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

Effective Jan. 1, 2018 - Dec. 31, 2018
BEFORE YOU APPLY FOR A TUE

exemptions (TUEs), and the Prohibited List. Effective Jan. 1, 2018 - Dec. 31, 2018

following three criteria:

1. A substance or method is put on the WADA Prohibited List if it meets any two of the
   following:
   a. The experimental use of a medication can also have serious health consequences, and should never
   be undertaken without the direction of a licensed medical practitioner. If uncertain whether medications
   are prohibited in-competition only will be cleared from the body by the in-competition period, for clearance
   from the body before competition. If uncertain whether medications are prohibited, it can take several
   months to years for such prohibited substances or methods to be cleared from the body.

2. Mathematical calculations - such as determinations, predictions, predictions, and
   contains a powder, or contains a liquid with a high proportion of water.

3. Inhibition of the synthesis of red blood cells of any origin, including iron deficiency anemia,
   artificial enhancers of the oxygen-carrying capacity of the blood.
Global Drug Reference Online (Global DRO™)
Remember to always check the status of medications prior to use. GlobalDRO.com provides information about the status (prohibited or permitted) of substances and methods on the WADA Prohibited List. Visitors can search for specific information about medications sold in the United States, as well as in Australia, Canada, Japan, Switzerland, and the United Kingdom. Global DRO is optimized for use on any device. Go to GlobalDRO.com from your mobile or desktop device and add it to your homepage for quick reference. You can also email drugreference@usada.org for assistance.

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

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

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

- You have never been in a Registered Testing Pool for USADA or any International Federation (IF).
- You have never and don’t plan to compete in any event sanctioned by an IF, the International Olympic Committee, the International Paralympic Committee, or the U.S. Olympic Committee.
- You have never and don’t plan to compete in, or qualify for, any open-elite or professional level National Championships (not including youth, juniors, masters, or age-groupers).
- You have never and don’t plan to compete in a competition that immediately results in National Team selection for an Olympic, Paralympic, Pan or Para-Pan American Games.
- You have never received funding from the U.S. Olympic Committee.
- You have never tested positive for any substance for which you did not have a valid TUE.
1) If the substance or method is prohibited at all times (both in-competition and out-of-competition), then a TUE is needed before using the substance or method, except as described below.

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

3) The FIRST time a non-national level athlete tests positive for one of the following substances, or uses an IV in violation of the rules, he or she will have an opportunity to submit medical documentation to USADA to demonstrate the medical need for such prohibited substances or methods in accordance with Section 5.b.2 of the USADA TUE Policy.
   - Diuretics or other masking agents
   - Inhaled beta-2 agonists
   - Insulin (if diagnosed with insulin-dependent diabetes)
   - Tamoxifen where the female athlete can demonstrate use due to a diagnosis and treatment of breast or other cancers
   - An IV or injection of a non-prohibited substance greater than 100mL per 12 hours for rehydration

TUE Questions? More information on the USADA TUE Policy as it applies to non-national level athletes can be found at USADA.org/substances/tue/policy/.

You can also email tue@USADA.org for assistance.

Note: If you are national or international level athlete, a TUE is required prior to using any prohibited substance or method. This applies to any prohibited substance, regardless of whether the substance is prohibited in-competition only, or at all times.
USADA recommends that athletes submit the application form along with medical documentation at least 30 days before taking the medication.

A prescription from a physician is not sufficient grounds in itself to obtain a TUE.

Some substances have to exceed a certain threshold in the athlete’s urine or blood to be determined a positive test result. These threshold substances, such as ephedrine, require a TUE when they are used at the same time as a diuretic, even if an athlete has a TUE for the diuretic.

After determining that a substance or method is prohibited, an athlete should determine their competition level, as this further affects whether or not a TUE is required. (See step 2: USADA.org/tue/determine).

**HOW TO APPLY FOR A TUE**

1) Print and complete the TUE application form with your treating physician (form can be found at USADA.org/tue).

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

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

4) USADA will contact you upon receipt of the complete TUE application, and it can take up to 21 days for a decision* to be made. All TUE applications are reviewed in accordance with the WADA International Standard for Therapeutic Use Exemptions (ISTUE).

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

* 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 medical professionals.
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
  - attending a medal ceremony
- Request a modification to the testing process if the athlete has a disability
- View the Doping Control Officer’s (DCO’s) credentials
- Choose a collection vessel and sample collection kit
- Receive a copy of the Doping Control Official Record (DCOR)
- Provide feedback

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

Athletes are responsible for complying with the current rules in place. While the information in this Pocket Guide is accurate at the time of publication, for the most up-to-date information, please visit USADA.org or call us at (719) 785-2000.
While drug testing may not always be convenient, it is crucial in upholding clean sport and ensuring a level playing field. By participating in drug testing, athletes are helping to protect the integrity of competition.

The following information provides an overview of the sample collection process.

**DRUG TESTING 101**

The blood collection process is usually the same for urine or blood collection. Visit Athlete Express® at (719) 785-2000 or Toll Free at 1-855-772-6233.

- **Substance/Method Questions:** Visit Athlete Express® at (719) 785-2000 or Toll Free at 1-855-772-6233.
- **Testing and Results Questions:** Contact USA Doping Control at (719) 785-2000 or Toll Free at 1-855-772-6233.

**BLOOD COLLECTION PROCESS**

The DCO will perform a specfic physical exam and collect the athlete’s medical information.

- **Substance/Method Questions:** Visit Athlete Express® at (719) 785-2000 or Toll Free at 1-855-772-6233.
- **Testing and Results Questions:** Contact USA Doping Control at (719) 785-2000 or Toll Free at 1-855-772-6233.

**DIETARY SUPPLEMENTS**

Given the limited regulation of the dietary supplement industry, athletes risks of testing positive and adverse health consequences if they choose to use supplements. The use of supplements is at an athlete’s own risk.

- **Substance/Method Questions:** Visit Athlete Express® at (719) 785-2000 or Toll Free at 1-855-772-6233.
- **Testing and Results Questions:** Contact USA Doping Control at (719) 785-2000 or Toll Free at 1-855-772-6233.

**Staying in the Know**

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

- Visit USADA on Facebook
- Follow USADA on Twitter
- Follow USADA on Instagram
- Follow USADA on Tumblr

**TRUE SPORT**

TRUE Sport is our community-based movement powered by the U.S. Anti-Doping Agency (USADA). TrueSport connects athletes and sports programs to learn more about drug and doping, and to support clean sport.

- Visit the Movement
- Like us on Facebook
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- Join the Movement!

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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 (usually about 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?**

- 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.

**Get Informed:**

- Visit [Supplement411.org](https://www.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.
- Consult the TrueSport Nutrition Guide at [USADA.org/nutrition](https://www.usada.org/nutrition) for information on how to fuel an athlete’s body properly without the use of supplements.
Substances/Methods Questions:
   - Email: drugreference@usada.org

TUE Questions:
   - Email: tue@USADA.org

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

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

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

Join the Movement:
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