



# THERAPEUTIC USE EXEMPTIONS

WHAT IS THERAPEUTIC USE EXEMPTION?



ATHLETICS  
INTEGRITY  
UNIT

# THERAPEUTIC USE EXEMPTIONS (TUE)

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## What is a TUE?

- A Therapeutic Use Exemption (TUE) is an official medical document giving an athlete permission to take a medication that is ordinarily prohibited, for the treatment of a legitimate condition. It is only valid for a given period of time.
- It is NOT a drug or a medication.
- It is not doping or cheating, however the use of TUEs is carefully monitored to avoid any abuse or manipulation.
- It is a documented medical file approved by a TUE Committee accepting that there is a legitimate need to take a medication and no equal alternative available.
- It gives permission for the athlete to take the defined medication while competing without them registering a doping offence.



# HOW DO I APPLY FOR A TUE?

- If you are in the World Athletics RTP or will be competing in any World Athletics calendar event, you can apply to the World Athletics via email: [tue-application@worldathletics.org](mailto:tue-application@worldathletics.org)
- If you are not in the World Athletics RTP nor in a World Athletics event, you need to apply to your relevant National TUE Body.
- Applications must be submitted at least 30 days prior to any competition where applicable.
- World Athletics TUE Application Forms must include:
  - Full medical history and all relevant medical data.
  - A statement by qualified physician attesting to the necessity of any prohibited substance and why no viable alternative exists.
  - The dose, frequency, route of administration and duration of use of the otherwise prohibited substance or method.
- Note: Beta-2 agonists (except formoterol, salbutamol, salmeterol) must also include:
  - Medical history with respiratory symptoms.
  - A physical examination.
  - Spirometry report with Forced Expiratory Volume in 1 second (FEV1)



# CRITERIA FOR GRANTING A TUE

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## What are the criteria for granting a TUE?

- All of the following criteria must be met:
  - There is a risk to health if the athlete doesn't take the prescribed medication.
  - There is no enhancement of performance beyond that of returning to normal health.
  - No reasonable therapeutic alternative is available.
  - The necessity of use of the medication cannot be the result of prior use of banned substances.



# RETROSPECTIVE AND CONTINUED USE.

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## What about Retrospective TUEs and continued use of medication post the TUE expiration date?

- Retrospective TUEs can be given only in the case of medical emergencies and the treatment of acute medical conditions where there was no time to submit an application prior to the necessary use and subsequent doping control.
- A TUE is issued for a limited period of time, for chronic conditions it must be renewed, following the normal process, and the continued need proven.

