

# Therapeutic Use Exemptions (TUEs) and Declarations



Have you checked the status of ALL your medications?

Are you taking a prohibited substance or using a prohibited method for a medical condition?

If you answered yes, you may need to submit a TUE application at least 21 days in advance of intended use.

Begin the process by following 3 basic steps:

1. Research your medication on Global DRO ([www.GlobalDRO.com](http://www.GlobalDRO.com)) and note: the medication status (whether it is Prohibited/ Not Prohibited In- and/or Out-of-Competition), the route of administration, and World Anti-Doping Agency classification of the substance (i.e., stimulants, narcotics, etc.).
2. Determine your athlete category:
  - a) Level 1 – This is an athlete who is in the International Federation (IF) and/or USADA Registered Testing Pool (RTP) or competing in an event classified as “International” by the IF. This athlete could be subject to testing in- and out-of-competition and could submit whereabouts information to USADA or an IF.
  - b) Level 2 – This is an athlete who is not in the International Federation (IF) or USADA RTP and is not competing in an event classified as “International” by the IF. This could be a junior, masters, or recreational level athlete. *If you compete in an “International” event, you would be classified in athlete category Level 1.*
3. Consult the table below to determine the requirements for your medication based on your athlete category.

DETERMINE IF YOU NEED A TUE				
Athlete Category	The substance is PROHIBITED In-Competition	The substance is PROHIBITED Out-of-Competition	Requires Declaration	Not Prohibited In- or Out-of-Competition
International Federation Registered Testing Pool (Level 1)	You need a TUE prior to using this substance In-Competition. You may use this substance Out-of-Competition, but you must ensure that it has cleared from your body prior to competition.	You need a TUE prior to using any prohibited substance or method.	The substances which require a Declaration of Use: 1. Albuterol and Salmeterol by inhalation 2. Inhaled and locally injected Glucocorticosteroids 3. Platelet Rich Plasma injections (except intramuscular, which requires a TUE)	No action needed. You may use this substance or medication.
USADA Registered Testing Pool (Level 1)				
Non - National (Level 2)* <small>If you compete in an “International” event, you would be classified in athlete category Level 1</small>	A TUE is needed prior to using any prohibited substances except: 1. Substances prohibited only In-Competition 2. Diuretics and masking agents 3. Beta-2 agonists	A TUE is needed prior to using any prohibited substances except: 1. Substances prohibited only In-Competition 2. Diuretics and masking agents 3. Beta-2 agonists	The substances which require a Declaration of Use: 1. Albuterol and Salmeterol by inhalation 2. Inhaled and locally injected Glucocorticosteroids 3. Platelet Rich Plasma injections (except intramuscular, which requires a TUE)	No action needed. You may use this substance or medication.

## SOME SUBSTANCES REQUIRE A DECLARATION OF USE IN TWO PLACES:

- 1) on USADA’s website and
- 2) on the Doping Control Official Record (DCOR) at the time of testing

~All substances must be declared at the time of testing.

\*If you are a Level 2 athlete, and you test positive for Beta-2 agonists (except Albuterol and Salmeterol by inhalation), Diuretics and masking agents, and substances prohibited In-competition only, you will be required to submit medical documentation to justify the use of the substance. If the medical documentation justifies the use of the substance, you will not incur an anti-doping rule violation.

## HOW TO SUBMIT A DECLARATION OF USE

LEVEL 1		LEVEL 2
INTERNATIONAL FEDERATION RTP	USADA RTP	NON-NATIONAL
Submit a USADA website Declaration in the Athlete Express area.		If you have a login to the Athlete Express area, submit a website Declaration of Use. Otherwise, download the paper declaration from USADA’s website.