

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.

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](#).

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.



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!

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INFORMATION**