



## World ParaVolley Anti-Doping

---

### **GUIDE TO THERAPEUTIC USE EXEMPTIONS (TUEs) & TESTING**

Therapeutic Use Exemptions (TUEs) are there for the benefit of the athletes. A TUE allows an athlete who suffers from a genuine, medically-confirmed condition to use a particular substance that would otherwise be prohibited. If an athlete has an illness or condition that requires a medication containing a substance that is on the World Anti-Doping Agency's (WADA) Prohibited List, the World ParaVolley TUE Committee may grant a Therapeutic Use Exemption (TUE) that allows the athlete to take the medication without committing an Anti-Doping Rule Violation, providing that using the medication is done respecting the conditions of the TUE.

World ParaVolley requires a TUE for **every international competition** for any athlete who intends to use a medication for a documented medical condition that contains a substance on the Prohibited list that would otherwise be considered to be an anti-doping rule violation. All international competitions are listed on the calendar on the World ParaVolley website.

This implies that athletes and their doctors are fully aware of the list of prohibited substances contained in the WADA Prohibited List (reviewed annually) and that they pay particular attention to the contents of all pharmaceutical products purchased "over-the-counter" or prescribed to them by a doctor.

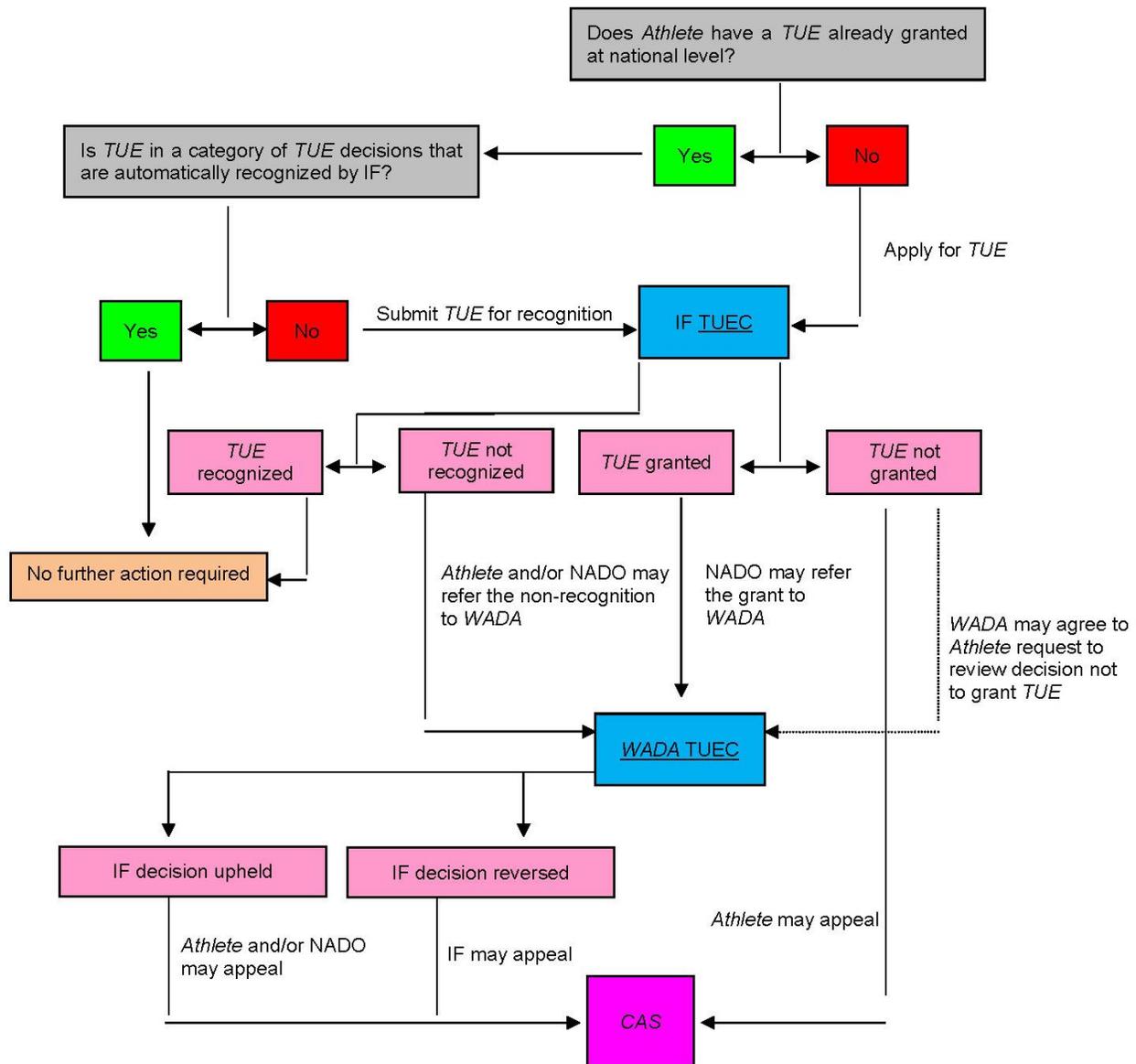
**IMPORTANT: REMEMBER THAT ATHLETES ARE PERSONALLY RESPONSIBLE FOR THE PRESENCE OF A PROHIBITED SUBSTANCE IN THEIR BODY.**

If an athlete does not file a TUE application and subsequently tests positive for the prohibited substance, he or she may be found guilty of an anti-doping rule violation and face sanctions under the World ParaVolley Code and Rules.

For further information please see the International Standard for TUE's, accessible from the anti-doping homepage of [www.worldparavolley.org](http://www.worldparavolley.org) .

## TUE PROCEDURE

**PLEASE REFER TO THE FLOW CHARTS IN APPENDIX 1 (From WADA’s International Standard for Therapeutic Use Exemptions – January 2016) FOR THE FULL TUE PROCEDURE.**



\*Only international-level athletes are required to apply to World ParaVolley for a TUE (see below under FAQ#2 for definition of international level athlete).



# World ParaVolley Anti-Doping

---

## FREQUENTLY ASKED QUESTIONS

### **Is a TUE required for the use of all prohibited substances and methods?**

A TUE is required for the use of ALL prohibited substances or methods for therapeutic purposes except for the following specific circumstances:

#### Regulations for the use of glucocorticosteroids

A TUE is required for glucocorticosteroids administered by the following routes:

- Oral (swallowed)
- Intravenous (injected into a vein)
- Intramuscular (injected into a muscle)
- Rectal (placed into the rectum e.g. suppository)

Non-systemic or topical (i.e. surface) application of glucocorticosteroids are not prohibited and do not require a TUE. These methods of administration are:

- Auricular (e.g. ear drops)
- Buccal (medication put into the mouth and absorbed through the cheek)
- Dermatological (including iontophoresis/phonophoresis) (creams applied to the skin)
- Epidural (injected into the space around the spinal cord)
- Intra-articular (injected into a joint)
- Ophthalmic (e.g. eye drops)
- Nasal (applied through the nose)
- Perianal (applied around the anus)

#### Regulations for use of beta-2-agonists

All beta-2-agonists are prohibited except inhaled salbutamol (maximum 1600 micrograms over 24 hours), inhaled formoterol (maximum delivered dose 54 micrograms over 24 hours) and salmeterol when taken by inhalation in accordance with the manufacturers' recommended therapeutic regime.

#### Intravenous infusions

Intravenous infusions are prohibited unless legitimately received in the course of hospital admissions or clinical investigations.

### **Who must apply to World ParaVolley for a TUE?**

All athletes requiring the use of a prohibited substance contained in the WADA Prohibited List must have a TUE on file. TUEs for national athletes are overseen by your National Anti-Doping Organization. TUEs for international athletes are administered by World ParaVolley. Other major multi-sport event organizers such as for the Paralympic Games may also grant their own TUEs. See [Article 4.4 of World ParaVolley Antidoping Code & Rules](#).

**Only international-level athletes** are required to apply to World ParaVolley for a TUE.



## World ParaVolley Anti-Doping

---

For the purposes of the World ParaVolley Anti-Doping Code and Rules, an international-level athlete is defined as:

- An athlete who is on the World ParaVolley Master list of Internationally Classified athletes; or
- An athlete competing in an international Event with the full backing of their Member Nation; or
- An athlete who is in the World ParaVolley Registered Testing Pool of athletes subject to Out-of-Competition testing at the time of the application

### **What if I already have a TUE granted by my National Anti-Doping Organization?**

- If you already have a TUE granted by your National Anti-Doping Organization for the substance in question, you **must still apply** to World ParaVolley (or the multisport game antidoping organizer) to recognize the TUE for international-level Competition (as per Article 4.42 of World ParaVolley Anti-Doping Code & Rules). A national TUE may not automatically be recognized at the international level.

- **NADO TUE Decisions recognized by World ParaVolley:**

World ParaVolley will automatically recognize the following TUE decisions made by NADOs:

1. salbutamol is allowed for asthma and COPD provided there is evidence to support its use
  2. weak opiates that contain codeine and dihydrocodeine for stump pain. Stronger ones such as morphine and controlled drugs need TUE application.
- If you do not already have a TUE granted by your National Anti-doping Organization, you must apply directly to World Para-Volley for a new TUE.

### **How do I apply for a TUE?**

An application to World ParaVolley for grant or recognition of a TUE should be submitted as soon as the need arises and at least **30 days** before the Athlete's next Competition (unless there is an emergency or exceptional situation). For the substances prohibited at all times (including out-of-competition), the TUE application must in any event be submitted before the use of the prohibited substance. Athletes should apply to their NADO, World ParaVolley or major event organizer as applicable, using a therapeutic exemption form.

World ParaVolley prefers that TUE's, along with all necessary supporting medical evidence, be submitted through ADAMS (Anti-doping Administration & Management System) as this is a secure and confidential means of providing information to only those who need to know the information. Contact your National Anti-doping organization for more information on ADAMS and how to submit your TUE.

For those who don't have access to ADAMS, a [TUE Application Form](#) can be downloaded from the World ParaVolley website, completed by your physician, signed, and emailed to World ParaVolley at [generalmanager@worldparavolley.org](mailto:generalmanager@worldparavolley.org) with all relevant documents attached. The World ParaVolley TUE Committee also recognizes the IPC TUE application form and requests by the athlete's NADO via ADAMS.

The TUE Application, whether completed and submitted via ADAMS or in paper form must be complete and legible. The form will be considered complete if all boxes on the TUE application Form have been properly filled in and if it is accompanied by all supporting medical documents including:

- A statement by an appropriately qualified physician providing the reason for the necessity of the otherwise Prohibited Substance or Prohibited Method in the treatment of the athlete and describing why an alternative, permitted medication could not be used in the treatment of such a condition;
- A comprehensive medical history and the results of all examinations, laboratory investigations and imaging studies relevant to the application;
- The dose, frequency, route and duration of administration of the Prohibited Substance or Prohibited Method in question must be specified in the application and, in case of change, a new application must be submitted.



### **Anti-Doping Administration & Management System**

ADAMS is used by World ParaVolley for online management of TUE requests and approvals as well as online notification of those involved in the process. ADAMS enables athletes to complete forms and submit TUE's online. Medical practitioners can enter the TUE request together with the athlete through the athlete account or can apply to World ParaVolley for a personal account to enter the information on behalf of the athlete. The system will then generate a TUE application form that has to be printed and signed by the athlete as well as the medical practitioner to send to World ParaVolley.

If you do not receive notification that your TUE application has been received within 72 hours, please contact World ParaVolley again. Your contact information may be incomplete, incorrect or unreadable and World ParaVolley may have been unable to contact you.

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.

**You are strongly advised not to use any prohibited substance without a valid TUE.**

### **Retroactive TUEs**

Applications for retroactive TUEs are limited to medical emergencies or treatments of an acute medical condition and 'exceptional circumstances'. Exceptional circumstances are those in which "there was insufficient time or opportunity for an applicant to submit, or a



## World ParaVolley Anti-Doping

---

TUE Committee to consider, an application prior to Doping Control.” For further information on retroactive TUEs, please consult the International Standards for TUE’s. (ISTUE).

### **Who will Review My Application?**

Once a TUE is requested, the World ParaVolley TUE Committee promptly reviews 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.

The chair of the TUE Committee may delegate responsibility for reviewing the TUE applications in certain circumstances to a single experienced physician.

### **How long will it take?**

In normal circumstances, a decision from the World ParaVolley TUE Committee should be completed within 21 days of receipt of a complete application.

### **How do I know if my TUE application was granted or rejected?**

You will be notified regarding the decision of the TUE Committee in writing, and other relevant parties (NADO/WADA) through ADAMS.

### **Who else is informed on the decision of the World ParaVolley TUE Committee?**

World ParaVolley decisions on TUE applications are communicated on a need-to-know basis and in compliance with International Standards for Therapeutic Exemptions. The decision of World ParaVolley is reported to your National Anti-Doping Organization (NADO) and the World Anti-Doping Agency (WADA) through ADAMS.

### **What happens if my application is rejected?**

You will be informed on the reason(s) for rejecting your application. Your application may simply not be legible, or incomplete. In such cases, you can resend another application. If your application is rejected because the Committee considered that you did not fulfil all criteria for granting a TUE, you can submit your application to WADA for review of the decision. A decision to deny a TUE can also be appealed to the Court of Arbitration for Sport (in accordance with Article 13 of the ISTUE).

### **Where can I find more information about medications or supplements that I am taking?**

For information about the prohibited status of the substance(s) you are taking, consult one of the various local Drug Reference Databases (the list below is not exhaustive):

**Global Drug Reference Online (Canada, UK, US)**

[www.globaldro.com/](http://www.globaldro.com/)



## World ParaVolley Anti-Doping

---

### **South African Institute for Drug-free Sport**

[www.drugfreesport.org.za/medication-check-4/](http://www.drugfreesport.org.za/medication-check-4/)

### **Irish Sports Council**

[www.irishsportsCouncil.ie/Anti-Doping/Medicines TUEs/How to check your medications/](http://www.irishsportsCouncil.ie/Anti-Doping/Medicines_TUEs/How_to_check_your_medications/)

### **Korean Anti-Doping Agency**

[kada-ad.or.kr/renew/main.asp?sub\\_num=50&state=list](http://kada-ad.or.kr/renew/main.asp?sub_num=50&state=list)

### **Australian Sport Anti-Doping Agency**

[checksubstances.asada.gov.au/](http://checksubstances.asada.gov.au/)

### **Drug-Free Sport New Zealand**

[www.drugfreesport.org.nz/Substances/Checking+Medications.html](http://www.drugfreesport.org.nz/Substances/Checking+Medications.html)

### **German NADA**

[www.nada-bonn.de/medizin/nadamed/](http://www.nada-bonn.de/medizin/nadamed/)

### **Swiss Drug Database**

[www.antidoping.ch/en/drugdb/](http://www.antidoping.ch/en/drugdb/)

### **WADA: Dietary & Nutritional Substances**

[www.wada-ama.org/en/Resources/Q-and-A/Dietary-and-Nutritional-Supplements/](http://www.wada-ama.org/en/Resources/Q-and-A/Dietary-and-Nutritional-Supplements/)

### **Further Questions:**

If you have any further questions regarding the TUE Process, please contact the Chair of World ParaVolley Anti-Doping Commission at [antidoping@worldparavolley.org](mailto:antidoping@worldparavolley.org) .

---

## **TESTING & WHEREABOUTS INFORMATION**

It is recognized and accepted that no advance out-of-testing is at the core of effective doping control. World ParaVolley will have both ***In Competition*** testing at events, organised by the Local Organising Committee on behalf of World ParaVolley, and ***Out-of-Competition*** testing, with WADA placing increasing emphasis on the latter. All tests are completed at WADA licensed laboratories.

World ParaVolley has a *Registered Testing Pool* (RTP) of athletes who can be tested at any time and who have to declare their *Whereabouts* at all times. This does not mean that athletes who have not been selected to the International RTP (IRTP) are not subject to out-of-competition testing. Every athlete is subject to out-of-competition testing at all times and may also be subject to testing by other organizations, including in particular WADA, their NADO and their National Federation. However, only athletes in the IRTP have to provide whereabouts information for every day of the year.



## World ParaVolley Anti-Doping

---

Whereabouts information gives the ADO the ability to locate athletes with no notice, which is crucial to ensuring effective anti-doping programs.

Athletes that are selected as part of World ParaVolley's RTP will be informed directly by World ParaVolley and will be required to provide the following information, for every day of the year:

- A 60-minute time slot during which you will be available for testing at a specified location (only RTP athletes);
- An overnight residential address;
- A mailing address;
- Any regular activity (training, work, etc.); and
- Your competition schedule.

Since January 1, 2012, all International Federation RTP athletes are required to submit their Whereabouts information directly through ADAMS. World ParaVolley is using ADAMS for whereabouts information. For more information on ADAMS, please consult the ADAMS section of WADA's website here: [www.wada-ama.org/en/what-we-do/adams](http://www.wada-ama.org/en/what-we-do/adams)

RTP Athletes must ensure that they keep their whereabouts information up-to-date at all times. They can have a representative submit their whereabouts information through an Athlete Agent account. However athletes are ultimately responsible for their whereabouts. As a result, they cannot avoid responsibility by blaming their representative for filing inaccurate information about their whereabouts or for not updating their whereabouts if they were not at the location specified by them during the 60-minute timeslot.

For RTP athletes, Whereabouts failures can result from missed tests and filing failures, and a series of failures can constitute a possible anti-doping rule violation (ADRV), and subsequent sanctions. Athletes can submit last minute modifications by SMS.

For more information on SMS click :

<http://adams-docs.wada-ama.org/display/EN/SMS+Whereabouts>

Whereabouts rules are part of the International Standard for Testing & Investigations (ISTI). This document can be found on the WADA website or can be linked from the World ParaVolley anti-doping page.