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# Guide to the WADA Prohibited List and Therapeutic Use Exemptions

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## The WADA Prohibited List

### What is the WADA Prohibited List?

The WADA Prohibited List is a list of the substances and methods which are prohibited in sport. Some substances on the list are prohibited at all times (both in- and out-of-competition), while others are prohibited in-competition only. Methods on the list are prohibited at all times. The list is published by the World Anti-Doping Agency (WADA) and is updated every year.

### What is my responsibility towards the Prohibited List?

Paragraph 2.01b) of the UEFA Anti-Doping regulations states: *"It is each player's personal responsibility to ensure that no prohibited substance enters his body. Accordingly, it is not necessary that intent, fault, negligence or knowing use on the player's part be demonstrated in order to establish an anti-doping rule violation for use of a prohibited substance or prohibited method."*

Prohibited substances can be found in common medicines, and studies have shown that many nutritional supplements are contaminated with them. You must therefore be particularly careful if you are ill or if you decide to use nutritional supplements.

### What is the difference between substances prohibited in-competition and those prohibited at all times?

Substances which are prohibited at all times are those substances which, when used in training, may have long-term performance enhancing effects (e.g. anabolic steroids), as well as masking agents which can be used to hide evidence of doping. All substances and methods on the Prohibited List are prohibited in-competition.

Out-of-competition use of a substance which is only prohibited in-competition is not an anti-doping rule violation. However, many substances can stay in your body for a long time, and if you test positive for such a substance after an in-competition doping control you will be charged with an anti-doping rule violation.

### What is a specified substance?

Some substances on the Prohibited List are classified as specified substances. If a player tests positive for a specified substance, there is a possibility, under certain conditions, of reducing an otherwise automatic two-year ban. This is because WADA recognises that it is possible for certain substances to enter a player's body inadvertently, and they therefore allow a disciplinary tribunal more flexibility when making decisions on sanctions in such cases.

Specified substances are not necessarily less serious doping agents than other prohibited substances, and nor do they relieve players of the strict liability rule that makes them responsible for all substances that enter their body. However, there is a greater likelihood that these substances could be susceptible to a credible non-doping explanation. This greater likelihood is simply not credible for other substances – such as steroids and human growth hormone – which is why these other substances are not classified as "specified".

### Can prohibited substances be present in common medicines?

Yes. Many common medications, including painkillers and treatments for colds and flu, contain substances that appear on the Prohibited List.

You should be particularly careful with medications in your family medicine cabinet. Also, if you travel abroad, you should remember that medications which have the same brand name may differ in composition depending on the country, in order to comply with national laws on the use of certain substances. In one country, one product may be safe to take from an anti-doping perspective, while in another country a product sold under the same name may contain a prohibited substance. You should never take any medication without first checking with your team doctor.

### **Can prohibited substances be present in food supplements?**

Yes. The results of studies recently carried out on so-called food supplements used by footballers have shown that many of these products are contaminated with prohibited substances, including anabolic steroids and stimulants. Consequently, it makes no sense to use supplements which will almost certainly not enhance performance but which entail a high risk of a positive doping test.

The ingredient lists of most supplements almost never indicate that they contain prohibited substances. You should also be aware that some prohibited substances have several different names. For example, there have been many recent cases of athletes from several sports, including football, testing positive for the banned stimulant methylhexaneamine, which is commonly found in supplements. Methylhexaneamine is also known as dimethylamylamine, geranamine, Forthane, 2-amino-4-methylhexane, geranium root extract and geranium oil. Although one of these names may be listed in the ingredients of a supplement, the official name of methylhexaneamine will almost certainly not be.

Players who use such food supplements are responsible for ascertaining whether they are contaminated with prohibited substances. In the case of a positive doping test, the player is likely to face disciplinary sanctions.

### **What should I do if I have to take any medication or a food supplement?**

Given the disciplinary consequences that you may face in the event of an anti-doping rule violation, you should be aware of the contents of the Prohibited List, and before taking any medication or food supplements you should consult your team doctor or your national anti-doping organisation (NADO). You can also ask for advice at [anti-doping@uefa.ch](mailto:anti-doping@uefa.ch).

### **What should I do if I am injured or ill and have to take a medication on the Prohibited List?**

You have to apply for a Therapeutic Use Exemption (TUE). The section below gives more information about TUEs.

### **Where can I find out more about the WADA Prohibited List?**

You can print out the 2013 WADA Prohibited List, and the summary of changes compared to the 2012 List, from the UEFA website:

<http://www.uefa.com/uefa/footballfirst/protectingthegame/antidoping/index.html>

More information is also available on WADA's website ([www.wada-ama.org](http://www.wada-ama.org)), or you can contact your NADO.

## Therapeutic Use Exemptions

### What is a Therapeutic Use Exemption (TUE)?

A Therapeutic Use Exemption is the permission to use, for therapeutic purposes, substances or methods on the WADA Prohibited List, i.e. substances or methods whose use would otherwise be prohibited. As a football player, and like everyone else, you may have illnesses or conditions that require you to take medication. If a substance or method you are required to use is on the Prohibited List, you must apply for a TUE in order to take this otherwise prohibited medication.

Before applying for a TUE, you should consult your team doctor to consider possible alternative treatments which do not involve the use of a prohibited substance or method. If such an alternative treatment exists, your TUE request is likely to be refused and the whole process will only delay your recovery.

### How do I get a TUE?

If you are registered to participate in a UEFA competition, or if you are playing in a senior-level international friendly match, you must apply for a TUE from UEFA. You must not apply to your NADO, to FIFA or to WADA.

- Download the TUE application form from the anti-doping section of UEFA's website: <http://www.uefa.com/uefa/footballfirst/protectingthegame/antidoping/index.html>
- Ask your doctor to complete the form in block capitals or in type. If the writing on the form is not clear the form will be returned to you.
- You must supply the medical evidence which supports your application. This may include a detailed medical history, the results of scans, or a report from a specialist doctor.
- Both you and your doctor must sign the form.
- Fax the form and the supporting medical evidence to UEFA's confidential anti-doping fax: **+41 22 990 31 31**
- If you have asthma and need to use a prohibited beta-2 agonist (e.g. terbutaline), you will need to undergo certain lung function tests and include the results of these tests with your application. See the requirements for asthma TUEs on page 8 for full details.
- You may not use the prohibited substance or method until your TUE application has been approved.

### I will be playing in an international youth friendly match and I need a TUE. To whom should I apply for the TUE?

Players participating in international friendly matches at youth level should apply to their NADO. If you are subsequently called up to play in an official UEFA youth competition, you must send this NADO TUE to UEFA for recognition before the start of the competition.

### Will the information in my TUE application remain confidential?

All the information contained in your TUE application will be treated as confidential medical data. The staff of UEFA's Anti-Doping Unit and all members of the UEFA TUE Committee are bound by confidentiality agreements. If they require advice from other medical or scientific experts on a particular case, they never share the name of the TUE applicant in question.

## What are the criteria for granting a TUE?

The rules governing TUE applications and the criteria for granting a TUE are laid out in the WADA International Standard for TUEs. According to article 4.1 of this document, the main criteria for granting a TUE are the following:

- The player would experience significant health problems if the prohibited substance or method was not used.
- Therapeutic use of the prohibited substance or method will not enhance the player's performance beyond a return to a normal state.
- There is no reasonable therapeutic alternative to the otherwise prohibited substance or method.
- The need to use a prohibited substance or method cannot be the result of the prior use, without a TUE, of a prohibited substance or method.

## Who decides whether to grant me a TUE?

WADA requires all anti-doping organisations to have an independent TUE Committee to deal with TUE applications. Your TUE application will be assessed by UEFA's TUE Committee, which is made up of independent medical experts. Based on the medical evidence you send with your application, they will decide whether to grant you a TUE or whether to refuse the application. They may ask you to provide additional evidence or ask you to undergo further tests.

WADA issues guidance documents on many medical conditions to support the decisions of TUE Committees.

## How long does the TUE application process take?

According to the WADA International Standard for TUEs, the UEFA TUE Committee must take a decision within 30 days of receiving your TUE application. If you have a chronic condition which requires treatment, you should therefore submit your TUE application well in advance of the beginning of the UEFA competition in which you are participating.

## What happens if I have a medical emergency? Do I have to wait up to 30 days to use the medication I need?

The TUE procedure should not hinder or delay necessary or urgent medical treatment. If you have a medical emergency which requires the administration of a prohibited substance or prohibited method, you can apply for a TUE retroactively.

A retroactive TUE application will only be considered by the UEFA TUE Committee if there is a clear **medical** justification for the emergency use of a prohibited substance. Taking a prohibited substance to recover from an injury to be able to participate in a forthcoming important match is not a medical emergency.

## How do I know if my TUE application has been successful?

If the TUE is granted by the UEFA TUE Committee, UEFA will fax the TUE certificate to you, along with copies to your club, national association, NADO, FIFA and WADA.

## Does WADA review TUEs granted by UEFA?

WADA receives a copy of every TUE granted by UEFA, and can review the decision made by the UEFA TUE Committee. If WADA decides that the decision does not conform to the International Standard for

TUEs, WADA may decide to revoke your TUE. If this is the case, you and UEFA may appeal to the Court of Arbitration for Sport (CAS) for a final decision.

### **What happens if UEFA refuses my TUE application?**

If UEFA refuses your TUE application, you can make a request to WADA within 21 days of notification of UEFA's decision for a review at your own expense. You must provide all of the information that was sent to UEFA, as well as UEFA's decision. You may also have to provide additional medical information, if so requested by WADA. The appeal procedure does not suspend UEFA's decision, so you are not allowed to use the prohibited substance pending WADA's decision. If WADA upholds UEFA's decision to refuse your TUE application, you can then appeal to the Court of Arbitration for Sport (CAS) for a final decision. If WADA overturns UEFA's original position and grants the TUE, then UEFA also has the possibility of appealing to CAS for a final decision.

### **Is a UEFA TUE only valid in UEFA competitions?**

A UEFA TUE is valid for all UEFA competitions, all FIFA competitions, and also at national level.

### **I already have a TUE which was granted by FIFA. Is it valid for UEFA competitions?**

Yes. FIFA TUEs are valid for UEFA competitions, and UEFA TUEs are valid for FIFA competitions.

### **I already have a TUE which was granted by my NADO. Is it valid for UEFA competitions?**

No. However, you do not have to apply to UEFA for a new TUE. You should send your NADO TUE to UEFA along with the original application form and any accompanying medical information. Provided that the NADO TUE was granted in accordance with UEFA TUE rules, the UEFA TUE Committee will recognise the NADO TUE and it will be valid for UEFA competitions.

### **Are there conditions attached to a TUE when it is granted?**

TUEs are granted for a specific medication and a defined dosage. They are also granted for a specific period of time and have an expiry date. Therefore, you need to comply with all the conditions set out on the TUE certificate. You should be particularly careful not to exceed the prescribed dose.

If your TUE is going to expire and you still need to use the prohibited substance or method for a long-term condition, you must make sure you re-apply for another TUE in good time.

### **What should I do if I have to undergo a doping control while using a prohibited substance or method under a granted TUE?**

When filling in the Declaration of Medication form (form D3), make sure that you declare the substance or medication being used and state that you have been granted a TUE. If you have a copy of the TUE to hand, it is preferable, but not mandatory, to show it to the doping control officer.

### **What will happen if the prohibited substance is detected during the analysis of my sample?**

When UEFA receives the report from the laboratory, it will check that the TUE is still valid and that the results of the analysis are consistent with the TUE granted (type of substance, route of administration, dose, time frame of administration, etc.). If the check proves satisfactory, the result of your test will be recorded as negative.

## Requirements for asthma TUEs

**The beta-2 agonists salbutamol, salmeterol and formoterol, when taken by inhalation and in therapeutic doses, are not prohibited. In addition, inhaled glucocorticosteroids are also not prohibited. No TUE is therefore required for these substances.**

**All other beta-2 agonists (including terbutaline) are prohibited and their use requires a TUE. For prohibited beta-2 agonists, the following applies:**

- 1) The TUE application to the UEFA TUE Committee must include a medical file containing the following:
  - A complete medical history, including presence of symptoms typically related to asthma (chest tightness, shortness of breath, coughing, wheezing) during and after exercise, including fatigue, prolonged recovery and poor performance, as well as the onset and severity of symptoms as related to exercise, including relief from symptoms after cessation of exercise, and any influencing factors (e.g. environmental conditions, infections of the respiratory tract).
  - A comprehensive report of a recent clinical examination with specific focus on the respiratory system.
  - A spirometry report with the measure of the forced expiratory volume in one second (FEV1) at rest (peak expiratory flow measurements are not accepted).
  - If airway obstruction is present at rest, the spirometry needs to be repeated after inhalation of a short-acting beta-2 agonist to demonstrate the reversibility of bronchoconstriction (however, absence of response to bronchodilators does not exclude diagnosis of asthma).
  - In the absence of reversible airway obstruction at rest, a bronchial provocation test is required to establish the presence of airway hyper-responsiveness. Provocation may be by inhalation of cold, dry air, inhalation of aerosols, or exercise. Common provocation tests include, but are not limited to, Methacholine Aerosol Challenge, Mannitol Inhalation, Eucapnic Voluntary Hyperpnea test, Hypertonic Saline Aerosol Challenge, Exercise Challenge Tests (field or laboratory) and Histamine Challenge.
  - Exact name, speciality, address (including telephone, email and fax) of examining physician.
  - If applicable, a peak flow diary listing, for example, the peak flow values, the time they were taken, symptoms, possible allergen exposure, etc. to support the application is recommended but not mandatory.
- 2) The TUE application must state if the player is also taking permitted asthma medication – e.g. inhaled glucocorticosteroids or inhaled salbutamol, salmeterol or formoterol.
- 3) TUEs for asthma will be granted for four years in the case of chronic asthma and exercise-induced asthma. For renewal of a TUE, the results of follow-ups performed at least annually during the exemption period by a respiratory physician or a physician experienced in treating asthma in athletes must be submitted to the UEFA Anti-Doping Unit, as well as the results of repeated lung function tests and, ideally, a peak flow diary.



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