

POCKET GUIDE 2024

Effective January 1- December 31, 2024



This guide is designed to help athletes and athlete support personnel understand and comply with anti-doping rules and regulations, including the doping control process, Therapeutic Use Exemptions (TUEs), and the Prohibited List.



U.S. Anti-Doping Agency

THE WADA PROHIBITED LIST

The World Anti-Doping Agency (WADA) is responsible for leading the collaborative worldwide effort for doping-free sport. Each 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 only, or prohibited in particular sports.

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

- **Anabolic Agents** - such as testosterone, nandrolone, Selective Androgen Receptor Modulators (SARMs) like ostarine (enobosarm) and LGD-4033 (ligandrol), and clenbuterol
- **Peptide Hormones, Growth Factors, Related Substances and Mimetics** - such as erythropoietin (EPO), human growth hormone (hGH), and GH-Releasing Peptides (GHRPs) and other peptide hormones and growth factors or growth factor modulators
- **Beta-2 Agonists** - by all routes of administration, including but not limited to, oral, inhalation, and nebulization; *except* there are four inhaled beta-2 agonists that are permitted by inhalation at or under a maximum daily dose:
 - Inhaled albuterol (also called salbutamol): maximum 1,600 micrograms over 24 hours in divided doses, not to exceed 600 micrograms over 8 hours starting from any dose, as long as it is not used in conjunction with a diuretic or masking agent
 - Inhaled formoterol: maximum delivered dose of 54 micrograms over 24 hours, as long as it is not used in conjunction with a diuretic or masking agent
 - Inhaled salmeterol: maximum 200 micrograms over 24 hours
 - Inhaled vilanterol: maximum 25 micrograms over 24 hours

WADA has specifically named arformoterol and levalbuterol (levosalbutamol) as examples of prohibited beta-2 agonists to further clarify that these substances are prohibited at all times. Unlike formoterol and albuterol (salbutamol), there is no permitted daily inhaled dose for these asthma medications.

- **Hormone and Metabolic Modulators** - such as clomiphene, tamoxifen, insulin, and aromatase inhibitors
- **Diuretics and Masking Agents** - such as hydrochlorothiazide, spironolactone, furosemide, and plasma expanders
- **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

Substances Prohibited In-Competition Only:*

For substances prohibited in-competition only, athletes must allow sufficient time for clearance from the body before competition. Athletes who are uncertain whether medications prohibited only in-competition will be cleared from the body by the in-competition period are encouraged to complete the Therapeutic Use Exemption (TUE) Pre-Check Form to determine whether they need a TUE. Discontinuing use of a medication can have serious health consequences and should never be done without consulting a physician and having a full understanding of the risks involved. An athlete needing to take a prohibited substance for medical purposes should consult the USADA TUE Policy.

- **Stimulants** - such as amphetamines, cocaine, methylhexanamine, modafinil, pseudoephedrine, ephedrine, and most ADHD medications
- **Narcotics** - such as oxycodone, morphine, tramadol, and other narcotic painkillers
- **Cannabinoids** - all natural and synthetic cannabinoids are prohibited by any route. For example, cannabis (hashish, marijuana) and cannabis products whether smoked, vaped, or eaten (e.g., edibles). This also includes natural and synthetic tetrahydrocannabinols (THCs), as well as Spice/K2 and cannabinoids marketed as “fake weed” or “herbal/liquid incense.” Cannabidiol (CBD) is not prohibited, but these products may also contain THC and other cannabinoids that could result in a positive test for a prohibited cannabinoid.
- **Glucocorticoids** - all glucocorticoids, such as betamethasone, prednisone, prednisolone, and cortisone, are prohibited by any injectable, oral, or rectal route. Previously, local injections into the joints, bursa, or epidural space were allowed in-competition, but this is no longer the case. **Any injectable route of administration is prohibited in-competition.**

Substances Prohibited in Particular Sports:

- **Beta-Blockers** - prohibited in archery, automobile, billiards, darts, golf, mini-golf, shooting, and in some disciplines of skiing, snowboard, and underwater sports

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

- **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 (except plasma donation by plasmapheresis is permitted).
- Artificially enhancing the uptake, transport, or delivery of oxygen. This includes but is not limited to perfluorochemicals, efaproxiral (RSR13), and modified hemoglobin products (e.g., hemoglobin-based blood substitutes and microencapsulated hemoglobin products, except supplemental oxygen by

inhalation, and hypo/hyperbaric or hypo/hyperoxic chambers, which are permitted by WADA. However, some event organizers may have specific restrictions on such treatments in-competition).

- 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 100 mL per 12-hour period except for those legitimately received during hospital treatment, surgical procedures, or clinical diagnostic investigations.

- **Gene and Cell Doping**

The following examples of 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, and targeted genome editing

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

SUBSTANCES OF ABUSE

Substances of Abuse are substances abused in society outside the context of sport. The 2021 World Anti-Doping Code includes a results management process for cases involving Substances of Abuse, which currently include the following substances:

- Cocaine
- Heroin (Diamorphine)
- MDMA (Ecstasy)
- THC (Tetrahydrocannabinol)

If you or someone you know would like to seek treatment for substance abuse, call or visit the Substance Abuse and Mental Health Services Administration's National Helpline at **1-800-662-HELP** or go to www.findtreatment.gov.

* In-competition refers to the period commencing at 11:59 p.m. on the day before a competition in which the athlete is scheduled to compete through the end of such competition and the sample collection process related to such competition. WADA may approve alternative definitions for particular sports.

DRUG REFERENCE RESOURCES

Global Drug Reference Online (Global DRO®)



Always check the status of medications prior to use. To find out if a medication is permitted in sport, search for the brand or product name, or individual ingredients on [GlobalDRO.com](https://www.globaldro.com).

- If the status says, "Not Prohibited," then the medication can be used as prescribed in the time period described (in and/or out-of-competition).
- If the status says, "Conditional," it is essential to read the Conditions/Warnings to determine the anti-doping status.
- If the status says, "Prohibited," then please read the section on Therapeutic Use Exemptions.
- If a medication cannot be found on [GlobalDRO.com](https://www.globaldro.com), that does not mean it is permitted. Please contact drugreference@USADA.org or call (719) 785-2000, and follow the prompts to connect to USADA's Drug Reference Line.

THERAPEUTIC USE EXEMPTIONS (TUES)

If an athlete needs to take a prohibited substance and/or method and they have not been notified that they are in a USADA pool, or USADA has not advised them that they are required to file Whereabouts and undergo mandatory education, the athlete should fill out the TUE Pre-Check Form on [USADA.org/tue](https://www.usada.org/tue).

Whereabouts testing pool athletes (both international and national level) should apply for a TUE from USADA prior to using any prohibited medications.

BEFORE APPLYING FOR A TUE

- Athletes should advise their treating physicians that they are subject to testing and that some medications and other treatment methods (e.g., intravenous infusions/injections) may be prohibited for use in sport.
- Search [GlobalDRO.com](https://www.globaldro.com) to determine the status of the medication the physician intends to prescribe and if it is prohibited, ask the physician if there are any alternative medications available that don't contain a prohibited substance.
- If a prohibited medication is recommended, Whereabouts testing pool athletes should immediately apply for a TUE, while all other athletes should submit a TUE Pre-Check Form ([USADA.org/tue-pre-check-form](https://www.usada.org/tue-pre-check-form)) to USADA to determine if a TUE is required. If you become a testing pool athlete, any previous TUE Pre-Check Form results no longer apply and you should apply for a TUE.

HOW TO APPLY FOR A TUE

Visit the USADA website and follow the five-step process to submit a complete TUE Application.

- 1) Review the WADA Guidelines and USADA Checklists for the appropriate medical information required to accompany an athlete's TUE. It is also recommended athletes send these to their treating physician in advance of their next medical appointment.
- 2) Download and complete pages 2-4 of the TUE Application form and bring it to their next medical appointment with their physician/medical provider.
- 3) An athlete's medical provider will need to complete page 5 and sign it, as well as provide them with the appropriate medical evidence to support their TUE. All documents must be legible - scanned photographs of documents will not be accepted.
- 4) Organize the TUE Application in chronological order with all required additional medical information.
- 5) Go to Step 5 of the USADA TUE Application process and use USADA's secure portal to submit all TUE Application files; alternatively, athletes can submit via fax at (719) 785-2029. **DO NOT EMAIL** a TUE or any medical information. We recommend that athletes submit the TUE information directly to USADA via the secure portal as they are ultimately responsible for their application (not your medical provider).

It typically takes up to 21 days to process a TUE Application and render a decision.* Decisions can be made faster or slower based on the quality of the medical information submitted and the complexity of the diagnosis. We recommend submitting an application at least 30 days in advance of any competitions/events. If an athlete's TUE is approved, they are advised to read their approval documents for conditions and pay special attention to the expiration date. TUE renewals must be received prior to the expiration date.

* 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 board-certified physicians.



More information on the USADA TUE Policy as it applies to athletes can be found at [USADA.org/tue](https://www.usada.org/tue). You can also email tue@USADA.org for assistance.

ATHLETE RIGHTS AND RESPONSIBILITIES

During the testing process described on the following panels, athletes have the following 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 or competing in further events
 - attending a medal ceremony or media commitment
- Request a modification to the testing process if the athlete has an impairment or injury
- View the Doping Control Officer's (DCO's) credentials
- Choose a collection vessel and sample collection kit
- Receive a copy of the Doping Control Form (DCF)
- 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
- 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

Athletes are responsible for complying with the current rules in place. While the information in this Pocket Guide is accurate at the time of publication, for the most up-to-date information, please visit [USADA.org](https://www.usada.org) or call us at (719) 785-2000.

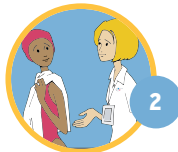
* If an athlete provides a partial sample, the DCO will retain control of the sealed partial sample.

While drug testing may not always be convenient, it is critical to upholding clean sport and a level playing field. By participating in doping control, athletes are doing their part to help protect the integrity of competition. The following information provides an overview of the sample collection process.

URINE 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.



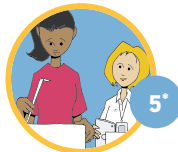
2 Following notification, the athlete must stay within direct observation of the DCO or chaperone. During in-competition testing, the athlete should report to the doping control station immediately, unless a valid reason[†] is discussed with, and permitted by, a DCO or chaperone.



3 The athlete will be asked to select a sealed sample collection vessel from a choice of vessels. The athlete should then check and inspect the collection vessel to ensure that it has not been tampered with.



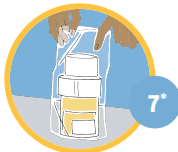
4 The athlete will be required to provide a urine sample of 90 mL while being observed by a DCO or witnessing chaperone of the same gender. Minors are encouraged (or required, if under age 15) to be accompanied by a representative of their choice. If 90 mL are not immediately provided, athletes will use an additional collection vessel(s) to provide the remainder when capable.



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 use.



6 Athletes will then divide their sample between the A and B sample bottles as instructed and seal them. The DCO will not handle any of the equipment during the procedure unless by athlete request or if an athlete provides a partial sample, in which case the DCO will retain control of the sealed partial sample. Otherwise, athletes are to maintain direct observation and control of their sample until the sample is sealed.



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



8 The DCO will check the specific gravity (density) with what's left 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 they are taking. This is also the time to provide details about any Therapeutic Use Exemptions (TUEs) that the athlete has received.



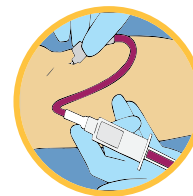
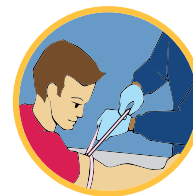
10 The athlete will review a form called the Doping Control Form (DCF) to make sure all the provided information is accurate. Once a test has been completed, the athlete will be provided a copy of their DCF, along with access to an Athlete Evaluation Form, where they can provide feedback about their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

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

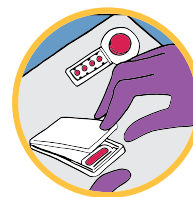
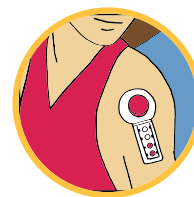
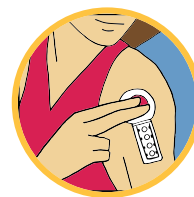
* While sample collection equipment may look slightly different depending on where the test is taking place, the integrity of the sample will always be maintained.

The blood collection process closely resembles the urine collection process described previously. Below are a few differences and things to expect.

BLOOD COLLECTION PROCESS



- Some USADA DCOs will be qualified phlebotomists, but if they are not, a qualified 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 (e.g., 10 minutes) prior to providing a blood sample.



- In the event a Dried Blood Spot (DBS) collection occurs, the skin will be cleaned and a device will be adhered to the skin. The athlete will initiate a small prick and after 3-5 minutes, the collection is complete. Once removed from the athlete's body, the collection cartridge is placed into a security kit and is packaged for shipping.



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

- Call Athlete Connect™ at (719) 785-2000 or Toll Free at (866) 601-2632
- Email Athlete Connect™ at athleteconnect@USADA.org

DIETARY SUPPLEMENTS

- 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. **The use of supplements is at an athlete's own risk.**
- 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.

Did You Know?

- Unlike pharmaceuticals, the FDA does not analyze the safety, efficacy, or label accuracy of supplements before they are sold to consumers.
- Manufacturers may misidentify prohibited substances on labels, or they may omit prohibited substances from labels altogether.
- Neither USADA nor WADA approve any dietary supplements.
- In some cases, dietary supplements with illegal or dangerous ingredients have remained on shelves for years despite FDA warnings and recall efforts.
- To further reduce risk, consider choosing a supplement product that has been evaluated by a third-party certification program.

Get Informed:

- Visit Supplement Connect at [USADA.org/supplement-connect](https://www.usada.org/supplement-connect) for more information on supplement risks and the use of third-party testing agencies.
- Review USADA's [High Risk List](#) to evaluate the risk of certain dietary supplements.
- Explore the TrueSport Supplement Guide at [USADA.org/supplement-guide](https://www.usada.org/supplement-guide) for more guidance on how to evaluate supplement marketing and your need for supplements.



SUPPLEMENT
CONNECT



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.

Join the Movement:



TrueSport.org



@TrueSportUSA



@TrueSport



@truesportusa

NEED HELP?

- **Substances/Methods Questions**
 - Visit: GlobalDRO.com
 - Email: drugreference@USADA.org
- **TUE Questions**
 - Email: tue@USADA.org
- **Testing and Results Questions**
 - Email: athleteconnect@USADA.org
- **Be a Voice for the Right Choice!**
 - Contact USADA's Play Clean Tip Center to **confidentially** report the abuse of performance-enhancing drugs in sport by:
 - Calling: 1-877-752-9253
 - Anonymously texting: 87232 ("USADA")
 - Emailing: playclean@USADA.org



1-877-752-9253

USADA.org/playclean

STAY INFORMED

Follow USADA on social media to learn more about anti-doping and how to support clean sport.



[@usantidoping](https://www.instagram.com/usantidoping)