



IAAF Medical & Anti-Doping Department

Do I Need a Therapeutic Use Exemption?

INTERNATIONAL ASSOCIATION OF ATHLETICS FEDERATIONS

DO I NEED A THERAPEUTIC USE EXEMPTION?

A Quick Three-Step Check

- ☛ Check all your medication; researching all substances it contains, and checking its basic Prohibited List status, the route of administration, and [WADA's classification](#). If you are not in a Registered Testing Pool (RTP), you must ensure that you are aware of the difference between those substances prohibited *In-Competition* only, and those prohibited at all times.
- ☛ Determine the relative level of your competition, and your RTP status. An athlete who is either: a member of the [IAAF RTP](#); and/ or, competing at an [IAAF Competition](#), needs to apply directly to the IAAF for a TUE.
- ☛ Cross-check against the below table for a basic indication of whether a TUE application is required and, if so, to whom you should make your application:

Athlete Status	The substance: is PROHIBITED <i>In-Competition</i> Only	The substance: is PROHIBITED at all times (inc. <i>Out-of-Competition</i>)	Not Prohibited <i>In- or Out-of-Competition</i>
IAAF RTP (or competing in an IAAF event)	You need a TUE prior to using any prohibited substance or method. Apply to the IAAF: tue-application@iaaf.org		No Action Required
National RTP	You need a TUE prior to using any prohibited substance or method. Apply to your National Anti-Doping Organisation		No Action Required
All other athletes (Non-IAAF and non-National RTP Athletes)	No Action Required	Aside from specific exceptions, you need a TUE prior to using the substance. Apply to your National Anti-Doping Organisation , who will advise accordingly	No Action Required

Note: each athlete is personally notified of their inclusion in the Registered Testing Pool. You must never assume that you are an international-level athlete or that you are competing in an international competition until checking both the [List of Athletes in the RTP](#), and the [IAAF List of International Competitions](#), both of which are available on the [IAAF website](#), and updated annually.

Please consult the IAAF [Athlete Advisory Note: Therapeutic Use Exemptions](#) for more information.