

USE OF MEDICATIONS & TUEs

What is a Therapeutic Use Exemption (TUE)?

As an athlete, you may have an illness or medical condition that requires a particular medication. If this medication contains a substance or requires a method of administration that is on the List of Prohibited Substances and Methods (the “List”), you may apply for a Therapeutic Use Exemption (TUE). A TUE allows you to use the medication or method as it will not afford you a competitive advantage in ParaVolley Sport, but rather ensure you can compete in a proper state of health.

A TUE ensures that athletes can be treated for medical conditions – even if the treatment involves using a prohibited substance or method – while avoiding the risk of being sanctioned.

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Important: There is a major modification for the 2022 WADA Prohibited List: a major change to the status of glucocorticoids is in effect as of 1 January 2022. Please read [this document](#) carefully.

How do I find out if my treatment is prohibited?

Medications prescribed by a doctor or bought directly over-the-counter may contain prohibited substances.

As an athlete, if you intend to take a medical treatment, you must check if your medication (brand or ingredient) contains a prohibited substance or if your treatment is considered to be a prohibited method. It is also important to inform your doctor that you are subject to Anti-Doping Rules. Please note that the Prohibited List is updated annually, you should recheck the status of any treatment you continue to use before the start of each calendar year. It's also important to know that most categories on the List only include some common examples and are not exhaustive. Therefore the fact that a substance is not on the Prohibited List does not mean that it is not prohibited. You can check your medication in several ways. Here's how:

A. Check the medication (brand/ingredient) or method against the Prohibited List:

1. **Check the label** on the medication (some meds only contain full ingredient lists on the box rather than on the bottle)
2. **Check the Active Ingredients** it contains (note: ingredients can be different in the same product when purchases in different countries, so you will need to check the list each time)



Drug Facts	
Active ingredients	Purpose
DAYTIME (in each yellow tablet)	
Acetaminophen (extra strength) 500 mg	Pain reliever, fever reducer
Dextromethorphan Hydrobromide 10 mg	Cough Suppressant
Phenylephrine Hydrochloride 5 mg	Decongestant
NIGHTTIME (in each blue tablet)	
Acetaminophen (extra strength) 500 mg	Pain reliever, fever reducer
Dextromethorphan Hydrobromide 10 mg	Cough Suppressant
Phenylephrine Hydrochloride 5 mg	Decongestant
Chlorpheniramine Maleate 2 mg	Antihistamine

3. **Go to the list** and check to see if any of the medication's active ingredients appear on the list
 - a) **Open the PDF of the Prohibited List** from WADA's website.



- b) **Go to the index** of the section of the Prohibited List. Substances are listed in the index in alphabetical order, so go to the letter of the substances you are looking for (the list only contains the generic names of ingredients contained in medications, e.g. acetaminophen instead of Tylenol, naproxen instead of Aleve; the List does not contain brand names which can be different in different countries)

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- c) If the substance appears there, go to the specific page to find more information about the substance (such as if it is banned in-competition only, at all times, or is allowed below a certain dose)
4. Make sure you also check the dose of the medication you are taking. **REMEMBER:** not all substances banned in sport are listed – the List says “including but not limited to” and “or a similar chemical structure or biological effect”. This means that if athletes take a substance that is not specifically listed but is similar to ones that are, they could still receive a positive test and consequently a ban from the sport. When checking the List, if you don’t find a substance or method, verify with your Anti-doping Organization (NADO or World ParaVolley) specifically if the medication is permitted at a certain daily dosage.
- B. **Use an online drug reference tool**, for example [Global DRO](#) (Global Drug Reference Online). These online drug reference databases provide athletes and support personnel with information about the anti-doping status of specific medications and ingredients. Global DRO has information for medications only sold in Australia, Canada, New Zealand, Switzerland, the United Kingdom, and the United States. Other countries have similar databases. If using Global DRO, please make sure to search using the correct spelling of the medication brand or substance name and the exact dosage and route of administration.

Find more information on specific online drug references [here](#) or contact your National Anti-Doping Organization (NADO) or World ParaVolley.

What are the criteria for granting a TUE?

TUEs must meet all of the following four criteria to be granted (for more details please refer to the [WADA International standard for Therapeutic Use Exemptions \(ISTUE\)](#) Article 4.2):

- The prohibited substance or prohibited method in question is needed to treat a diagnosed medical condition supported by relevant clinical evidence; and
- The therapeutic use of the prohibited substance or method will not produce any additional enhancement of performance beyond a return to the athlete’s normal state of health following the treatment; and
- The prohibited substance or method is an indicated treatment for the medical condition, and there is no reasonable permitted therapeutic alternative; and

- The necessity for the use of the prohibited substance or method is not a consequence of prior use (without a TUE) of a prohibited substance or method at the time of use.

Should I apply for a TUE, and if so, where and when?

Follow these steps to find out if you need a TUE and where/when to apply for it.

Step 1: Check if the medication or method you intend to use is on the current Prohibited List (see section above on “How do I find out if my treatment is prohibited” to learn how to do this).

Useful Links:

WADA Prohibited List	
Global DRO “Check your medication” online tool:	
Other online drug databases by Nation	

Step 2: Check your competition level to determine when and to which organization you must apply for a TUE.

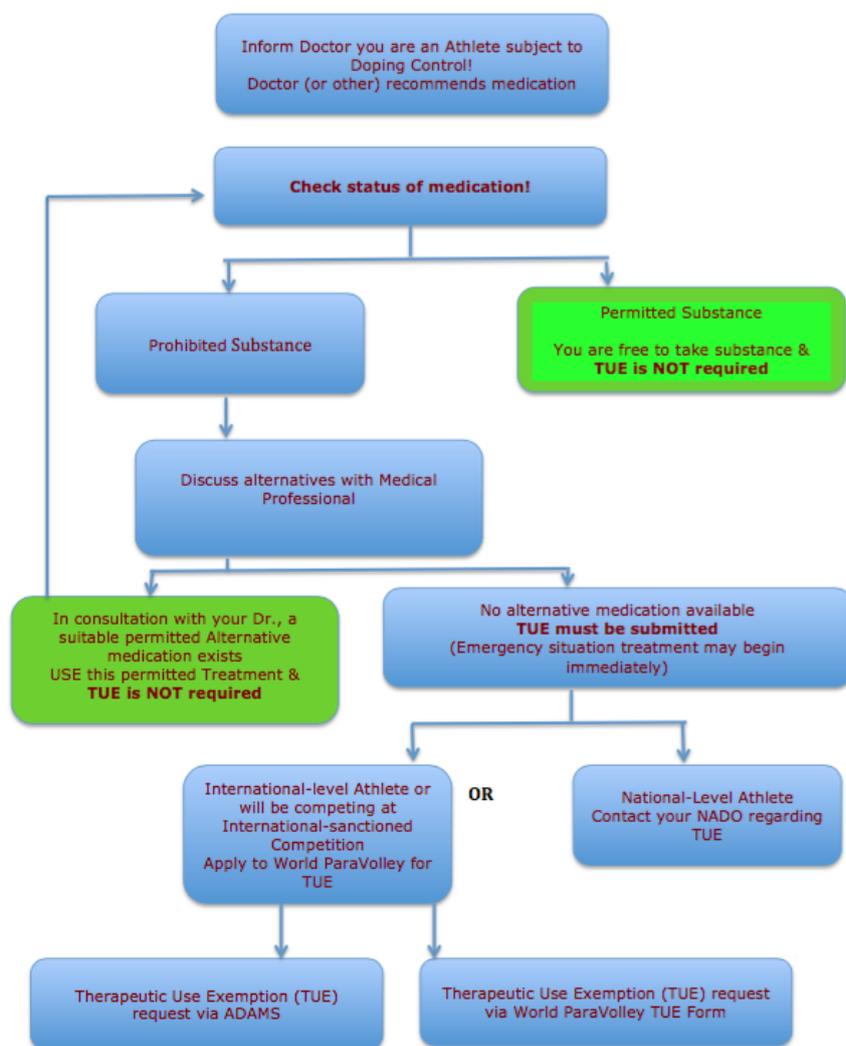
If you are a World ParaVolley International-Level Athlete, you must apply to World ParaVolley in advance, as soon as the need arises, unless there are emergency or exceptional circumstances. You are an **International-level athlete** if you meet the following criteria:

1. You are included on the World ParaVolley Master list of Internationally Classified Athletes;
2. You are an athlete entered by a National Federation to participate in a World ParaVolley sanctioned Event; or
3. You are included in the World ParaVolley Registered Testing Pool (RTP) or Team Testing Pool (TP).

If you are not an “International-level Athlete,” you must apply to your NADO for a TUE.

Note: If you already have a TUE granted by your National Anti-Doping Organization (NADO) for the substance in question, your NADO’s TUE is only valid at the national level. You must submit a request to World ParaVolley for recognition of the TUE for international competition (as per Article 4.4.3 and 4.4.4 of the World ParaVolley Anti-Doping Rules). Your request should be submitted to World ParaVolley, preferably via ADAMS or in writing quoting your ADAMS TUE reference number.

Follow the chart below if you are unsure about applying for a TUE.



If athletes will be attending a Major event, such as the Paralympic Games they should apply for a TUE to the Major Event Organizer (e.g. International Paralympic Committee).

Athletes may only apply to one ADO at a time for a TUE for the same medical condition. Furthermore, athletes may not have more than one TUE for the same medical condition at the same time.

Please refer to the section “How do I apply for a TUE” below for details on how to submit a completed [TUE Application Form](#) with the support of their doctor.

Can I get a retroactive TUE?

You may only apply retroactively for a TUE (but must still meet the basic conditions listed in the section “What are the criteria for Granting a TUE?”) to World ParaVolley if:

- Emergency or urgent treatment of a medical condition was necessary.

- There was insufficient time, opportunity or other exceptional circumstances that prevented you from submitting (or for WPV to consider) an application for the TUE prior to sample collection.
- You are not an International-Level athlete or National-Level athlete who is not under the jurisdiction of World ParaVolley or NADO and were tested.
- You tested positive after using a substance Out-of-Competition that is only prohibited In-Competition.

In rare and exceptional circumstances and notwithstanding any other provision in the ISTUE, you may apply for and be granted retroactive approval for a therapeutic use of a prohibited substance or method, if considering the purpose of the Code, it would be manifestly unfair not to grant a retroactive TUE. All retroactive TUE applications will be assessed on a case-by-case basis.

This unique retroactive TUE will only be approved conditionally as it requires final approval from WADA before being granted.

Important note:

Using a prohibited substance or method without a TUE could result in an Anti-Doping Rule Violation (ADRV).

WE RECOMMEND:

If you require emergency medical treatment and in case an application for a retroactive TUE is necessary following sample collection, you are strongly advised to have a medical file prepared and ready to submit.

How do I apply for a TUE?

An application from an International Athlete to World ParaVolley for grant or recognition of a TUE should be submitted as soon as the medical need for the prohibited substance or method arises, and at least 30 days before the Athlete's next Competition.

World ParaVolley encourages TUE Applications to be submitted via ADAMS, together with the required medical information. If you do not have an ADAMS account yet, please contact your NADO or the World ParaVolley TUE Manager at TUE@worldparavolley.org for assistance.

Otherwise, please download the [World ParaVolley TUE Application Form](#), and once duly completed and signed, send it together with the required medical file to:

Subject: CONFIDENTIAL_World ParaVolley TUE Application
Attn: World ParaVolley TUE Manager
at TUE@worldparavolley.org

World ParaVolley recommends the use of a secure file sharing system to safely share the application and supporting medical documents, rather than attaching them directly to the email. If a system is not available, athletes should, at a minimum, protect their documents with a password that can be shared separately with World ParaVolley.

The TUE application will be only considered when submitted with a clearly stated diagnosis and alongside the following supporting medical evidence:

- Comprehensive medical history and the results of all relevant examinations, laboratory investigations and imaging studies
- Copies of original reports, letters and specialist reviews
- A detailed summary of any alternative medications tried (including names, dosages, duration of use, and effects) or clinical justification from the prescribing doctor that confirms that in their opinion there are no other permitted alternatives that exist to treat the medical condition.

Any TUE application that is not complete or not legible will not be dealt with and will be returned for completion and re-submission.

To assist you and your doctor in providing the correct medical documentation, we suggest consulting the [WADA's Checklists for TUE applications](#) for guidance and support, and [Medical Information to Support the Decisions of TUECs](#) for guidance on specific common medical conditions, treatments, substances, etc.

Athletes should keep a complete copy of the [TUE application form](#), and of all materials and information submitted in support of that application, and proof that it has been sent.

Timing, Decisions & Renewal of TUEs

Who will Review and Process the TUE Application?

A panel of physicians, called the TUE Committee (TUEC), review TUE applications. Applications will be approved if the conditions set by WADA's International Standard for Therapeutic Use Exemptions are satisfied.

When will I receive a Decision on my TUE?

In normal circumstances, a decision from the World ParaVolley TUE Committee should be completed within 21 days of receipt of a complete application (or request for recognition). To ensure there is sufficient time for the process, athletes who require a TUE should apply at least 30 days prior to the start of a WPV-sanctioned competition where they will be participating.

Please note that failure to provide the required information or illegible applications may result in the application being denied and/or returned. If the information provided is inconclusive, you may be requested to supply additional information, which will delay the processing of an application.

If the athlete has an acute medical condition arising within the 30-day period prior to a competition, the application should still be submitted.

The athlete will be notified regarding the decision of the TUE Committee in writing. The TUEC Committee will issue a certificate on ADAMS. It will specify the Prohibited Substance or Method, the route of administration, the dose, and the expiry date. Athletes must comply with all the treatment conditions in their granted TUE Certificate.

Where a NADO has requested a TUE to be recognized, the NADO will be notified of the decision via ADAMs and email

What about the Renewal of my TUE?

Each TUE has a specific duration, at the end of which it expires automatically. If you need to continue to use the prohibited substance or method, it is your responsibility to submit a new application for a TUE with updated medical information well in advance of the expiry date, so that there is sufficient time for a decision to be made before your current TUE expires.

NOTE: The presence (following sample collection), use, possession or administration of the prohibited substance or method must be consistent with the terms of your TUE. Therefore, in the event that, after your TUE is granted, you require a materially different dosage, frequency, route or duration of administration, you must apply for a new TUE.

What happens if my TUE Application is denied by World ParaVolley?

You will be informed about the TUE decision, which will include an explanation of the reasons for denial of the application. If it is not clear to you, please contact World ParaVolley to understand exactly why the TUE was denied. The application may simply not be legible, or incomplete. In such cases, you should re-submit your application with the required information completed.

If the application was denied because the Committee considered that you did not fulfil all criteria for granting a TUE, you and/or your NADO can submit a request to WADA via registered mail or secure online method to (Medical@wada-ama.org) to review the decision no later than 21 days after notification of the World ParaVolley TUEC decision. You should send the same information that you submitted to us, and on which the decision to deny the TUE was based on to WADA. WADA is not obliged to proceed with a request for a review. In that case you and your NADO can appeal to the Court of Arbitration for Sport if the decision is not reviewed by WADA or if it is reviewed by WADA and the decision was not reversed on review (in accordance with Article 4.4 of the WADA Anti-Doping Code).

What about Confidentiality?

All the information contained in a TUE application, including the supporting medical information and any other information related to the evaluation of your TUE request is kept strictly confidential and treated in accordance with the Athlete's Declaration contained in the ADAMS TUE process, and in the [World ParaVolley TUE Application Form](#). All members of the WPV TUEC and any other authorised recipients of your TUE request and related information (as described in the Athlete's Declaration) are subject to a professional or contractual confidentiality obligation.

Please review the terms of the Athlete's Declaration carefully. In particular, please note that should you wish to revoke the right of the WPV's TUEC to obtain the information related to your TUE request in accordance with the Athlete's Declaration, your TUE application will be deemed withdrawn without approval being granted.

Your TUE request-related information will be retained by WPV and any other authorised recipients for no longer than necessary for the purposes stated in the Athlete’s Declaration, in accordance with WADA’s International Standard for the Protection of Privacy and Personal Information (ISPPPI).

Athletes are strongly advised not to use any prohibited substance without a valid TUE. Athletes who possess or use the prohibited substance or method prior to receiving notification that their TUE has been granted do so at their own risk.

Athletes should also verify if the substance or method they are using is legal in the specific country or state where they compete or plan to compete. For example, cannabis or opioids are illegal in various states and countries and there may be serious legal consequences for transgressing those rules regardless of whether one was granted a TUE.

Contact Information

For any further information and questions in relation to World ParaVolley personal information practices, please contact the World ParaVolley Privacy officer at generalmanager@worldparavolley.org

If you have a doubt as regards to which organization you should apply for a TUE, or as to the recognition process, or any other question about TUEs, please contact: TUE Manager - World ParaVolley at TUE@worldparavolley.org

Useful Links:

World ParaVolley TUE Form	
Using Medications Abroad – Travel Tips	
WADA International Standard for Therapeutic Use Exemptions (ISTUE)	
WADA Guidelines for the International Standard for Therapeutic Use Exemptions	
WADA Checklists for TUE applications	
Medical Information to Support the Decisions of Therapeutic Use Exemptions Committees (TUECs)	

References:
WADA ADEL for International-level Athletes
UKAD website
FEI