



TUE procedure and examples when TUE is needed”

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WADA PROHIBITED LIST



<https://www.fai.org/anti-doping-rules-procedures>



Key Notes to the WADA Prohibited List

The List of Prohibited Substances and Methods (the List) is the International Standard that defines which substances and methods are banned in sport.

- Comes into effect on 1 January but exceptionally, substances may be added at any time
- Living document it means may change based on the latest scientific evidence and other relevant information.

For a substance or a method to be considered for inclusion in the List, it must meet two of the three criteria:

- The use of the Substance or method has the potential to enhance or enhances sport performance.
 - The use of the substance or method represents an actual or potential health risk to the athlete
 - The use of the substance or method violates the spirit of sport.
-
- **WADA publishes by 1 October and updated annually**

WADA's "surprise" in 2016

- "Maria Sharapova Case"
- Mildronate (containing meldonium) used for faster recovery in Eastern Europe
- Many coaches recommended to the athletes
- Lack of knowledge
- Long wash out period

Wash out period for meldonium in single use?

Poll:

- Between 2 - 4 hours
- **Between 5 - 96 hours**
- Between 96 - 240 hours



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MELDONIUM





Important to know!

1. Many common medications are on the List:

- Asthma
- Insulin
- Glucocorticoids
- ADHD medication
- Diuretics & blood pressure

2. Remind your doctor that you are subject to Anti-Doping rules and may need a TUE.

3. The athlete is responsible for any prohibited substance they take, attempt to take, or is found in their system



Examples of Products containing prohibited substance





S1. Anabolic Agents

Ractopamine

- Used to increase meat production.
- May have anabolic properties in humans.
- Health risks include cardiovascular - high blood pressure.
- Banned around 160 countries, but still used in others.
- Very unlikely that an athlete would test positive after eating meat!
- WADA publishes guidelines for ADOS on how to manage potential positive tests due to meat contamination.





S1. Anabolic Agents

Adrenosterone

- Steroid hormone
- If taken in high amounts it may promote muscle growth
- Sold as a dietary supplement





S1. Anabolic Agents

Epistane

- Sometimes promoted for weight loss, lean muscle
- Has been found in dietary supplements





S1. Anabolic Agents

S-23 and YK-11

- Additional examples of SARMs (selective androgen receptor modulator).
- Similar action to anabolic steroids.
- Sold online and promoted for bodybuilding.





S4. Hormone and Metabolic Modulators

Apitegromab

- Added as an example of a myostatin precursor
- Presently under clinical development in trials for spinal muscular atrophy (condition that makes muscles weaker and causes movement problems)
- Not available as a medicine right now, but may be in the future





S5. Diuretics and Masking Agents

Torsemide

- New example of a diuretic.
- Prescription medicine.
- But prohibited for some time anyway

Diuretics can be used for some medical conditions such as heart failure or kidney disease.

Abused by athletes to reduce weight, or to mask detection of other substances.





M1.
Manipulation
of Blood and
blood
components

Voxelotor

(Brand name: Oxbryta)

- Prescription medicine used for sickle cell disease
- Reduces the breakdown of red blood cells
- Results in more red blood cells to carry oxygen throughout the body
- More oxygen can result in improved performance





Poll: Is this a prohibited method in training?

- YES
- NO



Solriamfetol (Brand name: Sunosi)

- Prescription medicine
- Use to promote wakefulness
- Used for patients with excessive sleepiness(narcolepsy)
- Keeps people awake for at least 9 hours.



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S6. STIMULANTS

1,3-dimethylamylamine

1,3 DMAA

1,4-dimethylamylamine

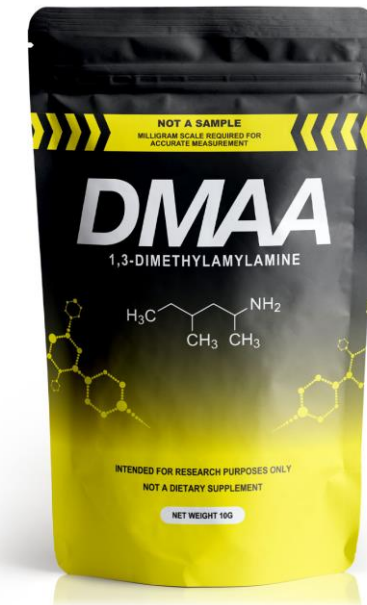
1,4-DMAA

(other names for methylhexanamine related substances)

Sold as energy-boosting supplements

Sold as weight-loss supplements

Sometimes claimed that is an ingredient of geranium plants





WHERE TO CHECK IF A MEDICATION IS PROHIBITED?

- Global DRO www.globaldro.com or other national anti-doping databases
- Pharmacist or Doctor
- NADOs

global DRO Athletes, check your medications!

HOME SEARCH


Amphetamine

Other Names
Amphetamine sulfate; Amphetamine; Amphetamine aspartate; Amphetamine sulfate; Betahydroxyamphetamine; Bromomethoxyphenylethylamine

Status According to the WADA Prohibited List

In Competition Prohibited **Out of Competition Not Prohibited**

Conditions / Warnings

 The intravenous (IV) infusion and/or injection of more than 100mL per 12 hour period of any substance is a prohibited method, even if the substance itself is not prohibited, unless it is received while being treated at the hospital, during surgery, or during clinical diagnostic investigations. [Read More.](#)

WADA Classification(s)

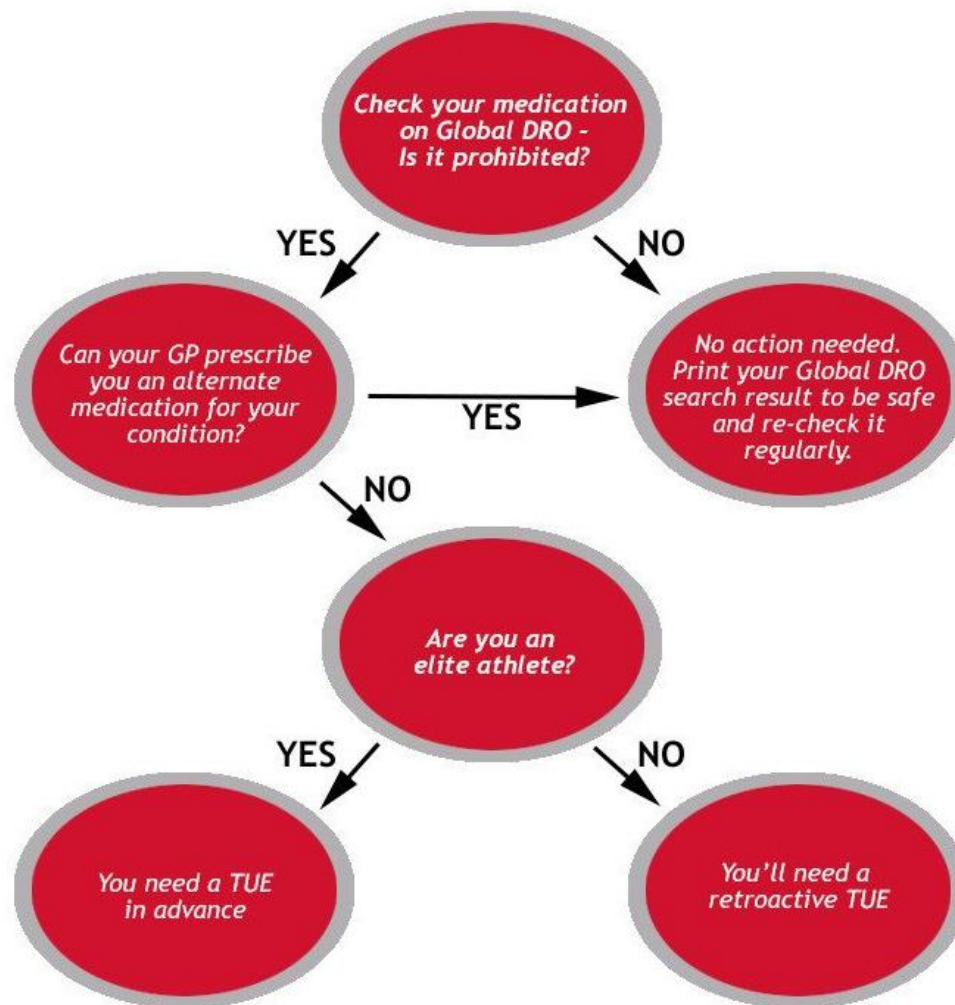
Stimulants (S6)

Search Details

| Reference # | Nation of Purchase | Sport | Search Date |
|--------------|--------------------|------------------|--------------------------|
| 062253856091 | Switzerland | All other sports | 02/12/2022 16:30:40(UTC) |



Athletes may have an illness or medical condition that requires a particular medication. If this medication contains a banned substance (one that appears on the Prohibited List), they may need to apply for a Therapeutic Use Exemption (TUE). This gives the athlete an exemption to take the medication, while competing in sport.



When?

A TUE application should be submitted as soon as possible. For substances banned in-competition only, athletes should apply for a TUE at least 30 days before their next competition, unless it is an emergency or exceptional situation. In such cases, a TUE may be applied for retroactively.

Why?

TUEs ensure that athletes can obtain treatment for a legitimate medical condition - even if that treatment includes a prohibited substance or method. While protecting clean athletes an enabling competition on a level playing field, the TUE process avoids the risk or sanctions.



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TUE

Who?

Any athlete who may be subject to testing (doping control) must obtain a TUE if they are taking a prohibited substance or using a prohibited method. All information shared in a TUE application remains strictly confidential.



TUE Application Process

Step 1

Download the TUE Application from FAI website:

<https://www.fai.org/page/anti-doping-therapeutic-exemptions>

OUR TIP: Read carefully TUE Requirements

Step 2

The athlete's physician fills out the TUE application form. Then the athlete sends it to FAI.

OUR TIP: Provide medical examination as attachment to TUE application

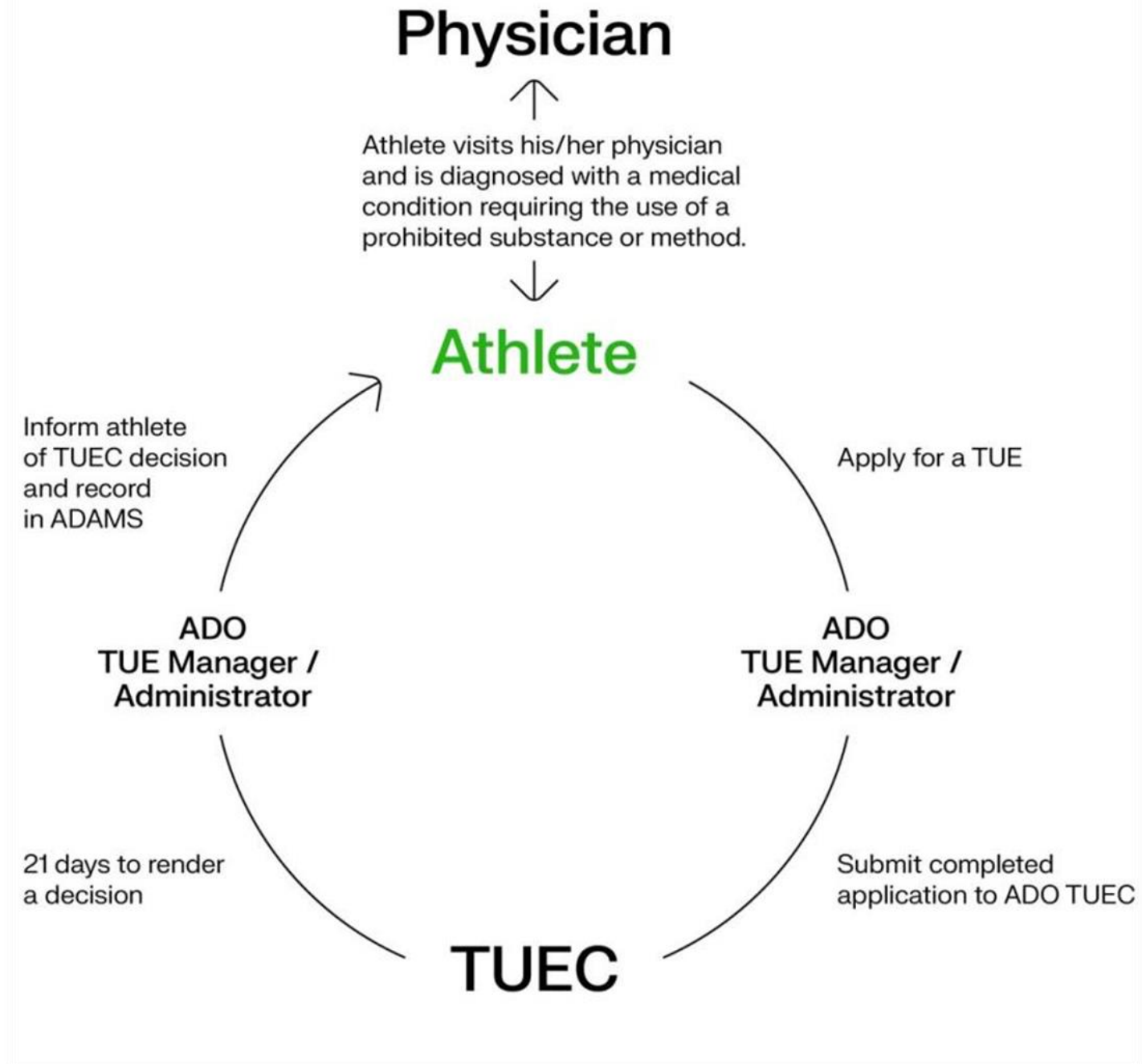
Step 3

FAI TUE Panel reviews the TUE application and will grant a TUE if it meets the Requested criteria

OUR TIP: Wait until TUE is granted, do not use the prohibited substance before!



TUE Process



TUE IS GRANTED

The athlete has an exemption to use the requested medication, while continuing to participate in sport

***OUR TIP:** Declare the medication on your Doping Control Form. Specify that a TUE has been granted. Keep a copy of your TUE*

TUE IS DENIED

The athlete will be informed of the reasons and will violate the anti-doping rules if he or she uses the prohibited substance without approved TUE.

Athletes have the right to appeal the decision.



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FAI TUE PANEL DECISION

Poll:

Number of TUE received by FAI during 2022?

- 0
- 6
- **12**

How many of above were granted by FAI TUE Panel?

- 50%
- 67%
- **83%**



Practical Examples





CASE Study 1 – ADHD (Stimulants)

- The athlete is a football (soccer) player who has made the U17 national team.
- He has a history of inattentiveness in school and talking during class.
- A consultation with his family physician suggests he may have Attention Deficit Hyperactivity Disorder (ADHD).
- The physician prescribes Adderall (amphetamine/dextroamphetamine), a stimulant medication.
- The athlete's behaviour and academic performance significantly improve following initiation of treatment.
- **Now** selected for an U17 representative team, he undertakes on-line antidoping education, and realizes Adderall is on the List if taken in-competition.
- He applies for a TUE, with a letter from his physician reporting his history, and the effectiveness of the medication.



Is TUE needed?

- YES
- NO
- **Not enough information**



CASE 2 – Transgender (Masking Agent)

- 20 years old athlete
- Takes Spironolactone 150mg/d and estrogens
- TUE application duly submitted with full medical information
- Testosterone level 5-8nm/l for 6 months



Would you grant TUE to the athlete?

- YES
- NO

Can she compete as a woman?

- YES
- NO



CASE 3 – Glucocorticoids (S9)

- 35 years old athlete with acute arthritis
- Takes prednisone 10mg/d for duration of 5 days (orally)
- TUE application duly submitted with full medical information
- Has competition in 2 weeks



Is TUE needed?

- YES
- NO



| Route of administration | Glucocorticoid | Washout period * |
|---|--|------------------|
| Oral | Triamcinolone | 30 days |
| | Other glucocorticoids | 3 days |
| Intramuscular injection | Triamcinolone | 60 days |
| | Prednisolone; prednisone | 10 days |
| | Betamethasone; dexamethasone; methylprednisolone | 5 days |
| Local injection, e.g. around tendon, into joint cavity, intrabursal | Triamcinolone; prednisolone; prednisone | 10 days |
| | Other glucocorticoids | 3 days |

* Washout period refers to the time from the last administered dose of the medicine to the time of the start of the in-competition period (the in-competition period begins at 23:59 on the night before the competition, unless otherwise specified).



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We are looking forward to more webinars in 2023!

On behalf of FAI Secretariat we are wishing you HAPPY Holiday Season and all the best in New Year 2023!