

## THERAPEUTIC USE EXEMPTIONS (TUE)

# THERAPEUTIC USE EXEMPTIONS

### What is a Therapeutic Use Exemption (TUE)?

Athletes, like all people, may have illnesses or conditions that require them to take particular medications or undergo procedures. If the medication or method an athlete is required to take/use to treat an illness or condition is included in the World Anti-Doping Agency's (WADA) Prohibited List, a Therapeutic Use Exemption (TUE) may give that athlete the authorization to take a substance or use a method that is prohibited.

Applications for TUEs are reviewed by a panel of experts, the TUE Committee (TUEC) who may give such permission.

### What are the criteria for granting a TUE?

All of the four following criteria must be met (for more details, please refer to the [WADA International Standard for Therapeutic Use Exemptions \(ISTUE\) Article 4.1](#)):

- The athlete has a clear diagnosed medical condition which requires treatment using a prohibited substance or method;
- The therapeutic use of the substance would not produce significant enhancement of performance beyond the athlete's normal state of health;

There is no reasonable therapeutic alternative to the use of the prohibited substance or method;

- The necessity to use that substance or method is not a consequence of the prior use (without a TUE), of a substance or method which was prohibited at the time of use.

### Who should apply for a TUE to WAF, where and when?

First, check if the required medication or method you intend to take or use appears on the Prohibited List.

<https://www.wada-ama.org/en/content/what-is-prohibited>

You have the responsibility to inform your doctors that you are an athlete subject to doping control, and your doctors should check the Prohibited List whenever they prescribe a medication / method to you. If the substance / method is prohibited, check with your doctors if there are any alternative treatments that are not prohibited. If not, you have to apply for a TUE.

Second, check your competition level to determine to which organization, and when to apply for a TUE.

**==> If you are an International-Level Athlete**, you hold the license to WAF or to WAF Continental Federations, or you compete in any of the WAF International Events (ex.: World Armwrestling Championship, Continental Armwrestling Championship). must apply to the **World Armwrestling Federation (WAF)** in advance, as soon as the need arises, unless there are emergency or exceptional circumstances.

For substances prohibited in-competition only, you should **apply for a TUE at least 30 days before** your next competition.

Please refer to the section **How to apply to WAF for a TUE** below.

If you already have a TUE granted by your National Anti-Doping Organization (NADO):

**WAF** automatically recognizes that TUE. Please notify **WAF** that you have a TUE granted by your NADO **at least 30 days before** your next competition.

If your existing TUE does not fall under a category of decision described above, you must submit a request for recognition by **WAF**. Please refer to the section **How to submit a request for recognition of your NADO's TUE to WAF** below.

**==> If you are NOT an International-Level Athlete and you have been tested by WAF, WAF** recognizes a valid TUE granted by your NADO (i.e., it satisfies the ISTUE criteria for granting a TUE). If, moreover, you are also NOT a National-Level Athlete as defined by your NADO and you have been tested by **WAF**, you must apply for a retroactive TUE to **WAF**.

## CAN I GET A RETROACTIVE TUE?

**You may only apply retroactively for a TUE to WAF if:**

Your competition level permits (i.e., you are not an International-Level Athlete as defined by **WAF** nor a National-Level Athlete as defined by your NADO); or

- An emergency or urgent treatment of a medical condition was necessary; or
- Due to exceptional circumstances, you had insufficient time or opportunity to submit, (or for the TUEC to consider), your application prior to sample collection; or

It is agreed, by WADA and by **WAF**, that fairness requires the grant of a retroactive TUE.

### **Important note:**

Using a prohibited substance before being granted a TUE could result in an Adverse Analytical Finding and a potential anti-doping rule violation.

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 for evaluation.

## How to apply to WAF for a TUE?

Through ADAMS or paper format / electronic TUE form

**WAF** encourages TUE applications using the form available in ADAMS, and submitting the required medical file through ADAMS. If you do not have an ADAMS account yet, please contact [antidoping@waf-armwrestling.com](mailto:antidoping@waf-armwrestling.com) to have your account set up.

Otherwise, please download the **WAF's TUE Application Form**

<http://www.waf-armwrestling.com/wp-content/uploads/2020/06/WAF-WADA-TUE-Application-2020.pdf>, and once duly completed and signed, send it together with the required medical file to [antidoping@waf-armwrestling.com](mailto:antidoping@waf-armwrestling.com).

Your TUE application must be submitted in legible English (or French) using capital letters or typing.

The medical file includes:

- A comprehensive medical history, including documentation from the original diagnosing physician(s) (where possible);
- The results of all examinations, laboratory investigations and imaging studies relevant to the application;
- If the medical file is not in English or French, a summary explaining, in English or French, the key elements of the diagnosis, clinical examinations, medical tests and treatment plan must be provided.

Any TUE application that is not complete or 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.

Keep a complete copy of the TUE application form and all medical information submitted in support of your application, and proof that it has been sent.

## How to SUBMIT A REQUEST FOR RECOGNITION OF MY NADO'S TUE to WAF?

Your request for recognition must be submitted using the copy of your NADO's TUE certificate, application form (in English [or French]) and supporting medical file. Please send it to [antidoping@waf-armwrestling.com](mailto:antidoping@waf-armwrestling.com).

It is not necessary to translate all medical information into English [or French]. However, an English [or French] summary explaining the diagnosis and key information about medical exams, medical tests and treatment plans is required.

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

Keep a complete copy of the proof that your request for recognition has been sent to **WAF**.

You can also simply submit your request for recognition to **WAF**, quoting your ADAMS NADO's TUE reference number, if provided.

## When will I receive a decision on my TUE application [OR REQUEST FOR RECOGNITION]?

**WAF's** TUEC's decision will be communicated in writing to you within 21 days from the date of receipt of the complete TUE application [or request for recognition], including the required medical information, by **WAF**.

## WHAT about the renewal of my TUE?

Each TUE has a specific duration, at the end of which it expires automatically. Should 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 ahead the expiry date, so that there is sufficient time for a decision to be made prior to the expiry of the current TUE.

**Important note:**

The presence (following sample collection), use, possession or administration of the prohibited substance or method shall 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 IF MY WAF'S TUE APPLICATION IS DENIED?

A decision to deny a TUE application includes an explanation of the reason(s) for the denial. If it is not clear to you, please contact **WAF** to understand exactly why the TUE was denied. Sometimes, there may be a critical piece of information, diagnostic test, laboratory results missing, etc. Failing this:

You and/or your NADO may refer the matter to WADA for review no later than 21 days after the decision was rendered by the TUEC by sending the same information that you submitted to your TUEC and on which they based their decision to deny the TUE via registered mail at:

WADA Medical Director

World Anti-Doping Agency

800 Square Victoria

Montreal, H4Z 1B7, QC

Canada

However, WADA is not obliged to proceed with such review. In that case, you and/or your NADO may appeal to the Court of Arbitration for Sport (CAS).

## WHAT IF MY NADO'S TUE IS NOT RECOGNIZED BY WAF?

You and/or your NADO have 21 days to refer the matter WADA for review. You can appeal the decision by sending a registered letter together with the same information that was submitted to your TUEC and on which they based their decision not to recognize the TUE via registered mail at:

WADA Medical Director

World Anti-Doping Agency

800 Square Victoria

Montreal, H4Z 1B7, QC

Canada

**Pending WADA's decision, your NADO's TUE remains valid for national-level competition and out-of-competition testing only.**

If the matter is not referred to WADA for review, the TUE becomes invalid for any purpose when the 21-day review deadline expires.

## 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 **WAF's** TUE Application Form

<http://www.waf-armwrestling.com/wp-content/uploads/2020/06/WAF-WADA-TUE-Application-2020.pdf>. All members of the TUEC and any other authorized 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 **WAF'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 [or recognition] being granted.

Your TUE request-related information will be retained by **WAF** and any other authorized recipients for no longer than necessary for the purposes stated in the Athlete's Declaration, in accordance with the International Standard for the Protection of Privacy and Personal Information.

### Contact information]

For any further information and questions in relation to **WAF's** personal information practices, please contact [office@waf-armwrestling.com](mailto:office@waf-armwrestling.com).

**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 with regard to TUEs, please contact: [antidoping@waf-armwrestling.com](mailto:antidoping@waf-armwrestling.com).**

### Other useful links: ]

WADA International Standard for Therapeutic Use Exemptions (ISTUE)

WADA Guidelines for Therapeutic Use Exemptions

WADA Q&A on Therapeutic Use Exemptions

WADA Checklists for TUE applications

WAF TUE Application.pdf



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ARMWRESTLING  
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**TUE**  
THERAPEUTIC USE EXEMPTIONS  
APPLICATION FORM



### 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 your event**. In exceptional cases or true emergencies, a TUE may be approved retroactively.



## 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:  
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)

Find out more at [wada-ama.org](http://wada-ama.org)