



# International Taekwon-Do Federation (I.T.F)

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Therapeutic Use Exemptions ( TUEs )

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## WHAT IS A THERAPEUTIC USE EXEMPTION (TUE)?

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Athletes may have illnesses or conditions that require them to take medications or undergo procedures. If the medication, or method an athlete is required to use to treat an illness or condition, is prohibited as per the World Anti-Doping Agency's (WADA) [Prohibited List](#), a TUE may give that athlete the authorization to use that substance or method while competing without invoking an anti-doping rule violation (ADRV) and applicable sanction. Applications for TUEs are evaluated by a panel of physicians, known as the TUE Committee (TUEC).

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## WHAT ARE THE CRITERIA FOR GRANTING A TUE?

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All of the four following criteria must be met (for more details, please refer to the [WADA International Standard for Therapeutic Use Exemptions \(ISTUE\) Article 4.2](#)):

- a) The athlete has a clear diagnosed medical condition which requires treatment using a prohibited substance or method;
  - b) The therapeutic use of the substance will not, on the balance of probabilities, produce significant enhancement of performance beyond the athlete's normal state of health;
  - c) The prohibited substance or method is an indicated treatment for the medical condition, and there is no reasonable permitted therapeutic alternative;
  - d) The necessity to use that substance or method is not a consequence of the prior use (without a TUE), of a substance or method which was prohibited at the time of use.
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## WHO SHOULD APPLY FOR A TUE? WHERE AND WHEN TO APPLY?

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Athletes who are subject to anti-doping rules will need a TUE to take a prohibited substance or use a prohibited method.

You will require a TUE from the ITF Therapeutic Use Exemption committee (TUEC) if you are competing in an event organized by the ITF or where the ITF is the ruling body.

Events organized by a National Organising Committee or a Major Event Organiser will have their own TUEC.

Applications to the ITF TUEC can be made using the appropriate form.

In making an application, it is important to that note supporting documentation must be less than 12 months old.

## [TUE Application form](#)

Please check the deadline for applications. This is usually three (3) months prior to the start of competition. Late applications will be considered at the discretion of the TUEC.

You have a responsibility to inform your physician(s) that you are an Athlete bound to anti-doping rules. You and your physician(s) should check the [Prohibited List](#) for the substance/method you are prescribed. If the substance/method is prohibited, discuss non-prohibited alternatives, if there are none, apply for a TUE. Remember Athletes have the ultimate responsibility.

To assist you and your doctor in providing the correct medical documentation, we suggest consulting the WADA's [Checklists for TUE applications](#) for guidance and support, and [TUE Physician Guidelines](#) for guidance on specific common medical conditions, treatments, substances, etc.

Keep a complete copy of the TUE application form and all medical information submitted in support of your application, and proof that it has been sent.

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### CAN I GET A RETROACTIVE TUE?

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You may only apply retroactively for a TUE ([Article 4.1 of the ISTUE](#)) if one or more of the following apply:

- a) You required emergency or urgent treatment of a medical condition
- b) There was insufficient time, opportunity or other exceptional circumstances that prevented you from submitting the TUE application, or having it evaluated, before getting tested
- c) You were not required to apply in advance for your TUE as per ITF rules
- d) You are a lower level athlete who is not under the jurisdiction of ITF or NADO and were tested
- e) You tested positive after using a substance Out-of-Competition that is only prohibited In-Competition ( for example, S9 glucocorticoids ) See [Prohibited List](#)

In rare and exceptional circumstances, and notwithstanding any other provision in the ISTUE ([ISTUE Article 4.3](#)), you may apply for and be granted retroactive approval for a therapeutic use of a prohibited substance or method, if considering the purpose of the Code, it would be manifestly unfair not to grant a retroactive TUE.

*This unique retroactive TUE will only be granted with the prior approval of WADA (and WADA may in its absolute discretion agree with or reject the ITF's decision).*

#### **Important note:**

Using a prohibited substance or method without a TUE could result in an Anti-Doping Rule Violation and possible sanctions.

In case an application for a retroactive TUE is necessary following sample collection, you are strongly advised to have a medical file prepared and ready to submit for evaluation.

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### WHEN DO I NEED TO RENEW MY TUE?

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A successful TUE application will be valid for twelve (12) months.

A new TUE will be required

- Twelve (12) months after notification by ITF TUEC of a successful application
- If there is a change in dosage, frequency, route or duration of administration of your medication

- Some substances and dosages, e.g. insulin, are often modified during treatment and these possible fluctuations should be mentioned by the treating physician in the TUE application and would usually be accepted by the TUEC.

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#### WHAT IF MY TUE APPLICATION IS DENIED?

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A decision to deny a TUE application will include a written explanation of the reason(s) for the denial. If it is not clear to you, please contact ITF TUEC to understand exactly why the TUE was denied. Sometimes, there may be a critical piece of information, diagnostic test, laboratory results missing, etc. In which case, you should re-apply to us.

You may refer the matter to WADA for review no later than 21 days after notification of the ITF TUEC decision. You should send the same information that you submitted to us, and on which the decision to deny the TUE was based on, via a secure on-line method or by registered mail at:

WADA Medical Department  
World Anti-Doping Agency  
Stock Exchange Tower  
800 Place Victoria (Suite 1700)  
P.O. Box 120  
Montreal (Quebec) H4Z 1B7  
Canada

The email address to enquire and/or send the request for review is: [medical@wada-ama.org](mailto:medical@wada-ama.org)

It should be noted that WADA is not obliged to proceed with a request for a review. In that case, you and/or your NADO may appeal to the Court of Arbitration for Sport (CAS).

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#### OTHER USEFUL LINKS:

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[WADA International Standard for Therapeutic Use Exemptions \(ISTUE\)](#)

[WADA Checklists for TUE Applications](#)

[WADA Guidelines for the International Standard for Therapeutic Use Exemptions \(ISTUE\)](#)

[WADA Anti-Doping Education and Learning \(ADEL\)](#)