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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 duty to ensure that no prohibited substance enters his body and that no prohibited method is used. 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?

Some substances (e.g. anabolic steroids) are prohibited at all times because they can have long-term performance enhancing effects when used as part of a training or recovery programme. Other substances, such as masking agents, are prohibited at all times because they can be used to hide evidence of doping.

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 the body for a long time, and if you test positive for such a substance after an in-competition doping control, this would be an anti-doping rule violation.

All substances and methods on the Prohibited List are prohibited in-competition.

What is a specified substance?

Some substances on the Prohibited List are classified as specified substances. If you test positive for a specified substance, you would receive an initial ban of up to two years rather than the four years which is standard for substances which are not specified. This is because WADA recognises that substances can enter a player's body inadvertently, without necessarily having been used with the intention of doping.

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 of purchase. In one country, a product may be free from prohibited substances, while in another country a product with the same name and packaging may contain a

prohibited substance. You should never take any medication without first checking with your team doctor, and if you regularly need to take a particular medication, take it with you when you travel.

Can prohibited substances be present in nutritional supplements?

Yes. The results of studies recently carried out on nutritional supplements used by athletes have shown that many of these products are contaminated with prohibited substances, including anabolic steroids and stimulants. The ingredient lists on most supplements rarely 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 cases in recent years of athletes from several sports, including football, testing positive for the banned stimulant methylhexanamine, which is commonly found in supplements. Methylhexanamine 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 methylhexanamine will almost certainly not be.

You must be extremely careful with the use of nutritional supplements as you would face disciplinary sanctions in the event of a positive doping test, even if you had accidentally consumed a prohibited substance via the supplement.

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.

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 2018 WADA Prohibited List, and the summary of changes compared to the 2017 List, from UEFA.com: <http://www.uefa.com/insideuefa/protecting-the-game/anti-doping/index.html>

More information is also available on WADA's website (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.

Like everyone else, footballers have illnesses and conditions that require them to take medication, but if the only suitable medication is on the Prohibited List, you must apply for a TUE before you use it.

TUEs are only approved if you cannot take a permitted treatment instead, so you should consult your team doctor to consider possible alternative treatments before applying.

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.com: <http://www.uefa.com/insideuefa/protecting-the-game/anti-doping/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.
- The form must be accompanied by a statement from an appropriately qualified doctor confirming why you need the prohibited substance or method. This must also be supported by medical evidence and a detailed medical history, including the results of all examinations, laboratory investigations and scans which are relevant to the application.
- 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 9 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 (i.e. up to and including U21) 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.

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 were not used.
- Therapeutic use of the prohibited substance or method is highly unlikely to produce any enhancement in performance beyond a return to the player's normal state of health.
- There is no reasonable therapeutic alternative to the use of the 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 should take a decision on your application as soon as possible, and within no more than 21 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?

If you have a medical emergency which requires the immediate 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 request a review of UEFA's decision by WADA, 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. WADA assesses whether or not the decision of the UEFA TUE Committee met the criteria set out in the International Standard for TUEs. If WADA upholds UEFA's decision to refuse your TUE application, you can then appeal to the Court of Arbitration for Sport (CAS). If WADA overturns UEFA's original position and grants the TUE, then UEFA also has the possibility of appealing to CAS.

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 and the WADA International Standard for TUEs, the UEFA TUE Committee will recognise the NADO TUE 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 undergoing a doping control you should declare the medication you are taking in the 'Declaration of medication' section of the doping control form.

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.

Summary: to which organisation do I apply for a TUE?

| <u>I am</u> | <u>TUE applications to be sent to</u> | <u>Period</u> | <u>Application to be made by</u> |
|--|--|---|---|
| A player participating in domestic competitions only | National Anti-Doping Organisation (NADO) or other authorised body, e.g. National Olympic Committee | Entire domestic season | Me (player) and my club doctor |
| A player participating in a junior (up to U-21 level) international friendly match | National Anti-Doping Organisation (NADO) or other authorised body, e.g. National Olympic Committee | Period I am on duty with my junior-level national team | Me (player) and national team doctor |
| An international player called up by my association to participate in a UEFA national team competition and senior international friendly matches | UEFA | Period I am on duty with my national team | Me (player) and my national team doctor |
| A player participating in UEFA club competitions (incl. FIFA elite testing pool) | UEFA | Duration of my team's involvement in UEFA club competitions NB: when my club is no longer involved in UEFA competitions, any new applications must be addressed to my NADO | Me (player) and my club doctor |
| An international player called up by my association to participate in FIFA competitions or who is part of the FIFA pre-competition testing pool | FIFA TUEs granted by UEFA or another Confederation are automatically recognised | Period I am on duty with my national team | Me (player) and my national team doctor |
| A player in the FIFA international registered testing pool | FIFA TUEs granted by UFEA or another Confederation are automatically recognised | Period during which I am included in the registered testing pool | Me (player) and my club doctor |

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 glucocorticoids 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 glucocorticoids 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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