

Pocket

U.S. ANTI-DOPING AGENCY

Guide



This guide provides important information for athletes, their parents, coaches, and health professionals on various topics, including the doping control process and the Prohibited List.



TrueSport

Effective Jan. 1, 2017 - Dec. 31, 2017

DRUG TESTING 101

USADA's mission is to preserve the integrity of competition and protect athletes' right to compete free of dangerous performance-enhancing drugs. As participation in an anti-doping program will be part of every athlete's life while they are competing at an elite level, the following information should provide a helpful overview of the testing process.

SAMPLE COLLECTION PROCESS



1

An athlete selected for testing will be notified by a Doping Control Officer (DCO) or chaperone. They will ask the athlete to provide photo identification.



2

Following notification, the athlete must stay within direct observation of the DCO or chaperone. During in-competition testing, the athlete should report to the doping control station immediately, unless a valid reason[†] is discussed with, and permitted by, a DCO or chaperone.



3

The athlete will be asked to select a choice of several sealed sample collection vessels. The athlete should then check and inspect the collection vessel to ensure that it has not been tampered with. It is important that the athlete rinse their hands with water only before opening the vessel.



4

The athlete will be required to provide a urine sample of 90 mL while being observed by a DCO or witnessing chaperone of the same gender. Minor athletes will be required to be accompanied by a representative of their choice.



5

The athlete will be offered a choice of sealed sample collection equipment (which includes A Sample and B Sample bottles). The athlete should check and inspect the equipment thoroughly prior to using.



6

The athlete will divide their urine sample between the A and B sample bottles found inside the kit. The DCO will give instructions and will not handle any of the equipment unless asked to do so by the athlete.



7

Once the sample is sealed, the A and B sample bottles will be put in transport bags and back into the original box for secure transport to the laboratory.*



8

The DCO will check the specific gravity (density) of the sample. Additional samples may be requested if the sample is not within the required range.



9

The DCO will have the athlete declare any prescription/non-prescription medications, injections, and/or dietary supplements he or she is taking. This is also the time to give details about any Therapeutic Use Exemptions (TUEs) that the athlete has received.



10

The athlete will review a form called the Doping Control Official Record (DCOR) to make sure all the provided information is accurate. Once a test has been completed, the athlete will be emailed copies of their DCOR, along with a link to an Athlete Evaluation Form where they can provide feedback about their testing session.

[†] Valid reasons for delay include receiving medical attention, media commitments, or attending a medal ceremony.

* While sample collection equipment may look slightly different depending on where the test is taking place, the integrity of the sample will be always be maintained.

BLOOD COLLECTION PROCESS

- Some USADA DCOs will be qualified phlebotomists, but if they are not, a certified and/or licensed phlebotomist, called a blood collection officer (BCO), will perform the blood draw.
- To control for blood plasma volume changes, the athlete will be asked to remain seated for a specified period of time (usually about 20 minutes) prior to providing a blood sample.
- The DCO will ask the athlete to choose from a selection of blood accessory and security kits and inspect the kit.
- The BCO will select an area, typically the non-dominant arm, from which to draw the blood. The amount of blood drawn, equal to about one tablespoon, is unlikely to affect performance.
- The BCO will label each vacutainer tube with the sample code number before placing them in the security bottle. The BCO will be directed by the DCO to secure each vacutainer.
- The DCO will then guide the athlete through the remaining sample collection documentation and ship the athlete's samples to the lab.



THE WADA PROHIBITED LIST

The World Anti-Doping Agency (WADA) is responsible for leading the collaborative worldwide effort for doping-free sport. At least once a year, WADA evaluates and updates the Prohibited List, which identifies substances and methods prohibited at all times (in and out-of-competition), prohibited in-competition, or prohibited in particular sports.

A substance or method is put on the WADA Prohibited List if it meets any two of the following three criteria:

- 1) It has the potential to enhance or enhances sport performance.
- 2) It represents an actual or potential health risk to the athlete.
- 3) It violates the spirit of sport.

Substances Prohibited At All Times (In and Out-of-Competition):

- **Anabolic Agents** - such as testosterone, nandrolone, SARMS (selective androgen receptor modulators), and clenbuterol
- **Peptide Hormones, Growth Factors, Related Substances and Mimetics** - such as erythropoietin (EPO), human growth hormone (hGH), and human chorionic gonadotropin (hCG)
- **Beta-2 Agonists** - by all routes of administration except certain inhaled substances*, see below
- **Hormone and Metabolic Modulators** - such as clomiphene, tamoxifen, insulin, and aromatase inhibitors
- **Diuretics and Masking Agents** - such as hydrochlorothiazide, spironolactone, furosemide, and plasma expanders (glycerol)
- **Non-Approved Substances** - includes any substances that have no current approval status by any governmental regulatory health authority for human therapeutic use, such as drugs under pre-clinical or clinical development, or drugs that have been discontinued or approved only for veterinary use.

*All selective and non-selective beta-2 agonists, including all optical isomers where relevant, are prohibited, except inhaled salbutamol (albuterol): maximum 1600 micrograms over 24 hours, not to exceed 800 micrograms every 12 hours; inhaled formoterol: maximum delivered dose of 54 micrograms over 24 hours; inhaled salmeterol: maximum 200 micrograms over 24 hours. The presence in urine of salbutamol in excess of 1000 ng/mL or formoterol in excess of 40 ng/mL is presumed not to be an intended therapeutic use of the substance and will be considered as an Adverse Analytical Finding (AAF) unless the athlete proves, through a controlled pharmacokinetic study, that the abnormal result was the consequence of the use of the therapeutic dose (by inhalation) up to the maximum dose indicated above.

Substances Prohibited in Particular Sports:

- Alcohol
- Beta-Blockers

Substances Prohibited In-Competition Only:

- **Stimulants** - such as amphetamines, cocaine, methylhexanamine, modafinil, pseudoephedrine, ephedrine, and most ADHD medications
- **Narcotics** - such as oxycodone, morphine, and other pain killers
- **Cannabinoids** - such as marijuana, THC, hashish, and synthetic products like Spice and K2

- **Glucocorticoids** - such as betamethasone, prednisone, prednisolone, and cortisone by oral, intravenous, intramuscular, or rectal routes of administration

Manipulation of Blood and Blood Components:

The following methods are prohibited at all times:

- The administration or reintroduction of red blood cell products of any origin, including autologous, allogenic (homologous), or heterologous blood into the circulatory system.
- Artificially enhancing the uptake, transport, or delivery of oxygen. This includes but is not limited to: Perfluorochemicals, efaproxiral (RSR13), and modified haemoglobin products (e.g., haemoglobin-based blood substitutes and microencapsulated haemoglobin products, excluding supplemental oxygen by inhalation).
- Any form of intravascular manipulation of the blood or blood components by physical or chemical means.

Chemical And Physical Manipulation

The following methods are prohibited at all times:

- Tampering, or attempting to tamper, in order to alter the integrity and validity of samples collected during doping control. This includes but is not limited to: Urine substitution and/or adulteration (e.g., proteases).
- Intravenous infusions and/or injections of more than 50 mL per six hour period except for those legitimately received in the course of hospital admissions, surgical procedures, or clinical investigations.

Gene Doping

The following methods are prohibited at all times:

- The transfer of polymers of nucleic acids or nucleic acid analogues
- The use of normal or genetically modified cells

For substances prohibited only in-competition, athletes must allow sufficient time for clearance from the body before competition. Urine excretion rates are different than blood clearance rates and vary between individuals. Sufficient time after use must be allowed to avoid an anti-doping rule violation.

Discontinuing use of a medication can also have serious health consequences, and should never be done without consulting a physician and a full understanding of the risks involved. An athlete needing to take a prohibited substance for medical purposes should consult the USADA Therapeutic Use Exemption (TUE) Policy (see reverse).

To learn more about the Prohibited List, visit [USADA.org/prohibited-list](https://www.usada.org/prohibited-list) and [USADA.org/substances](https://www.usada.org/substances).

ATHLETE RIGHTS AND RESPONSIBILITIES

Athletes have the right to:

- Have a representative present, and if available, an interpreter
- Request a delay in reporting to the doping control station for a valid reason (in-competition):
 - receiving medical attention
 - performing a cool down
 - attending a medal ceremony
- Request a modification to the testing process if the athlete has a disability
- View the DCO's credentials
- Choose a collection vessel and sample collection kit
- Receive a copy of the test session
- Provide feedback

Athletes are responsible for:

- Remaining within direct observation of the DCO/chaperone at all times
- Producing photo identification to confirm their identity
- Complying with all testing procedures
- Reporting immediately to the doping control station during in-competition testing unless there are valid reasons for delay
- Staying in direct observation of the DCO or chaperone from the time of notification until the sample collection session is complete
- Keeping the sample in their possession and in view of the DCO at all times until it is sealed
- Carefully reviewing all sample collection documentation for accuracy and completeness

THERAPEUTIC USE EXEMPTIONS

- Use of a prohibited substance and/or method for legitimate medical reasons requires an approved Therapeutic Use Exemption (TUE) prior to use in sport. USADA recommends that athletes submit the application form along with medical documentation at least 30 days before taking the medication. A prescription from a physician is not sufficient grounds in itself to obtain a TUE.
- Some substances have to exceed a certain threshold in the athlete's urine or blood to be determined a positive test result. These threshold substances, such as ephedrine, require a TUE when they are used at the same time as a diuretic, even if an athlete has a TUE for the diuretic.
- After determining that a substance or method is prohibited, an athlete should determine their competition level, as this further affects whether or not a TUE is required. (See step 2: [USADA.org/tue/](https://www.usada.org/tue/) determine).

How to apply for a TUE:

- 1) Print and complete the TUE application form with your treating physician (form can be found at [USADA.org/tue/](https://www.usada.org/tue/)).
- 2) Provide medical documentation to support the use of the prohibited substance or method (e.g., a complete comprehensive medical history of your diagnosis, symptoms, management strategies, lab results, and a clear statement from your physician indicating why the use of non-prohibited alternatives are not effective in symptom management or treatment).
- 3) Submit completed TUE application and medical documentation to USADA by email at tue@USADA.org or by fax at 719-785-2029.
- 4) USADA will contact you upon receipt of the complete TUE application, and it can take up to 21 days for a decision* to be made. All TUE applications are reviewed in accordance with the WADA International Standard for Therapeutic Use Exemptions (ISTUE).
- 5) If a TUE is approved, the athlete will receive a certificate indicating the approval length for the use of prohibited substance and/or method. The period of validity for a TUE varies between cases. All medical information submitted to USADA remains confidential.

* All athletes must meet the WADA ISTUE criteria in order to be granted a TUE for a prohibited substance and/or method. All USADA TUE applications are reviewed anonymously by an independent TUE Committee of expert physicians.

NON-NATIONAL LEVEL ATHLETES

Under the USADA TUE Policy, a non-national level athlete is any athlete subject to the USADA's anti-doping rules who is not an international-level athlete or an athlete entered into an international event, or is not a national-level athlete.

According to the WADA Prohibited List, non-national athletes are required to obtain a TUE in advance for all substances and methods that are prohibited at all times. Non-national athletes are also required to apply for TUEs for all prohibited substances and/or prohibited methods in advance of competing in any international events (including those taking place in the United States).

USADA may determine that the non-national athlete has not committed an anti-doping rule violation if the Adverse Analytical Finding, or the potential anti-doping rule violation, resulted from the non-national athlete's use of one or more of the following:

- 1) Substances or methods prohibited only in-competition or prohibited by particular sports
- 2) Substances in the class of "Diuretics and Other Masking Agents"
- 3) Inhaled Beta-2 agonists
- 4) Insulin where the athlete can demonstrate diagnosis of insulin-dependent diabetes
- 5) Tamoxifen where the female athlete can demonstrate use due to a diagnosis and treatment of breast or other cancers
- 6) An IV or injection of a non-prohibited substance greater than 50mL per six hours for rehydration

The FIRST time a non-national level athlete tests positive for one of the substances listed in categories 1-6 above, he or she will have an opportunity to submit medical documentation to USADA to demonstrate the medical need for such medications. The athlete will not incur an anti-doping rule violation if the medical file substantiates that the athlete used the prohibited substance only for medical needs.

After the first positive test, a TUE is required for future use of any prohibited substance or method.

More information on the USADA TUE Policy as it applies to non-national level athletes can be found at [USADA.org/substances/tue/policy/](https://www.usada.org/substances/tue/policy/).

DIETARY SUPPLEMENTS

- As defined by Congress in the Dietary Supplement Health and Education Act (DSHEA), a dietary supplement is a product intended for consumption that contains one or more "dietary ingredients" intended to add further nutrition and to (supplement) the diet. A dietary ingredient may be one, or any combination of the following substances: vitamin, mineral, herb or other botanical, amino acid, and other substances or their constituents.
- Athletes are held to the standard of "strict liability." In the anti-doping world, this means that athletes are responsible for any prohibited substance found in their system, regardless of how it got there.
- Given the limited regulation of the dietary supplement industry, athletes assume the risk of testing positive and experiencing adverse health consequences if they choose to use supplements.

Supplement Resources

Consult the TrueSport Nutrition Guide at [USADA.org/nutrition](https://www.usada.org/nutrition) for information on how to fuel an athlete's body properly without the use of supplements.

The use of supplements is at the athlete's own risk. Visit [Supplement411.org](https://www.supplement411.org) for more information on the supplement industry, how athletes can make wiser consumer decisions, and:



- Information on choosing a third-party testing agency
- Danger signs or "red flags" that athletes should look out for when determining if a specific supplement may pose a risk
- Misleading labeling practices that many manufacturers use, including leaving prohibited substances off of the ingredients list
- A high-risk list of supplements that have been found to contain prohibited substances

DRUG REFERENCE RESOURCES

Global Drug Reference Online (Global DRO)

Remember to always check the status of medications prior to use. GlobalDRO.com provides information about the status (prohibited or permitted) of substances and methods on the WADA Prohibited List.



Visitors can search for specific information about medications sold in Australia, Canada, Japan, Switzerland, the United Kingdom, and the United States.

Global DRO is optimized for use on any device. Go to GlobalDRO.com from your mobile or desktop device and add it to your homepage for quick reference.

Wallet Card

A small resource card is available for athletes, parents, and coaches that provides a summary of commonly prohibited and non-prohibited substances and methods.

The Wallet Card and many other educational publications are available at USADA.org/publications-policies.

Athlete Express and Drug Reference Line



- Call Athlete Express® at (719) 785-2000
- Or Toll-Free at (866) 601-2632
- Email: athleteexpress@USADA.org or call (800) 233-0393 to reach the Drug Reference Line if you have questions regarding a medication, prohibited substance/method, or to determine the status of a particular substance or method.

Athlete Express is available to athletes, coaches, parents, and NGB staff from 8 a.m. to 4 p.m. Mountain Time, Monday - Friday.

Athletes are responsible for complying with the current rules in place. While the information in this Wallet Card is accurate at the time of publication, for the most up-to-date information, please visit USADA.org or call [USADA at \(719\) 785-2000](tel:7197852000).

STAY INFORMED!

- **TUE Questions?**
 - Email: tue@USADA.org

- **Play Clean Tip Center**

USADA offers a number of ways to anonymously report the abuse of performance-enhancing drugs in sport:

 - Phone: 1-877-752-9253
 - Email: playclean@USADA.org.



USADA.org/playclean

Be a Voice for the Right Choice!

SOCIAL MEDIA

Follow USADA on social media for all the latest news regarding the fight for clean sport:

-  [@usantidoping](https://twitter.com/usantidoping)
-  facebook.com/usantidoping
-  instagram.com/usantidoping

TRUESPORT

TrueSport® is a community-based movement powered by the U.S. Anti-Doping Agency that champions the positive values and life lessons learned through sport.



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-  facebook.com/TrueSportUSA
-  [@TrueSport](https://twitter.com/TrueSport)

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