



U.S. Anti-Doping Agency

2021 POCKET GUIDE

Effective January 1- December 31, 2021



This guide is designed to help recreational and 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.

Pictured:
Amanda Elmore,
Olympic Rower and
Anti-Doping
Education
Athlete Presenter

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.

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

- **Anabolic Agents** - such as testosterone, nandrolone, SARMS (selective androgen receptor modulators) like ostarine (enobosarm) and LGD-4033 (ligandrol), 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 growth factors or growth factor modulators
- **Beta-2 Agonists** - by all routes of administration, including but not limited to, oral, inhalation, and nebulization; *except* there are four inhaled beta-2 agonists that are permitted by inhalation at or under a maximum daily dose:
 - Inhaled albuterol (also called salbutamol): maximum 1,600 micrograms over 24 hours in divided doses, not to exceed 800 micrograms over 12 hours starting from any dose, as long as it is not used in conjunction with a diuretic or masking agent
 - Inhaled formoterol: maximum delivered dose of 54 micrograms over 24 hours, as long as it is not used in conjunction with a diuretic or masking agent
 - Inhaled salmeterol: maximum 200 micrograms over 24 hours
 - Inhaled vilanterol: maximum 25 micrograms over 24 hours

WADA has specifically named arformoterol and levalbuterol (levosalbutamol) as examples of prohibited beta-2 agonists to further clarify that these substances are prohibited at all times. Unlike formoterol and albuterol (salbutamol), there is no permitted daily inhaled dose for these asthma medications.

- **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.

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 and, THC, whether smoked, vaped, or eaten (e.g., gummies, edibles) hashish, and synthetic cannabinoids like Spice and K2 (sometimes marketed as “incense” or “not for human consumption”). Cannabidiol (CBD) is not prohibited, but athletes should visit USADA.org to learn about the risks of using CBD.
 - **Glucocorticoids** - such as betamethasone, prednisone, prednisolone, and cortisone by oral, intravenous, intramuscular, or rectal routes of administration
- For substances prohibited in-competition only, 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).

Substances Prohibited in Particular Sports:

- Beta-Blockers are prohibited in archery, automobile, billiards, darts, golf, shooting, and in some disciplines of skiing, snowboard, and underwater sports.

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, efaroproxal (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/substances.

DRUG REFERENCE RESOURCES

Global Drug Reference Online (Global DRO®)



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 Additional Information 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 have not been notified that you are in a testing pool, and USADA has not advised you that you are required to file Whereabouts and undergo mandatory education, then you are considered a recreational athlete under the USADA TUE Policy. Recreational athletes who need to use a prohibited substance and/or prohibited method should fill out the TUE Pre-Check Form on [USADA.org/tue](https://www.usada.org/tue).

Testing pool athletes (both international and national level) should apply for a Therapeutic Use Exemption (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](https://www.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.
- Before applying for a TUE, recreational athletes should submit a TUE Pre-Check Form ([USADA.org/tue-pre-check-form](https://www.usada.org/tue-pre-check-form)) to USADA.

HOW TO APPLY FOR A TUE

- 1) If a prohibited medication is recommended, recreational athletes should submit a TUE Pre-Check Form ([USADA.org/tue-pre-check-form](https://www.usada.org/tue-pre-check-form)) to USADA to determine if a TUE is required.
- 2) If USADA confirms that a TUE is needed, print 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).
- 3) 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.
- 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 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).
- 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 any 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.



More information on the USADA TUE Policy as it applies to recreational and national level athletes can be found at [USADA.org/tue](https://www.usada.org/tue). You can also email tue@usada.org for assistance.

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
- 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.

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 a sealed sample collection vessel from a choice of vessels. The athlete should then check and inspect the collection vessel to ensure that it has not been tampered with.



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. Minors are encouraged to be accompanied by a representative of their choice. If 90 mL are not immediately provided, athletes will use an additional collection vessel(s) to provide the remainder when capable.



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 use.



6* Athletes will then divide their sample between the A and B sample bottles as instructed and seal them. The DCO will not handle any of the equipment during the procedure unless by athlete request or if an athlete provides a partial sample, in which case the DCO will retain control of the sealed partial sample. Otherwise, athletes are to maintain direct observation and control of their sample until the sample is sealed.



7* Once the sample is sealed, the athlete will put the A and B sample bottles 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 they are taking. This is also the time to provide 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.

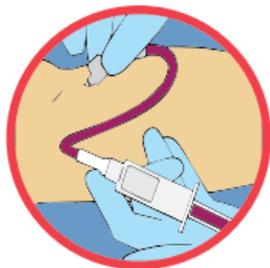
* While sample collection equipment may look slightly different depending on where the test is taking place, the integrity of the sample will be always be maintained.

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 (e.g., 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:

- USADA currently recognizes NSF Certified for Sport® as the program best suited for athletes to reduce their risk from supplements. Visit [USADA.org/nsf-advisory](https://www.usada.org/nsf-advisory) for more guidance.



- 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.



- Explore the TrueSport Supplement Guide at [USADA.org/supplement-guide](https://www.usada.org/supplement-guide) for more guidance on how to evaluate supplement marketing and your need for 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



1-877-752-9253

USADA.org/playclean

STAY INFORMED

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



@usantidoping

TRUESPORT

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