



IGF Guide to Therapeutic Use Exemptions (TUE)

Players may have illnesses or medical conditions that require particular medication. If this medication includes a substance that appears on the Prohibited List, a Therapeutic Use Exemption (TUE) may be granted which gives permission to take the prohibited substance/medication.

The TUE process allows players to obtain approval for use of substances and methods prohibited in sport which have been prescribed for legitimate, therapeutic use for treatment of a medical condition. The TUE Process avoids the risk of sanctions due to a positive test.

Any player who may be subject to a doping control test must request a TUE **before** taking a prohibited medication. An application must be made at least **30 days before** taking part in an event. In exceptional cases or where emergency treatment is necessary, a TUE may be approved retroactively. All information in the application process remains strictly confidential.

Please follow the instructions below to check whether your medication is prohibited and, if so, what you need to do to apply for an approval to use it. Any enquires about the system and completed IGF TUE forms should be sent to the IGF Anti-Doping Office, (contact details below)

Does your medication contain a prohibited substance?

Anti-doping regulations are based on the principle of strict liability, which means that **you are solely responsible for any prohibited substance** in your body. You are responsible for what you 'ingest', meaning what you eat and drink, or anything that enters your body.

The list of substances and methods that are banned in sport is determined by the World Anti-Doping Agency (WADA). The list is updated periodically and at least annually. The updated list applies from 1 January each year, and is available a few months before on the WADA website www.wada-ama.org. It is a good idea to check again each year between October and December in case changes have been made to the list that will affect your choice of medication. It is **your responsibility** to make sure that you are aware of the current list. It should be assumed that the WADA list is the list adopted by IGF.

There is no complete list of prohibited substances and methods. The WADA Prohibited Substances and Methods List should not be relied upon to rule out a prohibited substance. The list is a guide to the pharmacological classes of substances and methods that are banned. Other resources are available to check your medications. Above all it is your responsibility to inform medical personnel that they are obligated not to give you prohibited substances or methods. Where this is unavoidable, to comply with anti-doping rules, a TUE must be obtained in advance. In an emergency or in exceptional circumstances, a retroactive application must be submitted.

Several countries offer online databases where you can check the status of registered medications. A number of these are listed at the end of this document. Read the introductory guidance notes to understand how to use the website and information provided correctly. Check the status of your medication (listed by brand name or by ingredient). If your enquiry is found the response should be displayed as

Permitted/Not prohibited – you are able to use this medication. If appropriate, you may wish to declare this use on the Doping Control Form when you have a Doping Control Test.

Prohibited - you will need to justify the use of the prohibited substance or method through the TUE process. Without an approved TUE in place you are at risk of a violation of the anti-doping rules. To avoid disciplinary action, consult your doctor or pharmacist immediately. Check to see whether there is an alternative course of treatment not containing a prohibited substance. If there is no suitable alternative then you need to complete a TUE application form (see below) to apply for authorisation to use your medication. See also the guidance on which organisation you should submit your application to.

The TUE Process and TUE Form

If for medically justified reasons you require a medication that contains a prohibited substance and you are planning to compete in an IGF event, or national event, or are part of an elite amateur squad, you will need to complete and submit a TUE form.

Please go to the IGF website and print off the TUE form which can be found in the medical/anti-doping section of the website; or to your National Anti-Doping Organisation's website where a similar form should be available.

Once you have printed and completed your form, please send this, with the required medical evidence, as soon as possible **to the IGF Anti-Doping Office** (or to your National Anti-Doping Organisation, if appropriate – see here for the [list of NADOs](#)). The completed form will be checked and forwarded to the TUE Committee for consideration/authorisation. If the TUE Committee feels that the form is incomplete then you will be contacted to make the necessary amendments.

Please note that for all applications you can only consider your application to be authorised once you have received the certificate from the authorising body, so please submit your application in plenty of time before the event you are competing in.

It is important that you obtain your TUE authorisation as soon as possible; however you should be guided by your GP as to whether you need to start using your medication before authorisation is granted. Your health is the most important consideration and this should be your first priority. If you do begin to use a restricted medication without a TUE for designated IGF events, you should contact the IGF Anti-Doping Office immediately for further advice.

Please note that national level athletes who do not compete internationally but who use a (therapeutically justified) medication containing a prohibited substance may not need to apply for a TUE in advance. Should you be tested, however, you should contact your National Anti-Doping Organisation or IGF Anti-Doping Office immediately as you will need to submit a retroactive application immediately and certainly no later than 5 days after your test. Your retroactive application will be considered against the same criteria as normal applications and as such you should ensure that before using any medication you are satisfied with the medical justification for its use.

The conditions for granting a TUE are:

if you are unable to find a suitable alternative to treat an acute or chronic medical condition (such that you would experience a significant impairment to health if the medication were to be withheld. Your physician should advise you);

if the prohibited substance or method is highly unlikely to produce any additional enhancement of performance beyond a return to normal health;

there is no reasonable therapeutic alternative, and its use is not a consequence of prior use of a prohibited substance or method.

We hope that this guide has helped to make the system understandable for you. **It is your responsibility to explain how a prohibited substance has entered your body and it is therefore your responsibility to obtain the correct authorisation for your medication.** Please do not hesitate to contact the Anti-Doping Office should you require further information or guidance.

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