

QUICK GUIDE: TUE

WHAT

IS A THERAPEUTIC USE EXEMPTION (TUE)?

Athletes have an anti-doping right to medical treatment and protection of health. To uphold this right, a Therapeutic Use Exemption (TUE) allows an athlete to use the specific prohibited substance or method if required for medical reasons (e.g., illness, injury or condition). A TUE avoids the risk of sanctions due to a positive test for the specific prohibited substance or method, if used according to their TUE.

WHO

NEEDS A TUE?

Athletes who are subject to anti-doping rules need a TUE to use a prohibited substance or a method.

WHEN

DO ATHLETES APPLY FOR A TUE?

An athlete should apply as soon as possible when they learn it is necessary for them to use a prohibited substance or method. Approval must be obtained before the prohibited substance or method is used, unless in emergency situations.

WHAT ARE THE TUE

CRITERIA?

The Prohibited Substance or Method:

1. Is needed to treat a diagnosed medical condition.
2. Won't enhance performance beyond a return to normal health.
3. Is the recommended treatment for the medical condition and there is no permitted alternative.
4. Is not needed due to past use of a Prohibited Substance or Method without a TUE.

All four criteria must be strictly met for a TUE to be granted.

WHAT IS A

RETROACTIVE TUE?

In specific and exceptional circumstances, athletes may apply for a TUE after they have used a prohibited substance or method. Such situations include (but are not limited to) emergency treatment of a medical condition or if exceptional circumstances prevented the athlete from submitting a TUE application before use.

HOW

DO ATHLETES APPLY FOR A TUE?

Athletes should use the [ITA TUE Assistant](#) to understand their TUE requirements and who to apply to. Athletes who must apply to the ITA's Therapeutic Use Exemption Committee (ITUEC) do so via an online form or directly in ADAMS (Anti-Doping Administration & Management System). In both cases, athletes must complete the [TUE Application form](#) along with their physician and gather the necessary medical documentation. This information should then be submitted via ADAMS or, if an athlete does not have an ADAMS account they should submit their application via this [online form](#).



WHO RECEIVES
AND

REVIEWS

TUE APPLICATIONS
FOR THE ITA?

The ITA Therapeutic Use Exemption
Committee (ITUEC):

<https://ita.sport/ituec/>

WHAT INFORMATION
NEEDS TO BE INCLUDED
IN A TUE

APPLICATION ?

The relevant TUE application form must be
completed in full and include a medical file
with detailed information which includes:

- ✓ A comprehensive medical history,
including documentation from the
original diagnosing physician(s).
- ✓ The results of all examinations,
laboratory investigations and imaging
studies relevant to the application.
- ✓ Details about the prescribed treatment
including substances, methods,
dosages, timeframes, etc.

WHAT IS TUE

RECOGNITION ?

If a National-Level Athlete is granted a TUE
by their National Anti-Doping Organisation
(NADO) it is only valid at the national level.
If an athlete becomes an International-
Level Athlete the TUE granted by their
NADO will need to be recognised by their
International Federation. To submit a
request for recognition please write to
tue@ita.sport quoting the ADAMS TUE
reference number. Use the ITA TUE
Assistant to find the International-Level
Athlete criteria for each sport.

WHAT IF I AM
COMPETING AT A

MAJOR EVENT ?

Athletes must understand the TUE
requirements of the Major Event(s) they
are competing in. Generally, there will be
specific TUE requirements before and
during Major Events and TUE recognition
may be required.

TOP TIPS

Take your TUE responsibilities seriously
as using a Prohibited Substance or
Method without a TUE may result in an
Anti-Doping Rule Violation and ban
from sport. The following tips may help:

1. Always check WADA's
Prohibited List before using
any medication, this
includes over-the-counter
and those prescribed.

2. Make sure your TUE
application is complete and
includes detailed and
accurate information.

3. If you have a TUE, but
there is a required change
to the dosage, frequency,
route or duration of
administration of your
treatment, apply for a new
TUE.

4. Set a reminder in your
phone ahead of your TUE
expiry date. Should you
need to continue to use the
prohibited substance or
method you must submit a
new application ahead of
time so a decision can be
made prior to the expiry of
the current TUE. We advise
contacting us 2 months in
advance of the expiry date
when possible.

5. If you are not sure or
have questions, ask!

MORE
INFORMATION