



TrueSport®

2019

U.S. ANTI-DOPING AGENCY

POCKET GUIDE

*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, 2019 - Dec. 31, 2019

THE WADA 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 in-competition only, or prohibited in particular sports.

A substance or method is put on the WADA Prohibited List if it meets any two of the following three criteria:

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

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

- **Anabolic Agents** - such as testosterone, nandrolone, SARMs (selective androgen receptor modulators), and clenbuterol
- **Peptide Hormones, Growth Factors, Related Substances and Mimetics** - such as erythropoietin (EPO), human growth hormone (hGH), and GH-Releasing Peptides (GHRPs) and other peptide hormones and hormone modulators
- **Beta-2 Agonists** - by all routes of administration except certain inhaled substances*
- **Hormone and Metabolic Modulators** - such as clomiphene, tamoxifen, insulin, and aromatase inhibitors
- **Diuretics and Masking Agents** - such as hydrochlorothiazide, spironolactone, furosemide, and plasma expanders
- **Non-Approved Substances** - includes any substances that have no current approval status by any governmental regulatory health authority for human therapeutic use, such as drugs under pre-clinical or clinical development, or drugs that have been discontinued or approved only for veterinary use.

* All selective and non-selective beta-2 agonists, including all optical isomers where relevant, are prohibited, except inhaled salbutamol (albuterol): maximum 1600 micrograms over 24 hours, not to exceed 800 micrograms every 12 hours; inhaled formoterol: maximum delivered dose of 54 micrograms over 24 hours; inhaled salmeterol: maximum 200 micrograms over 24 hours. The presence in urine of salbutamol in excess of 1000 ng/mL or formoterol in excess of 40 ng/mL is presumed not to be an intended therapeutic use of the substance and will be considered as an Adverse Analytical Finding (AAF) unless the athlete proves, through a controlled pharmacokinetic study, that the abnormal result was the consequence of the use of the therapeutic dose (by inhalation) up to the maximum dose indicated above.

Substances Prohibited in Particular Sports:

- Beta-Blockers

Substances Prohibited In-Competition Only:

- **Stimulants** - such as amphetamines, cocaine, methylhexanamine, modafinil, pseudoephedrine, ephedrine, and most ADHD medications
- **Narcotics** - such as oxycodone, morphine, and other pain killers
- **Cannabinoids** - such as marijuana, THC, hashish, and synthetic products like Spice and K2

- **Glucocorticoids** - such as betamethasone, prednisone, prednisolone, and cortisone by oral, intravenous, intramuscular, or rectal routes of administration

For substances prohibited only in-competition, athletes must allow sufficient time for clearance from the body before competition. If uncertain whether medications prohibited in-competition only will be cleared from the body by the in-competition period, athletes are encouraged to apply for a TUE prior to competition. Discontinuing use of a medication can have serious health consequences, and should never be done without consulting a physician and a full understanding of the risks involved. An athlete needing to take a prohibited substance for medical purposes should consult the USADA Therapeutic Use Exemption (TUE) Policy (see reverse).

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

Manipulation of Blood and Blood Components:

The following methods are prohibited at all times:

- The administration or reintroduction of red blood cell products of any origin, including autologous, allogenic (homologous), or heterologous blood into the circulatory system.
- Artificially enhancing the uptake, transport, or delivery of oxygen. This includes but is not limited to: Perfluorochemicals, efaproxiral (RSR13), and modified hemoglobin products (e.g., hemoglobin-based blood substitutes and microencapsulated hemoglobin products, excluding supplemental oxygen by inhalation).
- Any form of intravascular manipulation of the blood or blood components by physical or chemical means.

Chemical And Physical Manipulation

The following methods are prohibited at all times:

- 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 substitution and/or adulteration (e.g., proteases).
- Intravenous infusions and/or injections of more than 100 mL per 12-hour period except for those legitimately received in the course of hospital treatment, surgical procedures, or clinical diagnostic investigations.

Gene and Cell Doping

The following examples of methods are prohibited at all times:

- The transfer of polymers of nucleic acids or nucleic acid analogues
- The use of normal or genetically modified cells, and targeted genome editing

To learn more about the Prohibited List, visit [USADA.org/prohibited-list](https://www.usada.org/prohibited-list) and [USADA.org/substances](https://www.usada.org/substances).

DRUG REFERENCE RESOURCES

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.

Be sure to save a record of your search, and 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 notified that you are in the Registered Testing Pool (RTP) or reduced Whereabouts 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. If you ever register for an international event, you are NOT a non-national level athlete for TUE purposes.
- ☐ You have never and don't plan to compete in, or qualify for, any open-elite or professional level National Championships or events sanctioned by the U.S. Olympic Committee. If you are competing at a national event as a masters or age-group athlete, you are still a non-national level athlete.
- ☐ 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.

TUE RULES: NON-NATIONAL LEVEL ATHLETES

- 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 (but not out-of-competition), 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)
 - An IV or injection of a permitted substance greater than 100mL per 12 hours for rehydration
 - Selective estrogen receptor modulators (SERMs) where the female athlete can demonstrate use (e.g. tamoxifen) due to a diagnosis and treatment of breast or other cancers
 - Clomiphene where the female athlete can demonstrate use due to treatment of infertility
 - Medically-supervised plasmapheresis as a plasma donor.



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/](https://www.usada.org/substances/tue/policy/).

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

BEFORE YOU APPLY FOR A TUE

- Advise your treating physician that you are an athlete and some medications 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, submit a TUE Pre-Check form (**USADA.org/tue-pre-check-form**) to USADA to determine if a TUE is required. If you need a TUE, submit the General USADA TUE Application along with all required medical documentation at least 30 days before your scheduled competition.

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/apply**). All provided medical information remains confidential.
- 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 permitted 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) 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 calendar days for a decision* to be made about a TUE. All TUE applications are reviewed in accordance with the WADA International Standard for Therapeutic Use Exemptions (ISTUE).
- 5) 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 steps to follow to keep your TUE valid.

* 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.

ATHLETE RIGHTS AND RESPONSIBILITIES

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
- 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](https://www.usada.org) or call us at (719) 785-2000.

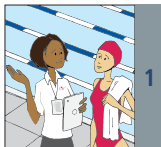
DRUG TESTING 101

While drug testing may not always be convenient, it is critical to upholding clean sport and a level playing field.

By participating in doping control, athletes are doing their part to help protect the integrity of competition.

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

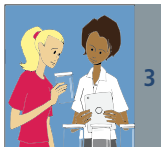
URINE COLLECTION PROCESS



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



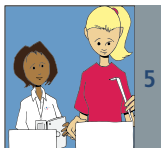
2 Following notification, the athlete must stay within direct observation of the DCO or chaperone. During in-competition testing, the athlete should report to the doping control station immediately, unless a valid reason[†] is discussed with, and permitted by, a DCO or chaperone.



3 The athlete will be asked to select one of several sealed sample collection vessels. The athlete should then check and inspect the collection vessel to ensure that it has not been tampered with. It is important that the athlete rinse their hands with only water before opening the vessel.



4 The athlete will be required to provide a urine sample of 90 mL while being observed by a DCO or witnessing chaperone of the same gender. Minor athletes will be required to be accompanied by a representative of their choice.



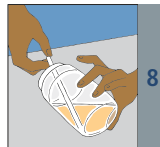
5 The athlete will be offered a choice of sealed sample collection equipment (which includes A sample and B sample bottles). The athlete should check and inspect the equipment thoroughly prior to using.



6 The athlete will divide their urine sample between the A and B sample bottles found inside the kit. The DCO will give instructions and will not handle any of the equipment unless asked to do so by the athlete.



7 Once the sample is sealed, the A and B sample bottles will be put in 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 The DCO will have the athlete declare any prescription/non-prescription medications, injections, and/or dietary supplements he or she is taking. This is also the time to give details about any Therapeutic Use Exemptions (TUEs) that the athlete has received.



10 The athlete will review a form called the Doping Control Official Record (DCOR) to make sure all the provided information is accurate. Once a test has been completed, 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.

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

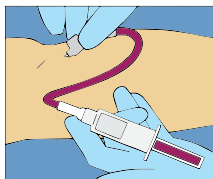
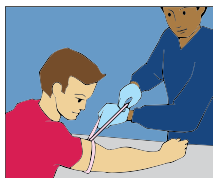
* While sample collection equipment may look slightly different depending on where the test is taking place, the integrity of the sample will be always be maintained.

DRUG TESTING 101 (CONT.)

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 (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.

DIETARY SUPPLEMENTS

- 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 **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** for more guidance on how to evaluate supplement marketing and your need for supplements.
- Consult the TrueSport Nutrition Guide at **USADA.org/nutrition** for information on how to fuel an athlete's body properly without the use of 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



USADA.org/playclean

STAY INFORMED

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



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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.



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