to follow when providing a sample, the processes unique to each type of test, and athlete rights and responsibilities. The steps for blood and urine sample collection and processing are similar for both in-competition and out-of-competition testing.

PAPERLESS SAMPLE COLLECTION

USADA’s Doping Control Officers (DCOs) predominantly use a paperless format (iPads) to document a test session and sample collection on the Doping Control Official Record (DCOR). The paperless DCOR on the iPad provides excellent security and allows athletes to access their own testing data through their secure online USADA account.

SELECTION

There are a variety of reasons why an athlete might be selected for testing, including the:

- Physical demands of the sport
- Benefit an athlete would receive from doping in the sport
- History of doping in the sport and/or discipline

All athlete selection and testing is conducted in accordance with WADA’s International Standard for Testing and Investigations (ISTI).
While drug testing may not be the most glamorous part of an athlete’s career, it is critical to the global fight for clean sport. By participating in the anti-doping program, athletes are doing their part to help protect the integrity of competition.

The following information provides an overview of the sample collection process. Tests can be conducted by USADA, another National Anti-Doping Organization (NADO), the International Federation (IF) for the athlete’s sport, WADA, and/or other third-party sample collection agencies.

**SAMPLE COLLECTION PROCESS**

While drug testing may not be the most glamorous part of an athlete's career, it is critical to the global fight for clean sport. By participating in the anti-doping program, athletes are doing their part to help protect the integrity of competition.

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**SAMPLE COLLECTION PROCESS – URINE**

1. Athletes selected for testing will be notified by a Doping Control Officer (DCO) or chaperone. They will ask the athlete to provide photo identification.

2. Following notification, athletes must stay within direct observation of the DCO or chaperone. Athletes should report to the doping control station (in-competition), or to an appropriate location (out-of-competition) immediately, unless a valid reason* is discussed with, and permitted by, a DCO or chaperone.

3. Athletes will be asked to select a sealed sample collection vessel from a choice of vessels. They will check and inspect the collection vessel to ensure that it has not been tampered with before opening the vessel.

4. Athletes will be required to provide a urine sample of 90 mL under direct observation of a DCO or witnessing chaperone of the same gender. Minor athletes are encouraged to be accompanied by a representative of their choice. If 90 mL are not immediately provided, athletes will use additional collection vessel(s) to provide the remainder when capable.

5. Athletes will be offered a choice of sealed sample collection equipment (which includes A sample and B sample bottles). They should check and inspect the equipment thoroughly prior to use.

6. Athletes will then divide their sample between the A and B sample bottles as instructed and seal them. The DCO will not handle any of the equipment during the procedure unless by athlete request or if an athlete provides a partial sample, in which case the DCO will retain control of the sealed partial sample. Otherwise, athletes are to maintain direct observation and control of their sample until the sample is sealed.

7. Once the sample is sealed, athletes will be asked to place the A and B sample bottles into plastic transport bags and back into the original box for secure transport to the laboratory.

8. The DCO will check the specific gravity (density) with what’s left of the sample. Additional samples may be requested if the sample is not within the required range.

9. When instructed by the DCO, athletes will declare any prescription/non-prescription medications, injections, blood transfusions, and/or dietary supplements they are taking on the Doping Control Official Record (DCOR), along with details of any Therapeutic Use Exemptions (TUEs) they have obtained. Finally, any comments should be included on the digital athlete evaluation form.

10. Athletes should check the entire DCOR thoroughly to ensure that the information is correct before signing. Their name is not on the documentation that goes to the laboratory. The laboratory reports all results based on the unique sample code numbers to ensure the athlete’s anonymity is protected. Athletes will then receive a copy of the test session documentation via email. The sample may be subject to long-term storage and further analysis at any time at USADA’s discretion.

* Valid reasons for delay may include receiving medical attention, media commitments, or attending a medal ceremony.

‡ Valid reasons for delay may include receiving medical attention, media commitments, or attending a medal ceremony.

* While sample collection equipment may vary slightly according to the sample collection agency or region, the integrity of the sample will always be maintained.
SAMPLE COLLECTION PROCESS – BLOOD

Athletes who compete in events sanctioned by, or are members or license holders of a National Governing Body, or who fall under the USADA testing jurisdiction as defined in the USADA Protocol for Olympic and Paralympic Movement Testing, are subject to blood testing. Samples collected by USADA may be analyzed for prohibited substances and/or methods and/or indirect biomarkers of doping, including, but not limited to those used in the Athlete Biological Passport.

The blood collection process closely resembles the urine collection process described previously, and it is not uncommon to provide both a urine and blood sample during a sample collection session. Here are a few differences and processes to expect:

- 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 up to 20 minutes prior to providing a blood sample.
- The BCO or DCO will select an area, typically the non-dominant arm, from which to draw the blood. The amount of blood drawn, which is up to approximately two tablespoons, is unlikely to affect performance.
- Athletes will be asked supplementary questions specific to blood collections that are important to the analysis of the sample. For example, they may be asked about their exposure to high altitudes or extreme environments, recent exercise, or blood loss.

POTENTIAL SIDE EFFECTS

Obtaining blood via venipuncture, most commonly from a superficial vein in the arm, allows blood to be collected for anti-doping testing for substances and methods not otherwise detectable in urine. BCOs use sterile blood collection equipment and follow strict infection and hygiene control procedures during blood collections to minimize risk of infection. Complications or adverse health effects from a blood draw are rare but can include fainting, dizziness, bleeding, bruising or swelling at the puncture site (hematoma), pain, nerve injury, infection, and arterial puncture or laceration. Site reactions such as bruising or swelling can be minimized by applying constant pressure to the collection site for at least five minutes, avoiding strenuous exercise for at least 30 minutes, and keeping the bandage on for at least two hours. If you have ever experienced complications or adverse health effects from a past blood draw, please bring them to the attention of the USADA DCO before the blood draw begins.

PROTOCOLS RELATED TO SAMPLE COLLECTION

Sample Shipment and Notification

After the conclusion of the collection session, the DCO will ship the sample(s) to a WADA-accredited laboratory. The chain of custody for the sample is thoroughly documented by USADA to protect the sample integrity, and the sample collection documentation that accompanies the sample(s) to the WADA-accredited lab does not include the athlete’s name. The sample may be stored and retested.

An athlete will receive notification (either electronic and/or postal mail) from USADA that states the analysis has been completed. If the sample(s) was collected by another anti-doping organization, the athlete may not receive the results or any form of notification.

PROVIDING FEEDBACK

Athletes have the right to provide feedback about their USADA collection session. After each session, a USADA DCO will provide the athlete with an evaluation form to provide feedback related to the collection session. If documentation is conducted digitally, USADA DCOs will inform athletes that a link to an Athlete Evaluation Form will be available at the bottom of the email they receive after testing. USADA encourages athletes to provide feedback about their experience, and every form that is submitted to USADA is reviewed.

If the athlete or the athlete’s representative is interested in submitting written comments specific to their sample collection session, this is done on a supplementary report form. This form is available from the DCO at the time of the sample collection.

Remember, athletes can always provide feedback by calling USADA directly at Athlete Express (719) 785-2000 or anonymously through USADA’s Play Clean Tip Center 1-877-752-9253.

GIVING CONSENT FOR RESEARCH

Recognizing that research is the cornerstone of an effective anti-doping program, USADA has always placed emphasis on the study of prohibited substances, the development of tests, and advancing other research impacting anti-doping science.

During the drug testing process, a DCO will ask about the athlete’s consent for research. When an athlete voluntarily chooses to contribute their sample to anti-doping research, all identification is removed so that the sample can never be traced back to the particular athlete. This anonymous sample can then be used in various anti-doping research projects. An athlete’s consent to have their sample used for anti-doping research does not affect the selection or frequency of testing.

MINOR ATHLETES (UNDER THE AGE OF 18) AND ATHLETES WITH A DISABILITY

Minor athletes and those athletes with a disability requiring extra assistance are strongly encouraged to have a representative present throughout the sample collection session. Athletes with a disability may also request modifications to the testing process. To ensure a minor athlete’s well-being, a third party must always be in the toilet area to observe the witnessing chaperone or DCO.
BEING TESTED OUTSIDE THE UNITED STATES

As a member of the global anti-doping community, USADA works with many other Anti-Doping Organizations (ADOs) from around the world to coordinate testing of U.S. athletes living and training abroad. If the athlete is selected for testing under USADA’s program, and the attempt is made outside of the United States, the sample collection authority will provide the athlete with a Letter of Authority confirming their selection for testing under the USADA program.

In addition to USADA, U.S. athletes are subject to doping control by:

- The ADO of the country or region in which they are living, training, or competing
- The World Anti-Doping Agency (WADA)
- The International Federation (IF) governing the athlete’s sport, or a testing agency appointed by the athlete’s IF
- Major games organizations, such as the International Olympic or Paralympic Committees, all continental championships, etc.

When the athlete is contacted or notified for testing, it’s important to be aware of which entity is conducting the test. Ask for the DCO’s credentials and have an understanding of an athlete’s basic rights and responsibilities (see Rights and Responsibilities section). While many aspects of the testing process are identical worldwide, minor modifications to notification, equipment, and collection protocols are normal. Ask to document any irregularities in writing should they arise and be of concern.

TESTING FAQS

How are athletes selected for USADA testing at a competition or event?

In-competition testing plans are primarily developed by coordinating with each National Governing Body (NGB) and are often created in accordance with International Federation (IF) rules. Athletes may be selected for testing by USADA based on criteria that typically includes established rules set forth by an athlete’s IF. An example of how athletes would be selected for in-competition or event testing could be: placed finishers, such as the top three finishers, as well as randomly selected athletes, such as 5th, 7th, 12th, 18th, 19th, etc.

How are athletes selected for USADA’s out-of-competition testing?

USADA’s out-of-competition testing plan is designed to strategically maximize resources by allocating tests based on specific factors in accordance with the International Standard for Testing and Investigations (ISTI). Tests are then conducted throughout the year when out-of-competition testing is most effective, and according to selection criteria and incoming data, including previous and current event results and/or world and national rankings.

To maintain an effective anti-doping program, USADA retains the right to test athletes at any time and location.

How is an athlete notified for testing?

A Doping Control Officer (DCO) or a notifying chaperone will notify an athlete of their selection for doping control and will provide them with his/her credentials. The athlete will then be asked to acknowledge in writing on the Doping Control Official Record (DCOR) or Athlete Notification Form that they were notified. A DCO or chaperone can notify athletes at any time and any location, including their home, training facility/area, work, school, etc. If an athlete refuses to provide a sample, they are subject to a four-year anti-doping rule violation.

The DCO or notifying chaperone will keep the athlete in direct observation and accompany them at all times until they report to the doping control station (in-competition) or to an appropriate location (out-of-competition) where they will complete the sample collection process.
When and where does an athlete report for testing?

In-competition testing: An athlete, their representative (if applicable), and the notifying chaperone will report to the on-site doping control station immediately, unless there is a valid reason for delay and it’s approved by the DCO, which may include:

1. A medal ceremony
2. Media commitments
3. Medical obligation
4. Warming up and cooling down
5. Competing in further events
6. Arranging for an athlete representative and/or language specialist

Out-of-competition testing: A safe, secure, and private location (e.g., a home or training facility) will be used as the doping control station during the sample collection session.

Sample collection documentation may be started at the initial location of notification.

Can athletes eat and drink liquids after being notified for testing?

After notification, the DCO should advise the athlete that should they choose to consume food or fluids prior to providing a sample, they do so at their own risk. The DCO should also advise the athlete not to hydrate excessively, since this might delay the production of a suitable sample.

What kind of information accompanies the urine and/or blood sample to the lab?

Every sample sent to a WADA-accredited laboratory includes an abbreviated copy of the DCOR and a Declaration of Use, which does NOT include the athlete’s name. The information on the laboratory copy of the DCOR and Declaration of Use contains:

- Athlete gender
- The type of test (in-competition or out-of-competition)
- The athlete’s sport and discipline
- The type of the sample (urine, blood) and required laboratory information on the sample (volume, specific gravity, time sealed)
- The sample code number that matches the numbers on the sample collection kit
- Medications and supplements taken within the previous seven days
- The name of the testing authority, sample collection authority, and results management authority

**ATHLETE RIGHTS AND RESPONSIBILITIES**

Athletes have a number of rights and responsibilities in regards to doping control. These rights and responsibilities are essentially the same for both in-competition and out-of-competition testing.

When selected for testing, athletes have the right to:

- Have a representative accompany the athlete throughout the doping control process
- Have an interpreter present, if one is available
- Complete a training session or other activities while the DCO or notifying chaperone observes the athlete (out-of-competition)
- Have the testing procedures explained to the athlete, including how the sample collection equipment works
- Request to view the DCO’s credentials
- Choose a collection vessel and sample collection kit
- Receive a copy of the sample collection documentation used to document the processing of the athlete’s sample
- Provide feedback on the USADA Athlete Evaluation Form and/or a Supplementary Report Form
- Request a delay in reporting to the doping control station for valid reasons (in-competition testing)
- Request modifications if the athlete has a disability

During a test, athletes are responsible for:

- Complying with the sample collection procedure**
- Reporting immediately to the doping control station unless there are approved reasons for delay
- Presenting government issued photo identification at the time of notification
- Staying in direct observation of the DCO or notifying chaperone from the time of notification until the sample collection session is complete
- Keeping the collection vessel in their possession and in view of the DCO at all times*
- Having control of the sample until it is sealed in the sample collection bottles (the DCO may assist upon request)*
- Ensuring the sample code number is correctly documented on the sample collection documentation
- Ensuring all appropriate sample collection documentation is accurate, complete, and signed

* If an athlete provides a partial sample, the DCO will retain control of the sealed partial sample.

** NOTE: As defined by the Code: Evading Sample collection; or refusing or failing to submit to Sample collection without compelling justification after notification by a duly authorized Person is an anti-doping rule violation.
USADA WHEREABOUTS PROGRAM

To maximize testing resources and minimize the burden on athletes, USADA has created a Registered Testing Pool (RTP) and a Clean Athlete Program (CAP). Athletes in the two pools are subject to different Whereabouts requirements and compliance criteria. The following sections outline the different requirements for each pool.

At least once a year, an athlete in either pool must also complete Athlete’s Advantage®, an online education tutorial that provides information related to anti-doping requirements for RTP and CAP athletes. Athletes must complete the tutorial prior to submitting Whereabouts information.

USADA REGISTERED TESTING POOL

Athletes who have been identified and notified of their inclusion in the USADA Registered Testing Pool (RTP) are responsible for maintaining current and accurate Whereabouts information at all times. This Whereabouts information is used to facilitate out-of-competition testing, which is critical to an effective anti-doping program. Providing thorough, accurate Whereabouts information helps USADA provide athletes with the best anti-doping program possible.

How will an athlete know if they are in USADA’s RTP?

The RTP selection criteria is established by USADA. Athletes will receive an email notification from USADA if they are in the RTP, as well as notices about when they need to provide Whereabouts.

How long may an athlete be subject to the requirements of the RTP?

If an athlete no longer meets the requirements to be included in the RTP, or has provided written notification of their retirement to USADA, their National Governing Body (NGB), and their International Federation (IF), he or she will be notified via email of their pool removal and the date on which they no longer need to provide Whereabouts information.

USADA REGISTERED TESTING POOL (RTP) SUMMARY

Who may be included in the RTP?

- Athletes in their International Federation’s Registered Testing Pool.
- Athletes identified by USADA for inclusion.
- Athletes who failed to comply with expectations while in the Clean Athlete Program.
- Sanctioned athletes.
- Athletes returning from retirement.

What are the Whereabouts requirements for RTP athletes?

- File quarterly Whereabouts by the following deadlines: March 15, June 15, September 15, and December 15.
- Required information includes: athletes’ daily overnight location, training locations and times, competitions, other regularly-scheduled activities, such as school and/or work locations, AND a daily 60-minute window.
- Keep Whereabouts information updated as locations and schedules change.

How are athletes notified for a test?

- A USADA DCO will use the Whereabouts information provided to make a reasonable attempt to locate an athlete for testing. If an athlete cannot be located at the locations provided, a DCO may, but is not required to, call an athlete in the last five minutes of the 60-minute time slot. To be clear, the phone call is to confirm the unavailability of the athlete, not to locate an athlete for testing.
- Athletes may be tested at any time, even outside of their 60-minute time slot.
- Athletes must be at the indicated location during the entire 60-minute time slot.

What happens if athletes fail to comply with RTP requirements?

- Athletes in the RTP are subject to Whereabouts Failures. An athlete may be issued a Filing Failure for failing to file required information, failing to file by the specified deadline, providing inaccurate or insufficient information, or being unavailable for testing at a listed location. A Missed Test may be issued if an athlete is unavailable for testing during the 60-minute time slot.
- Three Whereabouts Failures (Filing Failures and/or Missed Tests) in a 12-month period is considered an anti-doping rule violation.
RTP WHEREABOUTS REQUIREMENTS

Under the International Standard for Testing and Investigations (ISTI) and the USADA Whereabouts Policy, if an athlete is in the USADA RTP, they are responsible for informing USADA of their Whereabouts. It is required that they submit accurate and complete quarterly Whereabouts filings and ongoing updates so that USADA can locate them for testing.

To ensure compliance with Whereabouts requirements, athletes must:

- File accurate and complete Whereabouts.
  - Complete Whereabouts filings include: daily overnight residence, training locations and times, competitions, other regularly-scheduled activities, such as school and/or work locations, AND a daily 60-minute window (between 5 a.m. and 11 p.m.).
- Update their Whereabouts as soon as their plans change (don’t wait until the last minute, or until after arrival at a new location). Athletes also need to delete old locations when adding a new location.

How to Submit Whereabouts Information

Athletes can use USADA’s online system to submit Whereabouts filings. USADA will provide athletes with a username and password to access the online Whereabouts system. For questions about updates, or username or password issues, call Athlete Express at (719) 785-2000 or toll-free at (866) 601-2632, or email athleteexpress@USADA.org.

- Online: Login to Athlete Express at USADA.org
- Athlete Express App: Update your Whereabouts instantly through the mobile app

Quarterly Filing Deadlines

Whereabouts filings must be submitted quarterly (every three months). Deadlines for submitting Whereabouts filings are:

- December 15 for the first quarter (beginning January 1)
- March 15 for the second quarter (beginning April 1)
- June 15 for the third quarter (beginning July 1)
- September 15 for the fourth quarter (beginning October 1)

Whereabouts Updates

If an RTP athlete’s schedule changes during the quarter, they must submit an update as soon as possible. For example, if an athlete will be in a location different from what they provided on their quarterly Whereabouts filing, such as traveling for a competition, they must submit an update.

Access to an athlete’s Whereabouts account is located at Athlete.USADA.org.

RTP WHEREABOUTS TIPS

- Athletes must submit updates to USADA if their schedule changes.
- Athletes can be tested at any time during the day, even outside their 60-minute time slot.
- Heading out of town? Update USADA immediately! Even if you don’t know the address or exact details, update USADA with the city, state, and other available location information.
- Athletes often receive a Whereabouts Failure when they wait to update until they are at the airport, on the plane, or after they arrive at their destination. Update before you leave!
- Make sure to add travel days when updating your schedule and delete outdated locations.
- If an athlete moves or changes their primary residence or training facility, they need to update their Whereabouts filing.
- Athletes need to provide an accurate overnight location for every day they are required to submit Whereabouts.
- Whereabouts Failures often occur when athletes are attempted at home, but the DCO learns the athlete was actually at a training facility, work, or out of town. Remember to provide all required Whereabouts information on your Whereabouts filing and in subsequent updates!
- When updating information, make sure to delete any information that is no longer accurate.

It is an athlete’s responsibility to update USADA any time their schedule changes from the information submitted on their quarterly Whereabouts filing, even if the task of updating has been delegated to someone else.
RTP WHEREABOUTS REQUIREMENTS

Providing timely and accurate Whereabouts information is vitally important to ensure USADA can provide the best anti-doping program. It is critical that RTP athletes file their Whereabouts by each deadline, update their Whereabouts information when plans change, and make sure that they are available at the locations and times specified on their Whereabouts updates.

What constitutes a Whereabouts Failure?

A Whereabouts Failure is a Filing Failure or a Missed Test. In addition to an initial notice (see below), Whereabouts Failures are listed on the athlete website when an athlete logs into their account.

How could an athlete receive a Missed Test?

RTP athletes could receive a missed test if they are unavailable during the 60-minute time slot at the location specified on their Whereabouts filing or update.

How could an athlete receive a Filing Failure?

An RTP athlete may receive a Filing Failure if:

- A quarterly Whereabouts filing has not been submitted to USADA by the specified deadline
- Whereabouts information has not been updated in a timely manner
- Whereabouts information is inaccurate or too incomplete to reasonably locate the athlete for testing

How will an RTP athlete be notified of a Whereabouts Failure?

RTP athletes will be sent initial notice* via email of an apparent Whereabouts Failure no later than 14 days after the discovery of the Whereabouts Failure. Athletes can also choose to have a secondary contact receive notification of their Whereabouts Failure(s).

- After notice is received, athletes will be responsible for subsequent Whereabouts Failures, regardless of whether the subsequent failure involves the same type of Whereabouts Failure or a different type of Whereabouts Failure. For example, an athlete whose first failure resulted from a failure to file Whereabouts by the deadline will also be held responsible for a second failure whether it’s related to the continued failure to file by the subsequent deadline, or another Missed Test or Filing Failure.
- Athletes have the opportunity to provide a response to the initial letter and explain their actions in writing within 14 days of the initial notification.
- If a response is received, USADA will review the response and make a final determination within 14 days of receipt of the response. The athlete is then notified* of the final decision.
- If no response is provided by the athlete, the initial decision will be upheld and the athlete will be notified.*

How many Whereabouts Failures make an athlete ineligible?

An athlete could be subject to an anti-doping rule violation (ADRV) should they accumulate three Whereabouts Failures in any rolling 12-month period. Please note that any combination of three Missed Tests and/or Filing Failures declared by any Anti-Doping Organization or an International Federation may constitute an ADRV.

An ADRV could lead to ineligibility, which means the athlete would be banned for a specific period of time (up to two years for a first violation) from participating in any competition or other activity authorized by an NGB or the USOPC.

For a complete copy of the Whereabouts Failure Policy, visit USADA’s website at USADA.org/whereabouts.

* The USOPC and an athlete’s NGB are copied on all correspondence. WADA and an athlete’s IF also have access to all Whereabouts Failure information through the Clearinghouse.
USADA CLEAN ATHLETE PROGRAM

Athletes who have been identified and notified that they are part of the Clean Athlete Program (CAP) will be subject to limited Whereabouts requirements as part of USADA’s strategic testing plan, which in part, is designed to make Whereabouts requirements for athletes proportional to testing.

How will an athlete know if they are in USADA’s CAP?
The CAP selection criteria is established by USADA. Athletes will receive an email notification from USADA if they are in the CAP.

How long may an athlete be subject to the requirements of the CAP?
If an athlete no longer meets the requirements to be included in the CAP, or has provided written notification of their retirement to USADA, their NGB, and their International Federation (IF), they will be notified of their removal and will no longer be subject to CAP Whereabouts requirements.

CAP WHEREABOUTS REQUIREMENTS
To ensure compliance with CAP Whereabouts requirements, athletes must:

• File an accurate and complete Whereabouts summary twice per year.
• The CAP Whereabouts summary will require: a primary overnight residence, training location(s) and typical times of training, and details regarding upcoming competitions.
• Ensure basic summary information is accurate at all times.

How to Submit Whereabouts Summary Information
Athletes can use USADA’s online system to submit Whereabouts summary filings. USADA will provide athletes with a username and password to access the online Whereabouts system. For questions about Whereabouts information, or username or password issues, call Athlete Express at (719) 785-2000 or toll-free at (866) 601-2632, or email athleteexpress@USADA.org.

Online: Login to Athlete Express at USADA.org
Athlete Express App: Update your Whereabouts instantly through the mobile app

Whereabouts Summary Filing Deadlines
Updates to CAP athletes’ Whereabouts summaries must be submitted twice per year. Deadlines for submitting Whereabouts summaries are:

• December 15 for the first and second quarters
• June 15 for the third and fourth quarters

CAP Whereabouts Updates
CAP athletes do NOT need to notify USADA of daily schedule changes and they do NOT need to file a 60-minute time slot.

Other than filing a Whereabouts summary twice per year, CAP members will only be required to provide updates if their basic summary information becomes inaccurate. For example, if an athlete moves from their home location to college, they need to update the primary overnight residence on their Whereabouts summaries.

CAP Whereabouts Compliance
Unlike RTP athletes, CAP members are NOT subject to Whereabouts Failures. However, CAP members who fail to file accurate Whereabouts summary information by the deadlines will be notified that they are being moved to the RTP for a minimum of nine months. Similarly, CAP members will be moved to the RTP for a minimum of nine months if they are unavailable for testing due to inaccurate Whereabouts summary information and subsequently fail to update their Whereabouts summary information.

See the RTP section to learn more about RTP Whereabouts requirements.

USADA CLEAN ATHLETE PROGRAM (CAP) SUMMARY

Who may be included in the CAP?
• Athletes who are selected for a national team or are representing Team USA at international competition.
• Athletes identified by USADA for inclusion.
• Athletes with specific competition results.
• Athletes who have returned from retirement.

What are the CAP requirements?
• File a Whereabouts summary twice per year by the following deadlines: June 15 and December 15.
• Required information includes: a primary overnight residence, training location(s) and typical times of training, and details regarding upcoming competitions.
• Ensure basic summary information is accurate at all times.
• For example, if an athlete moves from their home location to college, they need to update this. Or if an athlete usually trains at a specific gym but stops training at that location and switches to a different training location, this would require an update.

Do CAP athletes file Whereabouts changes?
• CAP athletes do NOT notify USADA when their schedule changes and they do NOT file a 60-minute time slot. However, CAP athletes are required to submit updates to their Whereabouts if their primary overnight residence or typical training locations change for a significant amount of time.

What happens if CAP athletes aren’t compliant?
• CAP athletes who fail to file Whereabouts summary information by the deadlines will be notified that they are being moved to the RTP for a minimum of nine months.
• CAP athletes who are unavailable for testing due to inaccurate Whereabouts summary information and fail to subsequently update Whereabouts summary information will be notified that they are being moved to the RTP for a minimum of nine months.
• Unlike athletes in the RTP, CAP athletes are NOT subject to Whereabouts Failures.
ATHLETE RETIREMENT

At some point in an athlete’s career, they may make the decision to retire from sport. When they are ready for retirement, there are steps that must be taken to make it official and to remove themselves from either of the testing pools. They must promptly inform USADA, their NGB, and their International Federation (IF) in writing via mail or email that they are retiring. They should also check with their IF to determine if there are additional steps they need to follow to complete the retirement process.

Until an athlete has finalized all of the necessary retirement steps, they are still subject to the requirements of an athlete in a USADA testing pool.

If an athlete does not provide advance written notice of retirement and is notified for testing, but refuses to provide a sample for an out-of-competition test, this is a refusal to test. If the athlete refuses to provide a sample, they may be subject to an anti-doping rule violation and a four-year period of ineligibility.

What if an athlete wants to come out of retirement and return to competition?

Athletes are required to notify USADA and their IF, in writing, of their return from retirement and be in the RTP or CAP for at least six months before participating in any national or international events. At the start of the six months, athletes have to submit Whereabouts and make themselves available to be tested. If they wish to seek an exemption from the six-month written notice rule, they may apply to WADA.

NOTE: USADA will not suspend or terminate the prosecution of an anti-doping rule violation as a result of an athlete’s subsequent retirement.

ALL POTENTIAL MAJOR GAMES ATHLETES

In accordance with the USOPC National Anti-Doping Policy, all American athletes who are credentialed for the Olympic, Paralympic, Pan American, Parapan American, and Youth Olympic Games are required to undergo anti-doping education in the months prior to the event.

All athletes appointed to a U.S. team may also be subject to additional testing throughout the Games by the International Olympic Committee or International Paralympic Committee (IOC/ IPC) or the Games Organizing Committee.

RESULTS MANAGEMENT

USADA is responsible for the results management and adjudication process for the U.S. anti-doping program of the Olympic and Paralympic movement in the United States. To facilitate that process, USADA utilizes the Protocol for Olympic and Paralympic Movement Testing (the Protocol).

The objective of the Protocol is to provide a process that:

- Is fair to athletes and others
- Has international credibility
- Provides for a full evidentiary hearing with the right of appeal
- Eliminates the conflicts that could arise from NGBs directly sanctioning their own members

ANTI-DOPING RULE VIOLATIONS (ADRVs)

Doping, as defined by the Code, is the occurrence of one or more of the following anti-doping rule violations (ADRVs):

- Presence of a prohibited substance or its metabolites or markers in an athlete’s sample
- Use or attempted use by an athlete of a prohibited substance or a prohibited method
- Evading, refusing, or failing to submit to sample collection
- Violation of applicable requirements regarding athlete availability for out-of-competition testing, including failure to file required Whereabouts information and Missed Tests
  - Any combination of three Missed Tests and/or Filing Failures, as defined in the International Standard for Testing and Investigations, within a 12-month period by an athlete in a Registered Testing Pool
- Tampering or attempted tampering with any part of doping control
- Possession of a prohibited substance or a prohibited method
- Trafficking or attempted trafficking of any prohibited substance or prohibited method
- Administration or attempted administration to any athlete in-competition of any prohibited substance or prohibited method, or administration or attempted administration to any athlete out-of-competition of any prohibited substance or any prohibited method that is prohibited out-of-competition
- Complicity: Assisting, encouraging, aiding, abetting, conspiring, covering up, or any other type of intentional complicity involving an anti-doping rule violation, or attempted anti-doping rule violation
- Association by an athlete or other person subject to the authority of an Anti-Doping Organization in a professional or sport-related capacity with any athlete support person who:
  - is serving a period of ineligibility related to one of the above ADRVs
  - has been convicted outside of sport to have engaged in conduct that would be considered an ADRV
  - is serving as a front or intermediary for an individual described in the above points
- Act by an athlete or other person to discourage or retaliate against reporting to authorities
Substances of Abuse

Substances of Abuse are substances that are both prohibited in-competition and frequently abused in society outside of sport.

These include:

- Cocaine (S6. Stimulants)
- Heroin (S7. Narcotics)
- MDMA (ecstasy) (S6. Stimulants)
- THC (tetrahydrocannabinol) (S9. Cannabinoids)

Athletes may still receive an anti-doping rule violation if they test positive for something in the Substances of Abuse category. The designation of substance of abuse only affects the resolution of the case during the results management process, including the length of a resulting sanction. If an athlete tests positive for a substance of abuse and establishes that his or her use of that substance occurred out-of-competition and was unrelated to sport performance, the athlete’s period of ineligibility will be reduced to three months with no need to further analyze the degree of fault. The period of ineligibility can be further reduced to one month if the athlete completes a substance of abuse treatment program that is approved by USADA.

If you or someone you know is struggling with addiction or substance abuse, please reach out to the National Helpline by visiting the website at www.samhsa.gov or calling the confidential Substance Abuse and Mental Health Services Administration (SAMHSA) national helpline at 1-800-662-HELP (4357).

Specified and Non-Specified Substances and Methods

While an ADRV generally carries a standard sanction of four years of ineligibility for a first violation and a loss of results, an athlete may receive a reduced sanction for an ADRV related to a “Specified Substance.”

On the Prohibited List, all prohibited substances are considered “Specified Substance or Method” except for:

- Anabolic agents
- Peptide hormones, such as erythropoiesis-stimulating agents (ESAs)
- Growth hormone, growth hormone releasing peptides (GHRPs) and related substances, and mimetics
- Certain hormone and metabolic modulators, such as agents modifying myostatin function(s) and insulins
- Non-specified stimulants

All prohibited methods are Non-Specified except methods of intravenous infusions and/or injections (M2.2), which are Specified Methods.

Specified Substances and Methods should not in any way be considered less important or less dangerous than other doping substances or methods. Rather, they are substances and methods that are more likely to have been consumed or used by an athlete for a purpose other than the enhancement of sport performance.
Athletes in the U.S. are supported by a gold standard testing process aimed at detecting and deterring doping, following the worldwide harmonized practices for testing and results management. At the same time, significant efforts in education are undertaken to prevent doping in future generations and investment in research is committed to advance anti-doping science.

**USADA TESTING AND RESULTS MANAGEMENT PROCESS**

**RESEARCH**

**EDUCATION**

**TESTING**

**SAMPLE COLLECTION**

Two types of testing:
- In-competition and out-of-competition (no advance notice)
Athletes are subject to both urine and blood collection for analysis.

**LABORATORY ANALYSIS**

Samples are collected and processed, sent to WADA-accredited labs for analysis, and may be stored for up to 10 years for possible retesting as new testing detection methods are developed.

**RESULTS MANAGEMENT**

**NO ADVERSE ANALYTICAL FINDING**
- No prohibited substances detected.
- Notice is sent to the athlete, the athlete’s National Governing Body (NGB), and U.S. Olympic & Paralympic Committee (USOPC).
- No further action taken.

**ADVERSE ANALYTICAL FINDING**
- One or more prohibited substances detected in sample; USADA receives adverse analytical finding A sample lab report.
- Notice of finding sent to athlete, NGB, USOPC, athlete’s International Federation (IF), and WADA.
- Athlete has the option to proceed with the B sample analysis at the lab. Athlete and/or athlete’s representative has the right to attend processing of B sample.
- B sample finding received by USADA and copy is sent to athlete, NGB, IF, WADA, and USOPC.

**NO ANTI-DOPING RULE VIOLATION**
- Athlete, NGB, IF, WADA, and USOPC receive notification.

**ANTI-DOPING RULE VIOLATION (ADRV)**

Acceptance of Sanction:
- Athlete can choose to accept a sanction at any point during the results management process.

Request for Hearing:
- Athlete exercises right to request a hearing before independent arbitral body or, if athlete, USADA, and WADA agree, to the Court of Arbitration for Sport (CAS).
- If initial hearing not heard at CAS, athlete, USADA, IF, and WADA have right to appeal hearing decision to CAS.
- CAS ruling is final.

Public announcements made for athletes accepting a sanction and for hearing decisions finding a violation of the anti-doping rules.
The WADA International Standard for Testing and Investigations (ISTI) is a set of mandatory policies and procedures that require USADA and other Anti-Doping Organizations (ADOs) around the world to develop and maintain the ability to gather and process intelligence from analytical and non-analytical information. This knowledge allows ADOs to rule out the possibility of anti-doping rule violations (ADRVs), or to initiate investigations if there is evidence a potential violation has been committed.

While investigations have been a part of ADO procedures long before the ISTI went into effect, these standards for collaboration between ADOs and law enforcement place an even greater emphasis on intelligence gathering from all available resources.

Many of USADA’s investigations stem from tips left on its Play Clean Tip Line. In addition to ensuring that tips can be submitted anonymously, USADA handles all tips in a secure and systematic manner to ensure their reliability, relevance, and accuracy. Through its Play Clean Tip Center, USADA makes available a number of channels to report the abuse of performance-enhancing drugs in sport, which can help protect clean athletes and promote clean competition.

**PLAY CLEAN TIP CENTER:**
- (877) 752-9253
- playclean@USADA.org
- USADA.org/playclean

**USADA-LED NON-ANALYTICAL INVESTIGATION PRINCIPLES**
- Undertake vigorous investigation of potential rule violations. Code Arts. 5.7, 7.2, 20.5.7; ISTI Arts. 12.2; USADA Protocol Secs. 2, 4, 6; ISRM Annexes A and B.
- Investigation takes place whenever there is a reasonable cause to suspect that an anti-doping rule violation may have been committed. Code Art. 20.5.7; ISTI Art. 12.2.1; USADA Protocol Sec. 2.
- The goal of each investigation is reliable evidence. Code Art. 3.2.; ISTI Arts. 11.3.1, 12.2.2.
- Each investigation is conducted fairly, objectively, and impartially. ISTI Art. 12.2.2. “Integrity” is an important principle in USADA investigations. For example, USADA is always truthful with witnesses and respondents and does not claim to have incriminating evidence that it does not have. USADA will never harass or intimidate witnesses or respondents in the course of its work with athletes. USADA goes into each investigation with an open mind and simply follows the facts. It is only after it becomes apparent that an anti-doping rule violation has occurred that USADA starts to build a case. USADA’s strict conflict of interest policy also applies to its investigations. USADA will not attempt to persuade other organizations to withhold rights or property from an athlete unless such an action is permitted by the rules of that organization.

- All persons interviewed by USADA during the course of an investigation will be treated with dignity and respect.
- All reasonably available investigative resources may be used to conduct investigations. ISTI Art. 12.2.3; USADA Protocol Sec. 2. The Code does not allow USADA to exercise “prosecutorial discretion” and decide to take no action in cases where the evidence indicates that an anti-doping rule violation has occurred. USADA can, however, prioritize the use of its resources. Our highest-priority investigations are those that: a) relate to athletes or other persons who would otherwise represent the United States at the Olympic Games, Pan American Games, or World Championships; b) have the potential to involve doping by multiple athletes through the involvement of athlete support personnel; or c) potentially involve the use of prohibited substances or prohibited methods that are more difficult to detect through the analysis of urine or blood samples.

- Athlete and Athlete Support Personnel Cooperation. Code Article 21 requires all athletes and athlete support personnel to cooperate with USADA investigations into anti-doping rule violations. In particular, USADA has found that the cooperation of clean athletes is crucial to maintaining a level playing field in their sport. Code Art. 21; ISTI Art 12.2.4; USADA Protocol Sec. 5(b)(iii).
- Each investigation protects and upholds the established rights of athletes, athlete support personnel and other persons set forth in the Code, USADA Protocol, ISTI and ISPPPI. Prior to initiating an interview with a U.S. athlete as to whom USADA has and/or expresses any specific suspicion committed an Anti-Doping Rule Violation, USADA will advise the athlete: that USADA is investigating potential anti-doping rule violations, which is a serious matter; that USADA’s Investigation Principles and Athlete Interview Responsibilities govern the interview and all interactions with USADA, providing URLs for both documents on USADA’s website;
and that the U.S. Olympic & Paralympic Committee ("USOPC") Athlete Ombuds is available as a resource if the athlete has questions. The applicability of these Principles to USADA investigations and the opportunity for athletes to contact the USOPC Athlete Ombuds will be made clear in USADA’s educational materials for athletes. USADA may, in its discretion, provide the same advice where no specific suspicion exists.

- Each investigation is conducted independently of outside operational control. Code Art. 20.5.1.

- Discussions regarding substantial assistance and sanctions with potential witnesses follow the requirements set forth in Article 10.7.1 of the Code and Articles 5.1.2.1, 5.3.2.1, 7.1 and 9.2.1 of the ISRM.

- USADA cooperates with and seeks the cooperation of government agencies as provided in the Code. Code Arts. 20.5.3 and 22.2.

- Each investigation will also follow all applicable state and federal laws.

- A USADA decision to assert an anti-doping rule violation based on non-analytical evidence is subject to the hearing and appeal process set out in the Code and USADA Protocol. Any decision by USADA not to bring a case forward as a result of an investigation or to impose a sanction on an athlete or other person is always reviewable by both WADA and the relevant International Federation. Code Art. 13.2.3; USADA Protocol Sec. 15(c). If WADA believes that USADA has taken too long to render a decision in a particular investigation, WADA may elect to appeal directly to the Court of Arbitration for Sport as if USADA had rendered a decision finding no anti-doping rule violation. Code Art. 13.3.

- Anti-doping rule violation decisions arising out of USA Olympic and Paralympic Movement investigations are also ultimately subject to review on the merits through established legal processes including an independent arbitration process and a CAS appeal process. Code Arts. 8, 13; USADA Protocol Sec. 17.

- Any claim that USADA has failed to follow these Principles shall be addressed as a contract issue between USADA and the USOPC and shall not be admissible or used as a defense in any anti-doping rule violation proceedings.

USADA-INITIATED U.S. ATHLETE INTERVIEW RIGHTS AND RESPONSIBILITIES

U.S. Athletes shall have the following rights and obligations in connection with all USA matters which are subject to the USA Protocol for Olympic and Paralympic Movement Testing.

1. An athlete may consult with the U.S. Olympic & Paralympic Committee ("USOPC") Athlete Ombuds, counsel, and/or other representatives before participating in an interview with USADA. The USOPC Athlete Ombuds is completely independent of USADA and available to offer cost-free, confidential, and independent advice regarding anti-doping policies and procedures. The Athlete Ombuds may be reached by telephone at (719) 866-5000, by email at ombudsman@usathlete.org or through the website www.usathlete.org.

2. An athlete may have counsel or another who is not an athlete support person (or an athlete support person reasonably acceptable to USADA) present during the USADA interview.

3. An athlete may request that the interview be recorded or transcribed at the athlete’s expense. USADA also has the right to record or transcribe the interview at its expense.

4. An athlete is not required to travel to meet USADA for an interview. Should an athlete choose not to travel to the interview, it may be conducted by telephone, video conference, or, at USADA’s option, USADA will travel to the location of the athlete for an in-person interview.

5. Any athlete who USADA seeks to interview is required to cooperate and be truthful with USADA. (Code Art. 21.1.6; ISTI 12.2.4)

6. An athlete’s failure to cooperate or participate in a requested interview may result in disciplinary action under the rules of an International Federation, Major Event Organization, or other Anti-Doping Organization. A failure to be truthful may result in a tampering or attempted tampering anti-doping rule violation. (Code Arts. 2.5 and 21.1.6; ISTI 12.2.4).

7. Failure to cooperate in a USADA investigation or failure to appear if requested to give hearing testimony may be used against an athlete in an anti-doping rule violation hearing. (Code Art. 3.2.5)

8. Where an athlete has committed an anti-doping rule violation, the period of ineligibility otherwise applicable for that violation may be reduced if the athlete: comes forward and admits the violation to USADA before receiving notice of a Sample collection which could establish an anti-doping rule violation or other notice (Code Art. 10.7.2), promptly admits the violation after being notified of the violation by USADA (Code Arts. 10.8.1 and 10.8.2), or provides substantial assistance to USADA as recognized in Code Art. 10.7.1.
USADA RESOURCES

Need help? Contact Athlete Express:
• (719) 785-2000 or toll-free (866) 601-2632
• athleteexpress@USADA.org

Don’t forget to check the status of your medications:
• GlobalDRO.com
• Call the Drug Reference line at (719) 785-2000, option 2

NOTE: USADA’s Drug Reference resources do not provide medical advice. They do provide the status of medications under antidoping rules in the sport.

Recognize, Realize, and Reduce your risk from dietary supplements:
• Supplement411.org

Help keep your sport clean:
• (877) 752-9253
• playclean@USADA.org
• USADA.org/playclean

If you need to file Whereabouts:
• Visit the Whereabouts section of the USADA website to log in to your Whereabouts account: USADA.org/whereabouts

Want to know if you need a TUE?
• Online: USADA.org/tue
• Email: tue@USADA.org

For more education:
• Request a group presentation, webinar, or e-learning materials from USADA: education@USADA.org

Publications and Policies:
• Visit USADA.org/publications-policies for:
  - General anti-doping information for athletes and coaches
  - Testing and results management processes and procedures
  - Prohibited substance and TUE information

WHAT IS TRUESPORT?
The TrueSport mission is simple and bold: to change the culture of youth sports by providing powerful education tools to equip young athletes with the resources to build life skills and core values for success on and off the field. TrueSport inspires athletes, coaches, parents, and administrators to change the culture of youth sport through cornerstone lessons of Sportsmanship, Character Building & Life Skills, and Clean & Healthy Performance, by creating leaders across communities through sport.

Powered by USADA, TrueSport provides expert content and engaging programs, reflective of the Olympic spirit. TrueSport strives to provide tools to elevate the athlete voice and encourage athletes of all walks to share their stories.

• Teach what it means to be a true sport: TEACH.TrueSport.org
• Build your TrueSport toolkit: Store.TrueSport.org
• Activate TrueSport in your community: TrueSport.org/program
• Sign up to receive the TrueSport Newsletter: TrueSport.org/subscribe

TRUESPORT AMBASSADORS
The TrueSport Ambassador program is made of Olympians, Paralympians, National Team Members, and Youth Sport Influencers who believe in the ideals of TrueSport. Ambassadors serve as powerful role models who inspire and advocate for millions of young athletes, as well as parents, coaches, teachers, and others, to achieve excellence through sport participation. Contact TrueSport at TrueSport@TrueSport.org to learn more about the TrueSport Ambassador program, or to nominate an athlete you believe should be considered for ambassadorship.

TrueSport.org
www.USADA.org
(719) 785-2000 or
Toll-Free at (866) 601-2632
athleteexpress@USADA.org