

At-a-Glance

# Therapeutic Use Exemptions



**I PLAY  
FAIR**  
SAY NO!  
TO DOPING

*South African Institute for*  
**Drug-Free Sport**



**WORLD  
ANTI-DOPING  
AGENCY**  
play true

# What?

As an athlete, you may have an illness or condition that requires a particular medication. If this medication appears on the Prohibited List, you may be granted a **Therapeutic Use Exemption (TUE)** which gives you permission to take it.



# Why?

TUEs ensure that you are able to obtain treatment for a legitimate medical condition—even if that treatment requires a prohibited substance or method.

*The TUE process avoids the risk of sanctions due to a positive test.*

# Who?

Any athlete who may be subject to doping control must request a **TUE before** taking a prohibited medication. All information in this request remains strictly confidential.



# When?

An application must be made at least **30 days before** taking part in an event. In exceptional cases or true emergencies, a TUE may be approved retroactively.

**30 days before  
your event**

# The TUE Process

See over for  
TUE tips

1

Request a **TUE form** from your relevant anti-doping organization (ADO) or through ADAMS.\*

2

Your **physician** fills out the TUE form and you send it back to your ADO.

3

Once a TUE is requested, a panel of experts selected by the **ADO reviews** your request and will grant a TUE if:

Your health will be significantly impaired if you do not take the substance.

The substance does not enhance your performance beyond what brings you back to normal health.

There are no alternative treatments available.

4

The **ADO advises** if you can take the requested medication or not. In the case of a denied request, you will be informed of the reasons. You have the right to appeal the decision.



\* Who do I contact / where do I return my form?

**National-level athletes:**  
National Anti-Doping Organization (NADO)  
**International-level athletes:**  
International Federation (IF)

# TUE tips

## during doping control

**Declare** the approved medication on your Doping Control Form.

**Specify** that a TUE has been granted.

**Show** a copy of the TUE approval to the doping control officer.

The procedures for applying for and granting a TUE are outlined in the International Standard for TUEs published by WADA. You may also contact your IF or NADO for more information.

**Note: WADA does not grant TUEs.**



In the case of any discrepancy between this information and the World Anti-Doping Code, the Code prevails. This information is subject to change at anytime. Always check with your International Federation, National Anti-Doping Organization or National Federation for the most up-to-date anti-doping regulations.

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