

2022 Pocket GUIDE

Effective January 1- December 31, 2022



U.S. Anti-Doping Agency



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.

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, SARMS (selective androgen receptor modulators) 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:*

- **Stimulants** - such as amphetamines, cocaine, methylhexanamine, modafinil, pseudoephedrine, ephedrine, and most ADHD medications
- **Narcotics** - such as oxycodone, morphine, and other pain killers
- **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. **As of January 1, 2022, any injectable route of administration is prohibited in-competition.**

For substances prohibited in-competition only, athletes must allow sufficient time for clearance from the body before competition. If uncertain whether medications prohibited in-competition only will be cleared from the body by the in-competition period, athletes are encouraged to apply for a TUE prior to competition. Discontinuing use of a medication can 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.

Substances Prohibited in Particular Sports:

- Beta-Blockers are prohibited in archery, automobile, billiards, darts, 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.
- 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, 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 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 new results management process for cases involving Substances of Abuse, which currently include the following substances:

- Cocaine
- MDMA (Ecstasy)
- Heroin (Diamorphine)
- 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 your medications prior to use. To find out if your 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 you can use your medication 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 in your case.
- If the status says, "Prohibited," then please read the sections on Therapeutic Use Exemptions.
- If you cannot find your medication on [GlobalDRO.com](https://www.globaldro.com), that does not mean it is permitted. Please contact drugreference@USADA.org or call (719) 785-2000, option 2, to ask about the medication.

THERAPEUTIC USE EXEMPTIONS (TUES)

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

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

BEFORE YOU APPLY FOR A TUE

- Advise your treating physician that you are an athlete and 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 your 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, testing pool athletes should immediately apply for a TUE, while all other athletes should submit a TUE Pre-Check Form ([USADA.org/tue](https://www.usada.org/tue)) 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

- 1) Download and complete a TUE application form with your treating physician. There is a specific section of the TUE application that the primary care provider must complete and sign. 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 permitted alternatives is not effective or suitable in treating or managing the medical condition).
- 2) Submit the completed TUE application and medical documentation to USADA by email at tue@USADA.org or by fax at 719-785-2029. Please note, all documents must be legible and photographs or videos of documentation will NOT be accepted.
- 3) After you submit a complete TUE application, USADA will formally notify you via email of the status. **Keep in mind that it can take up to 21 days to issue a decision,* so USADA recommends you submit a TUE at least 30 days in advance.** All TUE applications are reviewed in accordance with the WADA International Standard for Therapeutic Use Exemptions (ISTUE).
- 4) If a TUE is approved for a prohibited substance and/or method, you will receive an approval certificate that is valid for a specific length of time, along with a letter outlining any steps to follow to keep your TUE valid. When a TUE expires, an athlete will need to complete and submit a new TUE application. Similarly, if there has been a change in the dose and/or frequency of the medication or treatment, athletes must reapply for a TUE.

* 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.



TUE Questions?

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 a disability 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 Official Record (DCOR)
- 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.

DRUG TESTING 101

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.



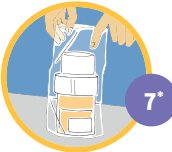
5*

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

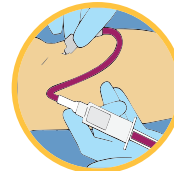
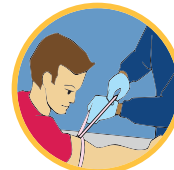
The athlete will review a form called the Doping Control Official Record (DCOR) to make sure all the provided information is accurate. Once a test has been completed, the athlete will be provided a copy of their DCOR, along with access to an Athlete Evaluation Form, where they can provide feedback about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

DRUG TESTING 101 (CONT.)

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 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 (e.g., 20 minutes) prior to providing a blood sample.
- The BCO will select an area, typically the non-dominant arm, from which to draw the blood. The amount of blood drawn, which is less than two tablespoons, is highly unlikely to affect performance.



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

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

[†]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 be always be maintained.

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 your 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

NEED HELP?

- **Substances/Methods Questions**
 - Visit GlobalDRO.com
 - Email: drugreference@USADA.org
- **TUE Questions**
 - Email: tue@USADA.org
- **Testing and Results Questions**
 - Email: athleteexpress@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:
 - Call: 1-877-752-9253
 - Text: 87232 ("USADA")
 - Email: 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://twitter.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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