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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 2.2.1 of the UEFA Anti-Doping Regulations states: *"It is the Players' personal duty to ensure that no Prohibited Substance enters their bodies 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 a 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, unless you can demonstrate that your usage of the substance satisfies the TUE conditions set out below, this would be a possible anti-doping rule violation.

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

What is a specified substance or method?

Substances and methods on the Prohibited List are classified as 'specified' or 'non-specified'.

Specified substances and specified methods should not in any way be considered less performance enhancing or less dangerous than other doping substances or methods. Rather, they are simply substances and methods which are more likely to have been consumed or used by a player for a purpose other than the enhancement of sport performance.

All substances and methods on the Prohibited List are prohibited. However, if a player is charged with an Anti-Doping Rule Violation for the use of a "specified substance or method" under certain conditions, there may be a possibility of a greater reduction of a sanction.

What is a Substance of Abuse?

Substances of abuse are substances that are frequently abused in society outside of the context of sport. If you test positive for a substance of abuse and you can establish that the substance was used out-of-competition and in a context unrelated to sports performance, your period of suspension will be three months and can be further reduced to one month if you complete a rehabilitation programme.

WADA will specify the substances of abuse on its Prohibited List. The 2022 edition identifies cocaine, diamorphine (heroin), methylenedioxymethamphetamine (MDMA/ecstasy) and tetrahydrocannabinol (THC/cannabis) as substances of abuse

Is an IV drip prohibited?

Yes, intravenous infusions and/or injections of more than 100 mL per twelve-hour period are prohibited and therefore require a TUE. This is the case even if the liquid infused or injected does not contain any prohibited substance, since it is the method that is prohibited.

You do not require a TUE if you have legitimately received an infusion in the course of hospital treatments, surgical procedures or clinical diagnostic investigations (even if the volume exceeded 100 mL per twelve-hour period).

What are the rules on Glucocorticoids?

Glucocorticoids (GCs) are a commonly used medication for a variety of medical conditions. They are given primarily for their anti-inflammatory and immune-suppressive effects and may be administered via different routes.

GCs are prohibited In-Competition if given by oral, rectal and **all injectable** routes. All other routes of administration including inhalation, nose spray, eye drops, and topical application are not prohibited. The In-Competition period is defined as starting at 23:59 the night before a match through to the end of any doping control related to that match.

Out-of-competition use of GCs, by any route, is not prohibited. However, an In-Competition urine sample may contain evidence of GC use even though this took place Out-of-Competition, and an adverse analytical finding (AAF) may be reported. If you and your doctor provide appropriate clinical justification for GC use, a retroactive TUE may be granted. However, if no TUE is granted, the AAF may lead to a sanction.

Please read the WADA guidance document 'Glucocorticoids and Therapeutic Use Exemptions' for more information.

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 that have the same brand name as in your home country 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 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. However, the ingredient lists on these supplements mostly do not 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 antidoping@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 2022 WADA Prohibited List, and the summary of changes compared to the 2021 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)?

Footballers, like all people, may have illnesses or conditions that require them to take particular medications or undergo procedures. If the medication or method you are required to take/use to treat an illness or condition is included in the WADA Prohibited List, a Therapeutic Use Exemption (TUE) may give you the authorisation to take it.

Applications for TUEs are reviewed by the UEFA TUE Committee (TUEC), who may give such permission.

TUEs are only approved if there is no *reasonable* alternative permitted treatment, so you should consult your team doctor to consider possible other options before applying.

When should I apply for a TUE?

If you need to use a prohibited substance or method for medical reasons, you must apply for and obtain a TUE **before** using or possessing the substance or method in question.

What are the criteria for granting a TUE?

The rules governing TUE applications are laid out in the WADA International Standard for TUEs (ISTUE). According to Article 4.2 of the ISTUE, you may be granted a TUE if (and only if) you can show, on the balance of probabilities, that each of the following conditions is met:

- The prohibited substance or prohibited method in question is needed to treat a diagnosed medical condition supported by relevant clinical evidence.
- The therapeutic use of the prohibited substance or prohibited method will not, on the balance of probabilities, produce any additional enhancement of performance beyond what might be anticipated by a return to the player's normal state of health following the treatment of the medical condition.
- The prohibited substance or prohibited method is an indicated treatment for the medical condition, and there is no *reasonable* permitted therapeutic alternative.
- The necessity for the use of the prohibited substance or prohibited method is not a consequence, wholly or in part, of the prior use (without a TUE) of a substance or method which was prohibited at the time of such use.

What if I have a medical emergency?

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.

What if I used a substance Out-of-Competition that is only prohibited In-Competition?

You may also apply for a retroactive TUE if you used out-of-competition, for medical reasons, a prohibited substance that is only prohibited in-competition.

This is intended to address situations where, for medical reasons, you use a substance out-of-competition that is only prohibited in-competition, but there is a risk that the substance will remain in your system in-competition. In this instance, you are strongly advised to have a medical file prepared, with the exact time and dose of the administration, to demonstrate that your use of the substance satisfies the TUE conditions set out below.

Are there any other exceptions where I can get a retroactive TUE?

Article 4.3 of the ISTUE outlines a specific exemption where it would be manifestly unfair not to grant a retroactive TUE, even if all the criteria for granting a TUE are not fulfilled. This exemption is reserved to truly exceptional and rare circumstances and the granting of such TUEs will require the prior approval of WADA. WADA's decision is final.

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. WADA publishes checklists on the requirements for TUE applications for many common medical conditions. Your doctor should ensure that all the requirements are met before applying to UEFA for a TUE. The guidance documents can be downloaded from the UEFA website: <https://www.uefa.com/insideuefa/documentlibrary/antidoping/index.html>
- If the medical information is not in one of UEFA's official languages (English/French/German), you must provide a clear summary in one of these three languages.
- Both you and your doctor must sign the form.
Send the form and the supporting medical evidence to UEFA's Anti-Doping e-mail address: antidoping@uefa.ch.
- In order to provide additional security, please encrypt the documents with a password and send the password in a separate email to Rebecca.lee@uefa.ch
- Unless you fulfil one of the conditions for a retroactive TUE, as outlined above, 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.

Who decides whether to grant me a TUE?

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. These documents can be found on the UEFA website:

<https://www.uefa.com/insideuefa/documentlibrary/antidoping/index.html>

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.

How do I know if my TUE application has been successful?

If the TUE is granted by the UEFA TUE Committee, UEFA will email the TUE certificate to you and your club or national association. The TUE will also be entered in the WADA Anti-Doping Administration & Management System (ADAMS) so that your NADO, FIFA and WADA will have access.

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 concludes that the decision does not conform to the ISTUE, 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 requested by WADA. WADA assesses whether or not the decision of the UEFA TUE Committee met the criteria set out in the ISTUE. If WADA upholds UEFA's decision to refuse your TUE application, you can then appeal to 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 your football 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. No request for recognition is necessary.

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 ISTUE, 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.

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 and I have 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 your TUE is still valid and that the results of the analysis are consistent with the conditions under which the TUE was 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)	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)	Period I am on duty with my junior-level national team	Me (player) and national team doctor
An international player participating in a UEFA national team competition or 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	UEFA	Duration of my team's involvement in UEFA club competitions	Me (player) and my club doctor
An international player participating in FIFA competitions	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 UEFA or another Confederation are automatically recognised	Period during which I am included in the registered testing pool	Me (player) and my club doctor
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WE CARE ABOUT FOOTBALL
