This guide is designed to help 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.
The World Anti-Doping Agency (WADA) is responsible for maintaining the worldwide anti-doping program to ensure fair competition. Each year, WADA evaluates and publishes the Prohibited List, which includes substances and methods prohibited for use in sport. This edition of the Pocket Guide is valid from January 1, 2023, to December 31, 2023.

**Prohibited List at All Times and In-Competition**

- **Beta-2 Agonists** - such as formoterol and salbutamol (albuterol), which are used to treat asthma and chronic obstructive pulmonary disease (COPD).
- **Beta-Blockers** - these are used to treat high blood pressure, angina, and arrhythmias.
- **Estrogen and Progestin Analogs** - such as nandrolone and testosterone, which are used to treat low testosterone levels.
- **Peptide Hormones, Growth Factors, Related Substances and Mimetics** - such as human growth hormone (HGH) and erythropoietin (EPO), which are used to increase muscle mass and red blood cell production, respectively.

**Prohibited List in-Competition Only**

- **Anabolic Steroids** - such as testosterone and its derivatives, which are used to increase muscle mass and strength.
- **Cannabinoids** - such as tetrahydrocannabinols (THCs), as well as Spice/K2 and cannabinoids marketed as herbs or incense.
- **Cocaine**
- **Fentanyl**
- **Heroin (Diamorphine)**
- **Laudanum**
- **Methadone**
- **Morphine**
- **Opioids**
- **Tramadol**
- **Amphetamines**
- **Caffeine**
- **Modafinil**
- **Pseudoephedrine**
- **Ephedrine**
- **Other Stimulants**

**WADA’s Prohibited List**

- **Inhaler formoterol**: maximum delivered dose of 54 micrograms over 24 hours in divided doses, not to exceed 600 micrograms over 8 hours without consulting a physician and a full understanding of the risks involved. An athlete must also ensure that such treatment will be cleared with the athlete’s responsible anti-doping organization. To find out if your medications are prohibited, visit GlobalDRO.com or go to USADA.org/tue-pre-check-form.

**Substances Prohibited Before a Test**

- **Intravenous infusions and/or injections of more than 100 mL per 12-hour period**
- **The transfer of polymers of nucleic acids or nucleic acid analogues**
- **Comprehensive medical history of your diagnosis, symptoms, management**
- **Presence of exogenous substances in the sample**
- **Conversion of non-compliance samples to positive samples**
- **Tissue banking:**

**Substances Prohibited After a Test**

- **The use of normal or genetically modified cells, and targeted genome editing**
- **The transfer of polymers of nucleic acids or nucleic acid analogues**
- **Transport of all substances**
- **Heroin (Diamorphine)**
- **Cocaine**
- **THC (Tetrahydrocannabinol)**

**TUE (Treatments Under Exemption)**

- **BEFORE YOU APPLY FOR A TUE**

**Drug Reference List**

- **Hormones**
- **Anabolic Steroids**
- **Beta-Blockers**
- **Beta-2 Agonists**
- **Peptide Hormones, Growth Factors, Related Substances and Mimetics**
- **Stimulants**
- **Cannabinoids**
- **Cocaine**
- **Narcotics**

**How to Apply for a TUE**

1. **Download and complete a TUE application form with your treating physician.**
2. **Submit the completed TUE application and medical documentation to USADA.**
3. **All TUE applications are reviewed in accordance with the WADA code.**

**TUE Validity**

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

** Athlete Rights and Responsibilities**

- **Carefully reviewing all sample collection documentation for abuse.**
- **Keeping the sample in their possession and in view of the DCO for a minimum of 8 hours.**
- **Notifying the DCO of any medical condition that may affect the sample collection process.**

**Athletes are responsible for complying with the current rules in place.**

If you have questions or need assistance, visit GlobalDRO.com or contact USADA.org/tue-pre-check-form.
Always check the status of your medications prior to use. To find out if your medication is permitted in sport, search for the brand or product name, or individual ingredients on GlobalDRO.com.

- If the status says, “Not Prohibited,” then you can use your medication as prescribed in the time period described (in and/or out-of-competition).
- If the status says, “Conditional,” it is essential to read the Conditions/Warnings to determine the anti-doping status in your case.
- If the status says, “Prohibited,” then please read the section on Therapeutic Use Exemptions.
- If you cannot find your medication on GlobalDRO.com, that does not mean it is permitted. Please contact drugreference@USADA.org or call (719) 785-2000, option 2, to ask about the medication.

**THERAPEUTIC USE EXEMPTIONS (TUES)**

If you are an athlete who needs to take a prohibited substance and/or method and you have not been notified that you are in a testing pool, or USADA has not advised you that you are required to file Whereabouts and undergo mandatory education, you should fill out the TUE Pre-Check Form on USADA.org/tue.

Testing pool athletes (both international and national level) should apply for a TUE from USADA prior to using any prohibited medications.

**BEFORE YOU APPLY FOR A TUE**

- Advise your treating physician that you are an athlete and some medications and other treatment methods (e.g., intravenous infusions/injections) may be prohibited for use in sport.
- Search GlobalDRO.com to determine the status of the medication your physician intends to prescribe and if it is prohibited, ask the physician if there are any alternative medications available that don’t contain a prohibited substance.
- If a prohibited medication is recommended, testing pool athletes should immediately apply for a TUE, while all other athletes should submit a TUE Pre-Check Form (USADA.org/tue-pre-check-form) to USADA to determine if a TUE is required. If you become a testing pool athlete, any previous TUE Pre-Check Form results no longer apply and you should apply for a TUE.
1) Download and complete a TUE application form with your treating physician. There is a specific section of the TUE application that the primary care provider must complete and sign. Provide medical documentation to support the use of the prohibited substance or method (e.g., a complete comprehensive medical history of your diagnosis, symptoms, management strategies, lab results, and a clear statement from your physician indicating why the use of permitted alternatives is not effective or suitable in treating or managing the medical condition).

2) Submit the completed TUE application and medical documentation to USADA by email at tue@USADA.org or by fax at 719-785-2029. Please note, all documents must be legible and photographs or videos of documentation will NOT be accepted.

3) After you submit a complete TUE application, USADA will formally notify you via email of the status. **Keep in mind that it can take up to 21 days to issue a decision,** so USADA recommends you submit a TUE at least 30 days in advance. All TUE applications are reviewed in accordance with the WADA International Standard for Therapeutic Use Exemptions (ISTUE).

4) If a TUE is approved for a prohibited substance and/or method, you will receive an approval certificate that is valid for a specific length of time, along with a letter outlining any steps to follow to keep your TUE valid. When a TUE expires, an athlete will need to complete and submit a new TUE application. Similarly, if there has been a change in the dose and/or frequency of the medication or treatment, athletes must reapply for a TUE.

* All athletes must meet the WADA ISTUE criteria in order to be granted a TUE for a prohibited substance and/or method. All USADA TUE applications are reviewed anonymously by an independent TUE Committee of board-certified physicians.

More information on the USADA TUE Policy as it applies to athletes can be found at USADA.org/tue. You can also email tue@USADA.org for assistance.
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 or injury
- 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](http://USADA.org) or call us at (719) 785-2000.

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

With drug testing, an athlete will be notified in writing (in most cases, a document called the Doping Control Officer, or DCOR, is provided) to report for a testing session. Testing sites include a Doping Control Station (DCS), an athletes’ residence, or an athlete’s events. The athlete is provided a copy of their DCOR, along with a copy of their Athlete Biological Passport (ABP), and any TUEs that the athlete has received.

An athlete will have their complete urine sample collected by a DCO, unless the athlete provides another urine sample method or in the case of a TUE. The athlete will have their urine sample tested for banned substances and prohibited methods, as well as analyze for banned substances and prohibited methods, as well as authorized substances that may have a prohibited status.

**BLOOD COLLECTION PROCESS**

A Blood Sample can be collected in an athlete's residence or at an athlete's event. The Blood Sample will be collected by a Blood Collection Officer (BCO), which includes certified and/or licensed phlebotomists. If they are not, a BCO who is not certified and/or licensed may be used.

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

**DID YOU KNOW?**

- While sample collection equipment may look slightly different depending on where the test is taking place, the integrity of the sample will always be maintained.
- Testing and Results Questions

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<th>Question</th>
<th>Answer</th>
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<tr>
<td>Testing Questions?</td>
<td>Visit: USADA.org/playclean</td>
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Given the limited regulation of the dietary supplement industry, athletes assume the risk of testing positive and experiencing adverse health consequences if they choose to use supplements. The use of supplements is at an athlete’s own risk.

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

**Did You Know?**

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

**Get Informed:**

- Visit Supplement Connect at [USADA.org/supplement-connect](http://USADA.org/supplement-connect) for more information on supplement risks and the use of third-party testing agencies.
- Review USADA’s [High Risk List](http://USADA.org/high-risk-list) to evaluate the risk of certain dietary 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.
TrueSport® is a community-based movement powered by the U.S. Anti-Doping Agency that champions the positive values and life lessons learned through sport.

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NEED HELP?

- **Substances/Methods Questions**
  - Visit: GlobalDRO.com
  - 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 **confidentially** report the abuse of performance-enhancing drugs in sport:
    - Call: 1-877-752-9253
    - Text: 87232 (“USADA”)
    - Email: playclean@USADA.org

STAY INFORMED

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

@usantidoping