This guide is designed to help recreational and 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.

Pictured: Amanda Elmore, Olympic Rower and Anti-Doping Education Athlete Presenter
### The Prohibited List

The World Anti-Doping Agency (WADA) is responsible for leading the collaborative worldwide effort for doping-free sport. Each year, WADA evaluates and updates the Prohibited List, which identifies substances and methods prohibited at all times (in and out of competition), prohibited competition only, or prohibited in particular sports.

#### Substances Prohibited in All Sports (In and Out of Competition)

- **Anabolic Agents:** such as testosterone, nandrolone, stanozolol, methandienone, turinabol, oxymetholone, methandrostenolone (Dianabol), or dehydroepiandrosterone (DHEA).
- **Peptide Hormones, Growth Factors, Related Substances and Mimetics:** such as erythropoietin (EPO), human growth hormone (hGH), and human chorionic gonadotropin (hCG).
- **Non-Approved Blood Doping Substances:** such as albumin, hexamethylene biurea, and synthetic blood.
- **Non-Approved Substances - Peptide Hormones, Growth Factors, Related Substances and Mimetics:** such as insulin, insulin-like growth factors, and insulin mimetics.
- **Drugs that have been discontinued or approved only for veterinary use:** such as hydrochlorothiazide, ephedrine, clomiphene, tamoxifen,
- **Diuretics and Related Substances:** such as furosemide, bumetanide, and spironolactone.
- **Insulin and Related Agents:** such as insulin and insulin analogs.
- **Beta-2 Agonists:** such as salbutamol (albuterol) and formoterol.
- **Stimulants:** such as amphetamines, methylenedioxymethamphetamine (MDMA), cocaine, and methylphenidate (Ritalin).
- **Narcotics:** such as morphine, heroin, and codeine.
- **Local Anesthetics:** such as lidocaine (Xylocaine) and bupivacaine.
- **Depressants:** such as alcohol and nicotine.
- **Psychotropic Agents:** such as lithium.
- **Antiepileptics:** such as carbamazepine.
- **Hormones:** such as testosterone and nandrolone.
- **Other Substances:** such as cannabinoids.

#### Substances Prohibited in Certain Sports

- **Anabolic Agents:** such as testosterone, nandrolone, stanozolol, oxandrolone, methandrostenolone (Dianabol), mesterolone (Proviron), and dehydroepiandrosterone (DHEA).
- **Peptide Hormones, Growth Factors, Related Substances and Mimetics:** such as erythropoietin (EPO), human growth hormone (hGH), and human chorionic gonadotropin (hCG).
- **Non-Approved Blood Doping Substances:** such as albumin, hexamethylene biurea, and synthetic blood.
- **Non-Approved Substances - Peptide Hormones, Growth Factors, Related Substances and Mimetics:** such as insulin, insulin-like growth factors, and insulin mimetics.
- **Drugs that have been discontinued or approved only for veterinary use:** such as hydrochlorothiazide, ephedrine, clomiphene, tamoxifen.
- **Diuretics and Related Substances:** such as furosemide, bumetanide, and spironolactone.
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- **Local Anesthetics:** such as lidocaine (Xylocaine) and bupivacaine.
- **Depressants:** such as alcohol and nicotine.
- **Psychotropic Agents:** such as lithium.
- **Antiepileptics:** such as carbamazepine.
- **Hormones:** such as testosterone and nandrolone.
- **Other Substances:** such as cannabinoids.

#### The WADA Prohibited List

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### The USADA TUE Policy

The following methods are prohibited at all times:

- **Genetic and Cell Doping:**
  - The following methods are prohibited at all times:
  - Genetically modified cells are prohibited at all times.
  - Gene therapy is prohibited at all times.
  - Genetic manipulation of stem cells is prohibited at all times.
  - Artificially enhancing the uptake, transport, or delivery of oxygen. This includes any process that artificially increases the oxygen carrying capacity of the blood.

- **Chemical and Physical Manipulation:**
  - Any form of intravascular manipulation of the blood or blood components by physical or chemical means.
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- **Substances Prohibited At All Times (In and Out-of-Competition):**

#### Substances Prohibited At All Times (In and Out-of-Competition):

- **Stimulants:** such as anabolic steroids, synthetic etiocholanolone.
- **Hormones:** such as anti-androgens, chorionic gonadotropin, human chorionic gonadotropin, hydrocortisone, methadone, tamoxifen, methyldopa, testosterone, and synthetic hormones.
- **Non-Approved Substances:** such as EE, gestrinone, or melatonin.
- **Prohibited Methods:**
  - Physical or chemical means.
  - Gene and Cell Doping.
  - Artificially enhancing the uptake, transport, or delivery of oxygen.
  - Any form of intravascular manipulation of the blood or blood components by physical or chemical means.

#### Substances Prohibited In-Competition Only:

- **Stimulants:** such as amphetamines, methylenedioxymethamphetamine (MDMA), cocaine, and methylphenidate (Ritalin).
- **Narcotics:** such as morphine, heroin, and codeine.
- **Local Anesthetics:** such as lidocaine (Xylocaine) and bupivacaine.
- **Depressants:** such as alcohol and nicotine.
- **Psychotropic Agents:** such as lithium.
- **Antiepileptics:** such as carbamazepine.
- **Hormones:** such as testosterone and nandrolone.
- **Other Substances:** such as cannabinoids.

#### Substances Prohibited In-Particular Sports:

- **Anabolic Agents:** such as testosterone, nandrolone, stanozolol, oxandrolone, methandrostenolone (Dianabol), mesterolone (Proviron), and dehydroepiandrosterone (DHEA).
- **Peptide Hormones, Growth Factors, Related Substances and Mimetics:** such as erythropoietin (EPO), human growth hormone (hGH), and human chorionic gonadotropin (hCG).
- **Non-Approved Blood Doping Substances:** such as albumin, hexamethylene biurea, and synthetic blood.
- **Non-Approved Substances - Peptide Hormones, Growth Factors, Related Substances and Mimetics:** such as insulin, insulin-like growth factors, and insulin mimetics.
- **Drugs that have been discontinued or approved only for veterinary use:** such as hydrochlorothiazide, ephedrine, clomiphene, tamoxifen.
- **Diuretics and Related Substances:** such as furosemide, bumetanide, and spironolactone.
- **Insulin and Related Agents:** such as insulin and insulin analogs.
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- **Stimulants:** such as amphetamines, methylenedioxymethamphetamine (MDMA), cocaine, and methylphenidate (Ritalin).
- **Narcotics:** such as morphine, heroin, and codeine.
- **Local Anesthetics:** such as lidocaine (Xylocaine) and bupivacaine.
- **Depressants:** such as alcohol and nicotine.
- **Psychotropic Agents:** such as lithium.
- **Antiepileptics:** such as carbamazepine.
- **Hormones:** such as testosterone and nandrolone.
- **Other Substances:** such as cannabinoids.

#### Therapeutic Use Exemptions (TUEs)

The following methods are prohibited at all times:

- **Gene and Cell Doping:**
  - Gene and Cell Doping.
  - Artificially enhancing the uptake, transport, or delivery of oxygen.
  - Any form of intravascular manipulation of the blood or blood components by physical or chemical means.

#### Drug Reference Resources

- **Global Drug Reference Online (Global DRO)**
- **Athletes’ Rights and Responsibilities Program**
- **Questions?**
- **How to Apply for a TUE**
- **Therapeutic Use Exemptions (TUEs)**
- **Drug Reference**
- **Global DRO**: www.globaldro.com
- **USADA**: www.usada.org/tue
- **TUE**: Therapeutic Use Exemption
- **Global Drug Reference Online (Global DRO)**
- **Questions?**
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- **Therapeutic Use Exemptions (TUEs)**
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- **USADA**: www.usada.org/tue
- **TUE**: Therapeutic Use Exemption

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**How to Apply for a TUE**

1. If you are a medical professional referring to the WADA Prohibited List, you must submit your application to WADA at ProhibitedList@WADA-Int.org or by fax at 714-657-9264.
2. If you are an athlete or coach, you should apply to the drug reference database at GlobalDRO.com.
3. You can also email tue@USADA.org or call 1-800-772-9090 (8am-8pm ET, Monday through Friday)
4. If you need assistance, you can call the Global DRO helpline at 719-785-2000, option 2, to ask about the medication.
5. For information on the WADA TUE Policy as it applies to recreational and national level athletes, you can find information on USADA.org/tue.
The Prohibited List.

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Effective January 1- December 31, 2021

GUIDE

Olympic Rower and Athlete Presenter

Anti-Doping

• examples of prohibited beta-2 agonists to further clarify that these substances are—

Inhaled albuterol (also called salbutamol): maximum 1,600 micrograms over—

spironolactone, furosemide, and plasma expanders such as hydrochlorothiazide,

insulin, and aromatase inhibitors such as clomiphene, tamoxifen, Hormone and Metabolic Modulators —

Anabolic Agents —

corticosteroids, and anti-inflammatory drugs such as ibuprofen, naproxen, and ketoprofen

Beta-2 Agonists — by all routes of administration, including but not limited to,

inhaled albuterol (also called salbutamol) maximum 500 micrograms per

Inhaled vilanterol: maximum 25 micrograms over 24 hours

The following methods are prohibited at all times:

• The use of normal or genetically modified cells, and targeted genome editing

• The transfer of polymers of nucleic acids or nucleic acid analogues

• Intravenous infusions and/or injections of more than 100 mL per 12-hour period

• Tampering, or attempting to tamper, in order to alter the integrity and validity of

samples collected during doping control. This includes but is not limited to: urine

• The following examples of methods are prohibited at all times:

— If the status says, “Prohibited,” then please read the section on

— If the status says, “Not Prohibited,” then you can use your medication as

The following examples of prohibited at all times:

• Steroids — such as anabolic steroids, cyclic amphethamines, anabolic-androgenic steroids

• Narcotics — such as morphine, heroin, or any other narcotic

• Stimulants — such as amphetamine, cocaine, or any other stimulant

• Beta-2 Agonists — such as beta-adrenergic agonists, bronchodilators and/or sympathomimetic amines like epinephrine (adrenalin), isoproterenol, terbutaline, metaproterenol, or fenoterol

• Hormone and Metabolic Modulators — such as insulin, tissue plasminogen activator, orrogesterones, melatonin, tamoxifen, clomiphene, or any other substance that alters the endocrine system

• Artificially enhancing the uptake, transport, or delivery of oxygen. This includes

• Cannabidiol (CBD) is not prohibited, but athletes should visit USADA.org to learn about the risks

• Intravenous infusions and/or injections of more than 100 mL per 12-hour period

• The use of normal or genetically modified cells, and targeted genome editing

• The transfer of polymers of nucleic acids or nucleic acid analogues

Inhaled tropiderm: maximum 25 micrograms over 24 hours

The following examples of prohibited at all times:

• Non-Approved Substances — includes any substances that have no current

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• Drug Reference Resources

Global Drug Reference Online (GORD)

To learn more about the Prohibited List, visit

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• Beta-2 Agonists — such as beta-adrenergic agonists, bronchodilators and/or sympathomimetic amines like epinephrine (adrenalin), isoproterenol, terbutaline, metaproterenol, or fenoterol

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• Drug Reference Resources

Global Drug Reference Online (GORD)
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
- 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](https://USADA.org) or call us at (719) 785-2000.
Athletes are responsible for:

- providing a cool down or competing in further events
- receiving a copy of the Doping Control Official Record (DCOR)
- choosing a collection vessel and sample collection kit
- having a representative present, and if available, an interpreter
- providing feedback
- reporting immediately to the doping control station during in-competition testing, the athlete should report to the doping control station immediately, unless a valid reason‡ may apply.‡ Valid reasons for delay may include receiving medical attention, media commitments, or attending a medal ceremony.
- following notification, the athlete must stay within the required range.
- following notification, the athlete must stay within the required range.
- the athlete will be offered a choice of sealed sample collection equipment (which includes A sample and B sample bottles in transport bags and back into the original box for secure transport to the laboratory.*
- the athlete will be asked to select a sealed sample.
- if the volume is less than two tablespoons, is highly unlikely to affect performance.
- the amount of blood drawn, which is less than two tablespoons, is highly unlikely to affect performance.
- To control for blood plasma volume changes, the athlete will be asked to rest and eat for at least one hour before providing a blood sample. Otherwise, athletes are to maintain direct observation of the equipment throughout the sample collection.
- the athlete will be emailed copies of their DCOR, along with a link to an Athlete Evaluation Form, where they can provide feedback about their testing session.
- the B sample will not be analyzed until the athlete has reviewed the form called the Doping Control Official Record (DCOR) to make sure all the provided information is accurate. USADA DCOs will be qualified phlebotomists, but if they are not, a non-prescription medications, injections, and/or dietary supplements with illegal or dangerous ingredients they may omit prohibited substances from labels altogether. Unlike pharmaceuticals, the FDA does not analyze the safety, efficacy, or label accuracy of supplements before they are sold to consumers. Given the limited regulation of the dietary supplement industry, athletes are responsible for any prohibited substance found in their system, regardless of risk. Do You Know? While drug testing may not always be convenient, it is critical to upholding clean sport and a level playing field.
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 (e.g., 20 minutes) prior to providing a blood sample.

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

**Testing Questions?** Athlete Express is available to athletes, coaches, parents, and NGB staff from 8 a.m. to 4 p.m. Mountain Time, Monday-Friday.
- Call Athlete Express® at (719) 785-2000 or Toll Free at (866) 601-2632
- Email Athlete Express® at athleteexpress@USADA.org
Given the limited regulation of the dietary supplement industry, athletes assume the risk of testing positive and experiencing adverse health consequences if they choose to use supplements. **The use of supplements is at an athlete’s own risk.**

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

**Did You Know?**

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

**Get Informed:**

- 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** 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.
NEED HELP?

- 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

STAY INFORMED

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

@usantidoping

TRUESPORT

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:

TrueSport.org  @TrueSportUSA  @TrueSport  @truesportusa

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