

United States Anti-Doping Agency



Aug. 1, 2001

Dear Athlete,

Enclosed are the 2001 fourth quarter USADA Athlete Location Forms, in addition to some other materials. The International Olympic Committee (IOC) has changed its list of prohibited substances and methods list (effective Sept. 1, 2001). The enclosed USADA Guide and Wallet Card reflect those changes.

In addition, USADA has provided a magnet that includes key phone numbers and email addresses for the United States Anti-Doping Agency.

Finally, there are instructions on how to email change of plan form information, as well as a hard copy of the USADA Change of Plan form.

Thank you for your continued assistance. All fourth quarter USADA Athlete Location Forms are due Sept. 1, 2001.

Sincerely,

A handwritten signature in black ink, appearing to read "Terry P. Madden". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Terry Madden
Chief Executive Officer

United States Anti-Doping Agency
1265 Lake Plaza Drive
Colorado Springs, Colorado
80906
Phone: 719-785-2000
Fax: 719-785-2001
usada@usantidoping.org
www.usantidoping.org

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UNITED STATES ANTI-DOPING AGENCY PROTOCOL FOR OLYMPIC MOVEMENT TESTING

1. **USADA's Relationship with the United States Olympic Committee ("USOC")**

USADA is an independent legal entity not subject to the control of the USOC. The USOC has contracted with USADA to conduct drug testing and results management for participants in the Olympic movement within the United States and to provide educational information to those participants. For purposes of transmittal of information by USADA, the USOC is USADA's client. However, the USOC has authorized USADA to transmit information simultaneously to the relevant National Governing Body ("NGB"), International Federation ("IF") the World Anti-Doping Agency ("WADA") and involved athlete.

2. **Athletes Subject to Testing by USADA**

The USOC and NGBs have authorized USADA to test the following athletes:

- a. Any athlete who is a member of a NGB;
- b. Any athlete participating at a competition sanctioned by the USOC or a NGB;
- c. Any foreign athlete who would otherwise be subject to testing by USADA, the USOC or NGB; or
- d. Any other athlete who has given his/her consent to testing by USADA.
- e. Any athlete who has been named by the USOC or an NGB or is competing in a qualifying event to represent the USOC or NGB in international competition.

USADA will not allow the testing process to be used to harass any athlete. In selecting athletes for testing, USADA will focus primarily on athletes who are participating or have the potential to participate, in international competition.

3. **Choice of Rules**

In conducting drug testing and results management under this protocol, USADA will look to the following sources of rules:

- a. The selection and collection procedures set forth in paragraphs 4, 5 & 6 herein shall apply to all testing done by USADA unless different procedures are agreed to between USADA and the party requesting the test for a particular event.

- b. All tests performed by USADA shall be analyzed by IOC-accredited laboratories. In analyzing samples for USADA, those laboratories shall follow the standards established by the IOC.
 - c. Tests performed by USADA shall be analyzed for the categories of prohibited and restricted substances set forth in the rules of the applicable IF unless agreed otherwise between USADA and the party ordering the test.
 - d. USADA shall be responsible for results management of all tests performed by it and all other tests for which the applicable IF rules require the initial adjudication to be done by an NGB, including adjudication of reported positive cases as set forth in paragraph 9 herein, unless otherwise referred by USADA to a foreign sports organization having jurisdiction over the athlete.
4. **Selection of Athletes to be Tested In-Competition**
USADA shall have the authority to determine which athlete will be selected for testing in all competitions tested by USADA. In making this determination, USADA will normally follow NGB or IF selection procedures and will include at a minimum the selection formulas or requests for target selection of particular athletes which are proposed by the USOC or a particular NGB or IF. USADA retains the right to test any athlete that it chooses with or without cause or explanation.
5. **Selection of Athletes to be Tested Out-of-Competition**
USADA shall have the authority to determine which athletes will be selected for out-of-competition testing by USADA. In making this determination, USADA will carefully consider selection formulas or requests for target selection of particular athletes which are proposed by the USOC or a particular NGB. USADA retains the right to test any athlete that it chooses, with or without cause or explanation.
- Each NGB will provide USADA with a regularly updated list of athletes to have included in No Advance Notice or other out-of-competition testing. With respect to each athlete on such list and such additional athletes as may be designated by USADA, the NGB will provide USADA with the information as set forth on the athlete location form attached as Annex A. Thereafter it shall be the responsibility of each individual athlete to provide USADA with updated information as to his or her whereabouts.
6. **Sample Collection**
Sample collection by USADA will substantially conform to the standards set forth by the IOC and the World Anti-Doping Agency.

7. **Laboratory Analysis**

All samples collected by USADA will be sent for analysis only to IOC-accredited laboratories.

8. **Notification**

USADA will provide the following notification with respect to each laboratory report received by USADA:

- a. Upon receipt of a negative laboratory report, USADA will promptly forward that result to the athlete, the USOC and the applicable NGB.
- b. Upon receipt of a positive laboratory A report or a report indicating an elevated testosterone/epitestosterone ratio or epitestosterone concentration, USADA will promptly notify the USOC, the applicable NGB and athlete at the address on the Doping Control Notification/Signature Form and shall advise the athlete of the date on which the laboratory will conduct the B sample analysis. The athlete may attend the B sample analysis accompanied by a representative at his or her own expense. Prior to the B sample opening, USADA shall provide to the athlete the A sample laboratory documentation set forth on Annex B. A sample shall not be considered positive until after the B sample analysis confirms the A sample analysis.
- c. Upon receipt of the laboratory's B sample report, USADA shall promptly notify the USOC, the applicable NGB and the athlete. USADA shall then provide to the athlete the B sample documentation package set forth on Annex C. The laboratory shall not be required to produce any documentation in addition to Annexes B and C unless ordered to do so by an arbitrator(s) during adjudication, in which case it shall be produced at the athlete's expense.
- d. In special circumstances where USADA is conducting testing for an IF, regional or continental sports organization or other Olympic movement sporting body, other than the USOC or an NGB, the notification described in this section shall be made exclusively to that sporting body, the athlete, and, if applicable, to the USOC and NGB.

9. **Results Management**

Whenever USADA receives a laboratory report confirming a positive test, elevated testosterone or epitestosterone ratio or epitestosterone concentration, or when USADA has other reason to believe that a doping violation has occurred, such as admitted doping, refusal to test or trafficking under the rules of

the applicable IF, then USADA shall address that case through the following results management procedures:

a. USADA ANTI-DOPING REVIEW BOARD

The USADA Anti-Doping Review Board ("Review Board") is a group of experts independent of USADA with medical, technical and legal knowledge of anti-doping matters. The Review Board members shall be appointed for two year terms by the USADA Board of Directors. The Review Board shall review all B sample test results reported by the laboratory as analytically positive or elevated in accordance with section i below. Such review shall be undertaken by between three and five Review Board members appointed in each case by USADA's Chief Executive Officer and composed of at least one technical, one medical and one legal expert.

- i. Upon USADA's receipt of a laboratory report identifying an analytically positive or elevated B test result, the following steps shall be taken:
- (1) USADA's Chief Executive Officer shall appoint a Review Board as provided in Section (a) above.
 - (2) The athlete shall be promptly notified of the date by which the athlete shall submit any written materials, through USADA, to the Review Board for its consideration. The athlete shall also be provided the name and telephone number of the Athlete Ombudsman.
 - (3) The Review Board shall be provided the laboratory documentation and any additional information which USADA deems appropriate. Copies of this information shall be provided simultaneously to the athlete and the athlete shall be entitled to file a response with the Review Board.
 - (4) The Review Board shall be entitled to request additional information from either USADA or the athlete.
 - (5) Notwithstanding the forgoing, the process before the Review Board shall not be considered a "hearing." The Review Board shall only consider written submittals. Submittals to the Review Board shall not be used in any further hearing or proceeding without the consent of the party making the

submittal. The Review Board's recommendations shall not be admissible in any further hearing or proceeding.

- (6) The Review Board shall consider the written information submitted to it and shall, by majority vote, make a recommendation to USADA with a copy to the athlete whether or not there is sufficient evidence of doping to proceed to a hearing.
- (7) USADA shall also forward the Review Board's recommendation to the USOC, the applicable NGB and IF and WADA.

b. ADJUDICATION

- i. Following receipt of the Review Board Recommendation, USADA shall notify the athlete in writing whether USADA considers the matter closed or alternatively what specific charges or alleged violations will be adjudicated and what sanction, consistent with IF rules, USADA is seeking to have imposed (and other possible sanctions which could be imposed under the applicable IF rules). The notice shall also include a copy of the USADA Protocol for Olympic Sport Testing and the Modifications to AAA Commercial Rules. Within ten (10) days following such notice, the athlete must notify USADA if he or she desires a hearing to contest the sanction sought by USADA. If the sanction is not contested, then it shall be communicated by USADA to the USOC, the applicable NGB and IF and WADA and thereafter imposed by the NGB. If the sanction is contested by the athlete, then a hearing shall be conducted pursuant to the procedure set forth below.
- ii. The hearing will take place before the American Arbitration Association ("AAA") using a single arbitrator (or a three arbitrator panel if demanded by either of the parties) selected from a pool of the North American Court of Arbitration for Sport ("CAS") Arbitrators who shall also be AAA Arbitrators. The hearing will take place in the U.S., be administered by the AAA Vice President who is also the administrator for the Decentralized Office of CAS in the Americas (the "Administrator"), and be conducted under modified AAA Commercial Rules attached as Annex D. The parties will be USADA and the athlete. USADA shall also invite the applicable IF to participate either as a party or as an observer. For their information only, notice of the hearing date shall also be sent to the USOC, the applicable NGB and WADA.

- iii. Either the athlete or the IF (whether a party or not) shall be entitled to appeal the AAA arbitrator(s) decision to CAS. A CAS appeal shall be filed with the Administrator and the CAS hearing will automatically take place in the U.S. Otherwise the regular CAS appellate rules apply. The decision of CAS shall be final and binding on all parties and shall not be subject to further review or appeal.
- iv. The athlete, within ten (10) days following the Notice described in section (i) above, shall be entitled, at his or her option, to elect to bypass the hearing described in section (ii) above and proceed directly to a single final hearing before CAS conducted in the United States. The CAS decision shall be final and binding on all parties and shall not be subject to further review or appeal.
- v. In all hearings conducted pursuant to this procedure the applicable IF's categories of prohibited substances, definition of doping and sanctions shall be applied. In the event an IF's rules are silent on an issue, the rules set forth in the Olympic Movement Anti-Doping Code shall apply. Notwithstanding the foregoing; (a) The IOC laboratories used by USADA shall be presumed to have conducted testing and custodial procedures in accordance to prevailing and acceptable standards of scientific practice. This presumption can be rebutted by evidence to the contrary, but the accredited laboratory shall have no onus in the first instance to show that it conducted the procedures other than in accordance with its standard practices conforming to any applicable IOC requirements; (b) minor irregularities in sample collection, sample testing or other procedures set forth herein which cannot reasonably be considered to have effected the results of an otherwise valid test or collection shall have no effect on such results; and (c) if contested, USADA shall have the burden of establishing the integrity of the sample collection process, the chain of custody of the sample, and the accuracy of laboratory test results by clear and convincing evidence unless the rules of the applicable IF set a higher standard.
- vi. All administrative costs of the USADA review and adjudication process will be borne by USADA except the CAS appeal fee which will be refunded to the athlete by USADA should the athlete prevail on appeal.

- vii. The results of all hearings shall be communicated by USADA to the athlete, the USOC, the applicable NGB and IF and WADA. The NGB shall impose any sanction resulting from the adjudication process. The NGB shall not impose any sanctions until after the athlete has had the opportunity for a hearing pursuant to section 9(b)ii or 9(b) iv.

10. **Ownership and Use of Samples**

All samples collected by USADA shall be the property of USADA. USADA may authorize the use of negative samples for research; however, in such event all markings on the sample which identify the sample as coming from a particular athlete shall be obliterated.

11. **Confidentiality**

Except for the notifications to the USOC, NGB, IF and WADA (or other sporting body ordering the test) as otherwise provided in this protocol, USADA shall not publicly disclose an athlete's positive test result or other alleged doping violation until after the athlete has been found to have committed a doping violation in a hearing conducted under either article 9(b)(ii) or 9(b)(iv) above. USADA may release aggregate statistics of testings and adjudication results.

12. **Expedited Procedures**

USADA may shorten any time period set forth in these procedures where doing so is reasonably necessary to resolve an athlete's eligibility before a protected competition.



UNITED STATES ANTI-DOPING AGENCY

ATHLETE LOCATION FORM INSTRUCTIONS

PLEASE READ BEFORE FILLING OUT THE ATHLETE LOCATION FORM

Athlete Information

This section is for gathering personal information to help the Doping Control Officers locate and correctly identify you.

R. Residence

1. **NAME:** Provide your complete last, first, and middle name.
2. **GENDER:** Check the appropriate box.
3. **DATE OF BIRTH:** Provide the month, day, and year of birth.
4. **PRIMARY ADDRESS:** Provide the address where you will be residing for a majority of the upcoming quarter. Where indicated, provide the street, apartment number, city, state or province, zip code, and country if other than the U.S. Also, be sure to provide your e-mail address, home telephone number, cell phone number, and a fax number where you can be reached.
5. **MAILING ADDRESS:** If your mailing address is different from your primary address, provide your mailing address.
6. **PRIMARY CONTACT PERSON:** Provide the name and telephone number of a person, other than yourself, who will be able to tell us your whereabouts if we cannot locate you.
7. **NATIONAL GOVERNING BODY:** Provide the full name of the national governing body to which you belong, and your discipline. For example, if you compete in the sport of cross-country skiing, your national governing body would be the U.S. Ski and Snowboard Association and your discipline would be cross-country skiing.

Daily Schedule

This section is for gathering information concerning your daily schedule. This information will assist our Doping Control Officers in their effort to locate you during the week. We realize that it is difficult for you to know where you will be for each day of the upcoming quarter, but your best estimate will help significantly.

X. Primary Training Facility (If not applicable, write N/A and leave the schedule blank)

8. **FACILITY NAME:** Provide the full name of the facility where you will do **most** of your training during the upcoming quarter.
9. **FACILITY ADDRESS:** Provide the address of the facility where you will do **most** of your training during the upcoming quarter. This includes the street, city, and state.
10. **PRIMARY TRAINING FACILITY SCHEDULE (X):** Provide the times during the day when you will typically be training at your primary training facility during the upcoming quarter. Fill in all empty boxes on the schedule with "N/A". Please refer to the following example:

If Susan the swimmer trains at her primary training facility Monday through Friday from 5 a.m. to 7 a.m. and then again from 1 p.m. to 3 p.m., she would fill out the schedule as follows:

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A.M.	N/A	5:00 – 7:00	5:00 – 7:00	5:00 – 7:00	5:00 – 7:00	5:00 – 7:00	N/A
P.M.	N/A	1:00 – 3:00	1:00 – 3:00	1:00 – 3:00	1:00 – 3:00	1:00 – 3:00	N/A

Y. Secondary Training Facility (If not applicable, write N/A and leave the schedule blank)

11. **FACILITY NAME:** Provide the full name of the facility where you will spend the **second most** time training during the upcoming quarter.
12. **FACILITY ADDRESS:** Provide the address of the facility where you will spend the **second most** time training during the upcoming quarter. This includes the street, city, and state.
13. **SECONDARY TRAINING FACILITY SCHEDULE (Y):** Provide the times during the day when you will typically be training at your secondary training facility during the upcoming quarter. Fill in all empty boxes on the schedule with "N/A". Please refer to the following example:

If Susan the swimmer trains at her secondary training facility Saturday and Sunday from 10 a.m. to 2 p.m., she would fill out the schedule as follows:

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A.M.	10:00 -	N/A	N/A	N/A	N/A	N/A	10:00 -
P.M.	2:00	N/A	N/A	N/A	N/A	N/A	2:00

Z. Other Regularly Scheduled Activities

14. **OTHER REGULAR ACTIVITIES SCHEDULE (Z):** Provide the times during the day when you will typically have other commitments such as work or class during the upcoming quarter. Fill in all empty boxes on the schedule with "N/A". Please refer to the following example:

If Susan the swimmer works on Monday, Wednesday, and Friday from 7:30 a.m. to 10:30 a.m. and also has class from 11:00 a.m. to 1:00 p.m., she would fill out the schedule as follows:

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A.M.	N/A	7:30 – 10:30	N/A	7:30 – 10:30	N/A	7:30 – 10:30	N/A
A.M.	N/A	11:00 -	N/A	11:00 -	N/A	11:00 -	N/A
P.M.	N/A	1:00	N/A	1:00	N/A	1:00	N/A
P.M.	N/A	N/A	N/A	N/A	N/A	N/A	N/A



UNITED STATES ANTI-DOPING AGENCY ATHLETE LOCATION FORM

QUARTERLY UPDATE: October – December 2001

Return to USADA by September 1, 2001

All information is kept confidential and is solely for the use of the USADA. Please type or print legibly and be as accurate and thorough as possible.

Athlete Information

R. Residence

1. NAME: _____
last first middle

2. GENDER: MALE FEMALE

3. DATE OF BIRTH: _____ / _____ / _____
month day year

4. PRIMARY ADDRESS: _____
street address apt.

5. MAILING ADDRESS: (If different from primary address) _____
city state zip code country

_____ city state zip code country

() _____ home telephone number

() _____ cell phone number

() _____ fax number

6. PRIMARY CONTACT PERSON: _____ name of contact other than yourself

() _____ telephone number of contact

7. NATIONAL GOVERNING BODY: _____
sport discipline

Days when you do not train but will be at your primary residence should be filled in with an R on the Quarterly Schedule - page 2, #18.

Daily Schedule

We realize that it is difficult for you to know where you will be for each day of the upcoming quarter, but your best estimate will help significantly.

X. Primary Training Location

8. FACILITY NAME: _____

9. FACILITY ADDRESS: _____
street city state

10. PRIMARY TRAINING LOCATION SCHEDULE:

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A.M.							
P.M.							

Periods when you train according to the above mentioned, should be filled in with an X on the Quarterly Schedule - page 2, #18.

Y. Secondary Training Location

11. FACILITY NAME: _____

12. FACILITY ADDRESS: _____
street city state

13. SECONDARY TRAINING LOCATION SCHEDULE:

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A.M.							
P.M.							

Periods when you train according to the above mentioned, should be filled in with a Y on the Quarterly Schedule - page 2, #18.

Z. Other Regularly Scheduled Activities

14. OTHER REGULARLY SCHEDULED ACTIVITIES SCHEDULE (e.g. work, school, etc.):

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A.M.							
A.M.							
P.M.							
P.M.							

Periods when you regularly participate in other activities other than training according to the above mentioned, should be filled in with a Z on the Quarterly Schedule - page 2, #18.



UNITED STATES ANTI-DOPING AGENCY ATHLETE LOCATION FORM

Quarterly Schedule

15. NAME: last first middle D.

16. ADDITIONAL TEMPORARY ADDRESSES:

A.	B.	C.	D.
Temporary Residence Address <input type="text"/> street <input type="text"/> city <input type="text"/> state/province <input type="text"/> zip code country (if other than U.S.) Temporary Training Address <input type="text"/> name of facility <input type="text"/> street <input type="text"/> city <input type="text"/> state/province <input type="text"/> zip code country (if other than U.S.)	Temporary Residence Address <input type="text"/> street <input type="text"/> city <input type="text"/> state/province <input type="text"/> zip code country (if other than U.S.) Temporary Training Address <input type="text"/> name of facility <input type="text"/> street <input type="text"/> city <input type="text"/> state/province <input type="text"/> zip code country (if other than U.S.)	Temporary Residence Address <input type="text"/> street <input type="text"/> city <input type="text"/> state/province <input type="text"/> zip code country (if other than U.S.) Temporary Training Address <input type="text"/> name of facility <input type="text"/> street <input type="text"/> city <input type="text"/> state/province <input type="text"/> zip code country (if other than U.S.)	Temporary Residence Address <input type="text"/> street <input type="text"/> city <input type="text"/> state/province <input type="text"/> zip code country (if other than U.S.) Temporary Training Address <input type="text"/> name of facility <input type="text"/> street <input type="text"/> city <input type="text"/> state/province <input type="text"/> zip code country (if other than U.S.)

17. COMPETITION SCHEDULE:

E. Competition	Location	Country	Dates
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

18. QUARTERLY SCHEDULE: Fill-in each box on the calendar with the letter corresponding to one of the places you will be during that day. (R, X, Y, A, B, C, D, or E)

Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Oct 2001																																
Nov 2001																																
Dec 2001																																

R = Residence, X = Primary Training Location, Y = Secondary Training Location, Z = Regularly Scheduled Activities, A,B,C,D = Temporary Residence Address, E = Competition

19. ATHLETE SIGNATURE: name date

Quarterly Schedule

This information will serve to create a more comprehensive picture of where you will be on any given day of the upcoming quarter.

- 15. NAME:** Provide your complete last, first, and middle name as you did for #1.
- 16. ADDITIONAL TEMPORARY ADDRESSES (A, B, C, D):** Provide the addresses for any additional residences where you will stay during the upcoming quarter. Also, provide the corresponding training facility address where you will train while you are staying at each residence.
- 17. COMPETITION SCHEDULE (E):** Provide the name, location, country, and dates of all competitions you will compete in during the upcoming quarter in the spaces provided. Attach additional pages if necessary.
- 18. QUARTERLY SCHEDULE:** Fill in the schedule with the letter that corresponds to the address where you will be on that day. For example, if you will be at your primary training facility January 1 through January 15, fill in each of those days on the schedule with the letter X. If you will be at your secondary training facility March 5 through March 20, fill in each of those days on the schedule with the letter Y. If you don't train on Wednesdays and usually will be at your primary residence, fill in each of those days on the schedule with the letter R. If you will be at one of the **ADDITIONAL TEMPORARY ADDRESSES** February 10 through 15, fill in those days on the schedule with the corresponding letter A, B, C, or D. Finally, if you have competitions January 20 through 22, February 1 through 3, and March 22 through 26, fill in each of those days on the schedule with the letter E. Fill in all empty boxes on the schedule with "N/A". For additional assistance, please refer to the following example:

In addition to her primary training facility, secondary training facility, and her primary residence, Susan the swimmer will be at an additional temporary address February 10 through 15. She also has a competition March 22 through 26. She will fill out the schedule as follows:

Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Jan 2001	X	X	R	X	X	Y	Y	X	X	R	X	X	Y	Y	X	X	R	X	X	Y	Y	X	X	R	X	X	Y	Y	X	X	R	
Feb 2001	X	X	Y	Y	X	X	R	X	X	A	A	A	A	A	A	X	Y	Y	X	X	R	X	X	Y	Y	X	X	R	n/a	n/a	n/a	
Mar 2001	X	X	Y	Y	X	X	R	X	X	Y	Y	X	X	R	X	X	Y	Y	X	X	R	E	E	E	E	E	E	X	R	X	X	Y

R=Residence, X=Primary Training Location, Y=Secondary Training Location, Z=Other Regularly Scheduled Activities, A,B,C,D=Temporary Residence Addresses, E=Competition

- 19. ATHLETE SIGNATURE:** Sign your name and provide the date of your signature.
- 20. ADDITIONAL PAGES:** **FEEL FREE TO ATTACH ADDITIONAL PAGES IF THERE IS INSUFFICIENT ROOM ON THIS FORM FOR YOU TO PROVIDE COMPLETE INFORMATION REGARDING YOUR PERSONAL INFORMATION, DAILY SCHEDULE, OR QUARTERLY SCHEDULE. YOU ARE ALSO ENCOURAGED TO ATTACH ADDITIONAL SCHEDULES IF APPLICABLE.**
- 21. QUESTIONS:** **IF YOU HAVE ANY QUESTIONS ABOUT THE ATHLETE LOCATION FORM THAT CANNOT BE ANSWERED BY THIS INSTRUCTION SHEET, FEEL FREE TO CONTACT USADA, TOLL FREE, AT 1-866-601-2632.**
FOR INFORMATION ABOUT USADA, VISIT US ON THE WEB AT: WWW.USANTIDOPING.ORG
- 22. DUE DATE:** **THE OCTOBER 2001 – DECEMBER 2001 ATHLETE LOCATION FORM MUST BE RETURNED TO USADA BY SEPTEMBER 1, 2001.**

WHEN YOU HAVE COMPLETED THE ATHLETE LOCATION FORM, DOUBLE CHECK THE FORM FOR ACCURACY, AND MAIL OR FAX THE FORM TO THE FOLLOWING ADDRESS:

**UNITED STATES ANTI DOPING AGENCY
1265 LAKE PLAZA DR.
COLORADO SPRINGS, CO 80906**

FAX: (719) 785-2001



UNITED STATES ANTI-DOPING AGENCY ATHLETE CHANGE OF PLAN FORM

You must notify USADA of any plans you have that differ from those you have previously reported to us.

All information is kept confidential and is solely for the use of the USADA. Please type or print legibly and be as accurate and thorough as possible.

Athlete Information

1. NAME: _____
last first middle

2. PRIMARY ADDRESS: _____
street address apt.

3. MAILING ADDRESS: (if different from your primary address) _____
city state zip code country

city _____ state _____ zip code _____ country _____
home telephone () call phone () fax number () e-mail address (required for ability to update via e-mail) ()

4. PRIMARY CONTACT PERSON: _____
name of contact telephone number of contact

5. NATIONAL GOVERNING BODY: _____
sport discipline

Schedule Updates

6. TEMPORARY ADDRESSES UPDATES:

<p>Temporary Residence Address</p> <p>street _____</p> <p>city _____ state/province _____</p> <p>zip code _____ country (if other than U.S.) _____</p> <p>starting date _____ ending date _____</p> <p>Temporary Training Address</p> <p>name of facility _____</p> <p>street _____</p> <p>city _____ state/province _____</p> <p>zip code _____ country (if other than U.S.) _____</p> <p>starting date _____ ending date _____</p>	<p>Temporary Residence Address</p> <p>street _____</p> <p>city _____ state/province _____</p> <p>zip code _____ country (if other than U.S.) _____</p> <p>starting date _____ ending date _____</p> <p>Temporary Training Address</p> <p>name of facility _____</p> <p>street _____</p> <p>city _____ state/province _____</p> <p>zip code _____ country (if other than U.S.) _____</p> <p>starting date _____ ending date _____</p>	<p>Temporary Residence Address</p> <p>street _____</p> <p>city _____ state/province _____</p> <p>zip code _____ country (if other than U.S.) _____</p> <p>starting date _____ ending date _____</p> <p>Temporary Training Address</p> <p>name of facility _____</p> <p>street _____</p> <p>city _____ state/province _____</p> <p>zip code _____ country (if other than U.S.) _____</p> <p>starting date _____ ending date _____</p>
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7. COMPETITION SCHEDULE UPDATES:

E. Competition

name of competition _____

name of competition _____

name of competition _____

name of competition _____

name of competition _____

Location

city _____ state/province _____ country _____

city _____ state/province _____ country _____

city _____ state/province _____ country _____

city _____ state/province _____ country _____

city _____ state/province _____ country _____

Dates

starting date _____ ending date _____

starting date _____ ending date _____

starting date _____ ending date _____

starting date _____ ending date _____

starting date _____ ending date _____

8. ATHLETE SIGNATURE:

signature

date



UNITED STATES ANTI-DOPING AGENCY

ATHLETE CHANGE OF PLAN FORM INSTRUCTIONS

PLEASE READ BEFORE FILLING OUT THE ATHLETE CHANGE OF PLAN FORM

You must notify USADA of any plans you have that differ from those you have previously reported to us. Use this form only when you need to update your athlete location form.

Athlete Information

- 1. NAME:** Provide your complete last, first, and middle name.
- 2. PRIMARY ADDRESS:** Provide the address where you will be residing for a majority of the upcoming quarter. Where indicated, provide the street, apartment number, city, state or province, zip code, and country if other than the United States. Also, be sure to provide your home telephone number, cell phone number, and a fax number where you can be reached.
- 3. MAILING ADDRESS:** If your mailing address is different from your primary address, provide your mailing address.
- 3. PRIMARY CONTACT PERSON:** Provide the name and telephone number of a person who will be able to tell us your whereabouts if we cannot locate you.
- 4. NATIONAL GOVERNING BODY:** Provide the full name of the national governing body to which you belong, and your discipline. For example, if you compete in the sport of cross-country skiing, your national governing body would be the U.S. Ski and Snowboard Association and your discipline would be cross-country skiing.

Schedule Updates

- 5. ADDITIONAL TEMPORARY ADDRESSES:** Provide the addresses, and dates for all additional residences where you will stay during the upcoming quarter. Also, provide the corresponding training facility address where you will train while you are staying at each residence.
- 6. COMPETITION SCHEDULE (E):** Provide the name, location, and dates of all competitions you will compete in during the upcoming quarter in the spaces provided.
- 7. ATHLETE SIGNATURE:** Sign your name and provide the date of your signature.

WHEN YOU HAVE COMPLETED THE ATHLETE CHANGE OF PLAN FORM, DOUBLE CHECK THE FORM FOR ACCURACY, AND MAIL OR FAX THE FORM TO THE FOLLOWING ADDRESS:

UNITED STATES ANTI DOPING AGENCY
1265 LAKE PLAZA DR.
COLORADO SPRINGS, CO 80906

FAX: (719) 785-2001

ANNEX B

The following documents will accompany the initial notification to the athlete of a positive "A" sample analysis:

1. A standardized notice setting forth the review procedures, athlete's rights, and contact information for the USOC Athlete Ombudsman.
2. Notification of the prohibited substance at issue which could result in a doping violation. In those cases where an administrative threshold concentration is employed, that threshold will be noted. When possible, the degree to which the athlete's sample exceeds the threshold will be reported.
3. An abbreviated analytical report for the "A" confirmation analysis. The abbreviated data should include applicable analytical confirmation technique (e.g., gas chromatography/mass spectrometric) graphical data for negative control urine, a positive control urine (including quantitative data where relevant), and the athlete's sample. The purpose of this data is to allow the athlete or their representative to determine a course of action. It is understood that due to time constraints involved, there is typically less time to review and organize this data prior to transmittal than with the documentation package to accompany the "B" sample which will also address documents related to the "A" analysis.

ANNEX C

The following documentation will be supplied as the standard documentation package.

Table of contents/Sample identification information

- Organization requesting the test
- Date of sample collection and site identification
- USADA sample identification number
- Laboratory sample identification number

Chain of custody documentation for sample container

- Doping Control Notification form (Laboratory copy)
- Transportation chain of custody (e.g., courier documentation, laboratory receipt of container)

Notices of any irregularities (e.g., memoranda for the record)

"A" sample container chain(s) of custody

"A" Sample Screening Results

- Relevant aliquot chain(s) of custody
- Screening procedure data, including chromatograms (or other relevant data), for
 - Negative control urine
 - Positive control urine (with concentration indicated, if relevant)
 - Sample urine aliquot(s)

"A" Sample Confirmation Results

- Summary of the analytical principles of the confirmation method
- Aliquot chain of custody
- Sequence verification data
- Confirmation procedure data, including chromatograms (or other relevant data), for
 - Negative control urine
 - Positive control urine (with concentration indicated, if relevant)
 - Standard(s)/calibrator(s) (if relevant)
 - Sample urine aliquot(s)
- Analytical run instrument validation data (e.g.; tune data)
- "A" sample report (including numerical data for threshold substances*)
 - pH, Specific Gravity, and other urine integrity test results (if applicable, including abnormal appearance of sample) performed in laboratory.

"B" Sample Confirmation Results

- "B" sample container chain(s) of custody
- Summary of the analytical principles of the confirmation method (if different than "A")
- Aliquot chain of custody
- Sequence verification data
- Confirmation procedure data, including chromatograms (or other relevant data), for
 - Negative control urine
 - Positive control urine (with concentration indicated, if relevant)
 - Standard(s)/calibrator(s) (if relevant)
 - Sample urine aliquot(s)
- Analytical run instrument validation data (e.g., tune data)
- "B" sample report (including numerical data for threshold substances*)

Reports and Correspondence

- All facsimiles or letters related to analysis and reporting of sample results

*For threshold substances, an estimate of the ratio or concentration or an estimate of the concentration relative to the threshold (i.e. 20 times the threshold concentration) is deemed acceptable.

ANNEX D

Modifications to AAA Commercial Rules Applicable to Doping Hearings Conducted by the United States Anti-Doping Agency ("USADA")

- R-2. Doping cases shall be administered by the AAA through the AAA Vice President then serving as the Secretary for the North American/Central American/Caribbean Islands Decentralized Office of The Court of Arbitration for Sport or his/her designee (the "Administrator").
- R-3. The Panel of Arbitrators for doping cases shall consist of the North American Court of Arbitration of Sport ("CAS") Arbitrators who shall also be AAA Arbitrators (the "Arbitrator Pool").
- R-4. Arbitration proceedings shall be initiated by USADA by sending a notice to the athlete and the Administrator which sets forth the sanction, consistent with the applicable International Federation rules, which USADA is seeking to have imposed and other possible sanctions which could be imposed under the applicable International Federation rules. The notice shall also advise the athlete of the name and telephone number of the Athlete Ombudsman and shall include a copy of the USADA Protocol for Olympic Sport Testing and the Modifications to AAA Commercial Rules. The parties to the proceeding shall be USADA and the athlete. The applicable International Federation shall also be invited to join in the proceeding as a party or as an observer.
- R-7. The applicable procedure shall be the regular procedure (as opposed to the Expedited or Complex procedures) set forth in the AAA Commercial Arbitration Rules.
- R-9. The reference to mediation shall be deleted.
- R-11. The locale of the arbitration shall be in the United States at a location determined by the Administrator using criteria established by the AAA.
- R-12. Delete R-12(b). Party-appointed arbitrators are expected to be neutral and may be disqualified for the reasons set forth in R-19.
- R-13. The time limit for striking names and returning the list of arbitrators shall be five days instead of 15 days. Delete (c) and replace with the following: Within 5 days following the completion of the arbitrator selection process set forth in R-12(a) and (b), either party may elect instead to have the matter heard by a panel of three arbitrators. Any party so electing shall designate one arbitrator from the Arbitrator Pool within such 5 day period. The other party shall have an additional 5 days to designate an arbitrator from the Arbitrator Pool. A third arbitrator from the Arbitration Pool, who will not be from the original list, shall be designated by the Administrator as the chairman of the panel.

- R-24. Except as may be mutually agreed by the parties or upon the request of a single party for good cause as may be determined by the arbitrator, the hearing, including any briefing ordered by the arbitrator, shall be completed within three months of the appointment of the arbitrator. On good cause shown by any party, the hearing process shall be expedited as may be necessary in order to resolve the determination of an athlete's eligibility prior to any protected competition or team selection for a protected competition.
- R-25. At the arbitrator's discretion, hearings may also be conducted telephonically.
- R-33(e). New Rule: In all hearings conducted pursuant to these rules, the applicable International Federation's categories of prohibited substances, definition of doping and sanctions shall be applied. In the event an IF's rules are silent on an issue, the rules set forth in the Olympic Movement Anti-Doping Code shall apply. IF and Code rules may be mitigated, as appropriate, by the principles set forth in the decisions of CAS. Notwithstanding the foregoing, (a) The IOC laboratories used by USADA shall be presumed to have conducted testing and custodial procedures in accordance to prevailing and acceptable standards of scientific practice. This presumption can be rebutted by evidence to the contrary, but the accredited laboratory shall have no onus in the first instance to show that it conducted the procedures other than in accordance with its standard practices conforming to any applicable IOC requirements; (b) laboratories shall only be required to produce the documentation provided for in USADA's Protocol for Olympic Sport Testing unless the arbitrator finds that the athlete has a compelling need for additional information. In such event, the cost from the laboratory of providing the additional information shall be borne by the athlete; (c) minor irregularities in sample collection, sample testing or other procedures set forth herein which cannot reasonably be considered to have effected the results of an otherwise valid test or collection shall have no effect on such results; and (d) if contested, USADA shall have the burden of establishing the integrity of the sample collection process, the chain of custody of the sample, and the accuracy of laboratory test results by clear and convincing evidence unless the rules of the applicable IF set a higher standard.
- R-38. The 30 day period for re-opening a hearing shall be reduced to 10 days.
- R-43. The 30 day period given to the arbitrator for rendering an award shall be reduced to 10 days.
- R-44. In all cases, the arbitrator shall render a reasoned award.
- R-45. All fees and expenses payable to the AAA, the arbitrator or for witnesses or proof produced at the direct request of the arbitrator shall be paid solely by USADA.

- R-48. The time periods provided for seeking modification of the award shall be reduced to 5 days.
- R-49. The AAA shall also furnish copies of documents required in connection with CAS proceedings.
- R-49A. New Rule: The arbitration award may be appealed to CAS by either the athlete or by the applicable International Federation (whether or not a party). Notice of appeal shall be filed with the Administrator within the time period provided in the CAS appellate rules. Appeals to CAS filed under these rules shall be heard in the United States. The decisions of CAS shall be final and binding on all parties and shall not be subject to any further review or appeal except as permitted by the Swiss Federal Judicial Organization Act or the Swiss statute on private international law.
- R-57. New Rule: Notwithstanding the foregoing, any athlete, within 10 days following the date of the notice described in R-4 above, shall be entitled, at his or her option, to elect to bypass the hearing process described above and proceed directly to a single final hearing before CAS, which hearing will be conducted in the United States. The CAS decision shall be final and binding and shall not be subject to further review or appeal except as permitted by the Swiss Federal Judicial Organization Act or the Swiss statute on private international law.

USOC ANTI-DOPING POLICIES

1. Retirement

- a. Any athlete enrolled in the USADA No Advance Notice ("NAN") program who wishes to be removed from the program on account of retirement must promptly notify USADA and the applicable National Governing Body in writing in order for retirement from the NAN program to be effective. Any athlete, who has not provided advance written notice of retirement to USADA and then refuses to participate in a USADA NAN test claiming retirement, shall be "ineligible" within the meaning of paragraph 6 below for a period of 2 years following such refusal.
- b. Any athlete who has ever been enrolled in a NAN program of an IF, the USOC or USADA who retires and then wishes to return to eligible status must enroll in the USADA NAN program at least 6 months in advance of regaining eligible status.
- c. USADA shall not suspend or terminate the prosecution of a doping offense related to a positive sample as a result of an athlete's subsequent retirement.

2. Missed NAN Tests

- a. Under the NAN testing program implemented by USADA, it is the responsibility of each athlete designated by a National Governing Body for NAN participation to provide USADA with up to date information on his or her whereabouts so that he or she can be located for NAN testing. Athletes identified for No Advance Notice testing are required to file Athlete Location Forms with USADA on a quarterly basis. They are also responsible for notifying USADA any time they will not be available for testing at the location specified on their Athlete Location Form. USADA has provided all athletes subject to NAN testing both a facsimile number and e-mail address to use in updating their Athlete Location Forms or to notify USADA that they will not be available for testing at the specified location at a particular time. The USADA procedure for determining that an athlete participating in the NAN program has a "missed test" is attached.
- b. Any athlete having three missed tests within any rolling 18 month period shall be ineligible within the meaning of paragraph 6 for a period of two years from the athlete's last "missed test." No athlete shall be disciplined for having three missed tests within an eighteen month period unless the athlete has been offered an opportunity for a hearing as provided in paragraph 8 below. Missed tests shall not be announced publicly until the conclusion of the hearing process.
- c. The effectiveness of the policy set forth in this resolution shall be reviewed on an ongoing basis.

3. Suspension by an NGB or International Federation

Athletes shall be ineligible within the meaning of paragraph 6 below while serving a doping suspension imposed by a National Governing Body or International Federation.

4. Testing During Suspensions

In order to regain eligibility, within the meaning of paragraph 6 below, any athlete who is suspended for a doping violation by a National Governing Body or International Federation must comply with all requirements of the USADA NAN testing program during the period of suspension and must bear the costs associated with any NAN tests conducted by USADA on him or her during the suspension period.

5. **Prior Participation in NAN Testing by Potential Members of the U.S. Olympic, Paralympic and Pan American Teams**

It shall be the policy of the USOC to subject all athletes who are candidates for membership on the U.S. Olympic, Paralympic and Pan American Teams to USADA's no-advance-notice drug testing program for a period of up to 12 months before the commencement of competition. In some sports, potential team candidates are not generally subject to the jurisdiction of the NGB. The terms and conditions for the testing of such athletes, which may vary based upon the circumstances existing in each sport, shall be determined by the USOC Chief Executive Officer in consultation with USADA, the NGB council, the AAC and the NGB for the involved sport and on a basis which is equitable for all U.S. athletes. Any athlete who declines to participate in the USADA NAN Program under the terms and conditions established by the USOC Chief Executive Officer shall be ineligible within the meaning of paragraph 6 below for a period of 12 months following that offer.

6. **Ineligibility and Loss of USOC Opportunities and Benefits**

If an athlete is found to be "ineligible" as provided herein, the athlete will not be permitted to (i) participate in Olympic Trials, Pan American Games or Paralympics; (ii) be a member of an Olympic, Pan American Game or Paralympic team; or (iii) have access to the training facilities of an Olympic Training Center or other programs and activities of the USOC including, but not limited to, grants, awards or employment.

7. **Rules of International Federations**

The requirements and consequences set forth in this Policy shall be in addition to those obligations related to out-of-competition testing imposed by the various International Federations and shall not relieve any athlete of the consequence of failing to comply with the anti-doping rules of his or her International Federation.

8. **Right to Hearing**

No athlete shall be denied eligibility within the meaning of paragraph 6 above without first being afforded the opportunity for a hearing pursuant to the USADA Adjudication Protocol incorporated into the contract between the USOC and USADA.

9. **Pre Games Testing**

All athletes nominated for appointment to a U.S. team for the Olympic Games, Paralympic or Pan American Games shall have been tested for doping at some time not more than 120 days prior to the opening ceremonies of such Games with such test or tests not resulting in a doping offense. No athlete may be added to the U.S. team by substitution or otherwise, unless he or she has been tested for doping and found negative within this 120-day period. After appointment, athlete members of the U.S. team may also be subject to additional testing through said Games. For purposes of this Article, if a specimen is collected at trials or other competition, the specimen analysis shall test for those substances and methods tested for in the applicable International Federations IC program; if a specimen is not collected at trials or other competition, the specimen analysis shall test for those substances and methods tested for in the International Federation NAN program. If an NGB submits an athlete as a replacement after the team has been selected, NGB shall notify the USADA of such replacement within 48 hours so that the USADA may conduct testing pursuant to this section if necessary. The NGB shall also arrange to make the replacement available for testing.

In the event that a specimen is found to be positive after the U.S. team has been nominated by the NGB and approved by the USOC for the Olympic, Paralympic or Pan American Games, any hearing conducted in connection with such positive result for purposes of determining eligibility for the U.S. Team shall be conducted in accordance with the USOC's Code of Conduct and grievance procedures.

10. Incorporation into USOC/USADA Contract

USADA's responsibility for implementing this Resolution shall be incorporated into the Agreement between the USOC and USADA.

[Paragraphs 1 and 3-10 of this Policy are approved by the USOC Executive Committee on February 23, 2001. Paragraph 2 was approved by the USOC Executive Committee on April 27, 2001.]

USADA PROCEDURE REGARDING MISSED TESTS

A. Athlete is not at the location listed by the athlete on the USADA Athlete Location Form

Step 1. The DCO is obligated to make a reasonable effort to locate the athlete for testing. Before reporting to USADA that an athlete is unavailable for testing the DCO is specifically required to visit all locations on the Athlete Location Form provided by the athlete within a 24-hour period. If the DCO cannot locate the athlete, the DCO is required to fill out an Unavailable Athlete Form establishing that reasonable attempts were made to locate the athlete.

Step 2. USADA CEO reviews the DCO's Unavailable Athlete Forms and the Athlete Location Form on file. If there appears to be a reasonable basis for calling this a missed test, then within 30 days after receipt of the Unavailable Athlete Forms the CEO will send a letter to the athlete by overnight courier with signature required upon receipt, with a copy to the NGB, inviting the athlete to provide a written explanation why this should not be counted as a "missed test".

Step 3. Based on the athlete's written response, and further investigation if necessary, the CEO shall evaluate whether to treat the attempt to test as a "missed test." In this evaluation the burden shall be on the DCO to establish that the DCO's attempts to locate the athlete for testing were reasonable. The burden shall be on the athlete to establish in his or her written response that he or she was reasonably prevented from notifying USADA that he or she would not be available for testing at the locations set forth on the Athlete Location Form.

Step 4. The athlete shall be notified of the CEO's decision by overnight courier with signature required upon receipt. The NGB shall receive a copy of the decision. The CEO's determination of a missed test is not final and shall be subject to the review and appeal process set forth below. If the athlete wishes to contest a missed test decision at a subsequent hearing, then the athlete must file a written objection with USADA within 30 days of notice of USADA's decision. The athlete will also have the right to challenge any finding of any "missed test" objected to within 30 days of notice of the USADA CEO's decision in a hearing brought to impose discipline as a result of three missed tests. The hearing shall be conducted pursuant to the USADA Adjudication Protocol, which shall be a part of the Contract between USADA and the USOC ("the USADA Adjudication Protocol"). In addition, within 30 days of notice of the USADA's CEO's decision, the athlete may also request an administrative review of the CEO's determination of a missed test. This administrative review shall be conducted by a three-member panel composed of members of the USADA Board of Directors or their designees. Such review shall be based on written submittals only and shall not be considered a hearing. The decision of the panel shall not be binding in any subsequent hearing initiated by the athlete to contest the determination that the athlete has three missed tests. An athlete shall not be held responsible for subsequent missed tests, which occur before the athlete receives notice under Step 2 above of a prior missed test.

B. Athlete's name is drawn for testing from the NGB's NAN pool but USADA has no location information on the athlete because the athlete has not returned any Athlete Location Form

Step 1. USADA confirms with NGB that the athlete is still in their NAN pool and that the athlete was notified in writing by the NGB of the requirement to submit an Athlete Location Form to USADA and to provide quarterly updates.

Step 2. Confirm that the athlete is past the specified deadline for submitting an Athlete Location Form and has had a reasonable time to do so.

Step 3. Athlete is invited by letter sent by overnight courier with signature required upon receipt to the last address, if any, which USADA has on file for the athlete, to provide an explanation to USADA why no Athlete Location Form was filed or updated within the past two quarter(s). If USADA is not able to obtain a signature receipt for this letter, then USADA will notify the NGB, which shall then use its best efforts to provide actual notice of the contents of the letter to the athlete.

Step 4. USADA's CEO determines whether to declare a missed test because the athlete's name was drawn for NAN testing and the athlete failed to file or appropriately update his or her Athlete Location Form.

Step 5. The athlete shall be notified of the CEO's decision by overnight courier with signature required upon receipt. The NGB shall receive a copy of the decision. The CEO's determination of a missed test is not final and shall be subject to the review and appeal process set forth below. If the athlete wishes to contest a missed test decision at a subsequent hearing, then the athlete must file a written objection with USADA within 30 days of notice of USADA's decision. The athlete will also have the right to challenge any finding of any "missed test" within 30 days of notice of the USADA CEO's decision objected to in a hearing brought to impose discipline as a result of three missed tests. The hearing shall be conducted pursuant to the USADA Adjudication Protocol, which shall be a part of the Contract between USADA and the USOC ("the USADA Adjudication Protocol"). In addition, within 30 days of notice of the USADA CEO's decision, the athlete may also request an administrative review of the CEO's determination of a missed test. This administrative review shall be conducted by a three-member panel composed of members of the USADA Board of Directors or their designees. Such review shall be based on written submittals only and shall not be considered a hearing. The decision of the panel shall not be binding in any subsequent hearing initiated by the athlete to contest the determination that the athlete has three missed tests. An athlete shall not be held responsible for subsequent missed tests, which occur before the athlete receives notice of a prior missed test.



United States Anti-Doping Agency (USADA) Frequently Asked Questions (FAQs)

Q: What is USADA?

A: *USADA stands for the United States Anti-Doping Agency. USADA began all drug testing of Olympic and Pan American athletes on Oct. 2, 2000. USADA is dedicated to eliminating the practice of doping in sport, including U.S. Olympic, Pan American and Paralympic athletes. USADA is the independent anti-doping agency for Olympic sports in the United States.*

Q: What is USADA's mailing address, telephone and fax number?

A: *The mailing address is: United States Anti-Doping Agency, 1265 Lake Plaza Dr., Colorado Springs, CO 80906. USADA's toll-free telephone number is 1-866-601-2632. USADA's fax number is 719-785-2001.*

Q: What is USADA's website address?

A: www.usantidoping.org

Q: Whom will USADA test?

A: *USADA has the authority to test:*

- *any athlete who is a member of a National Governing Body (NGB);*
- *any athlete participating at a competition sanctioned by the United States Olympic Committee (USOC) or a NGB;*
- *any foreign athlete who would otherwise be subject to testing by USADA, the USOC or a NGB; any other athlete who has given his/her consent to testing by USADA; or*
- *any athlete who has been named by the USOC or a NGB or is competing in a qualifying event to represent the USOC or NGB in international competition.*

Q: What type of testing will USADA conduct?

A: *USADA will conduct event and out-of-competition (OOC) testing. It is USADA's goal to conduct an equal percentage of OOC and event tests.*

Q: What is Out-of-Competition (OOC) testing?

A: *OOC testing is testing of individual athletes without giving prior or advance notice of the test.*

Q: For what substances are tests performed in the OOC program?

A: USADA tests the prohibited classes of substances and methods of an athlete's international federation. An athlete should check with the appropriate International Federation ("IF") to determine if these substances are prohibited. Generally, the substances in the following categories; anabolic agents, diuretics, masking agents and peptide hormones are tested under the OOC program. Substances in the above list are not found in over-the-counter cold/allergy medications. Over-the-counter dietary supplements, however, may contain prohibited substances in these categories.

Q: For what substances are tests performed in the event program?

*A: USADA tests the prohibited classes of substances and methods of an athlete's international federation. An athlete should check with the appropriate International Federation ("IF") to determine if these substances are prohibited. The testing includes all of the categories included in the OOC program, **plus**, stimulants, narcotics, and classes of prohibited substance in certain circumstances (e.g., alcohol, marijuana, local anesthetics, corticosteroids, beta-blockers).*

Q: Who can be contacted with questions about prescriptions, vitamins or supplements that an athlete is taking?

A: The USADA Athlete Drug Reference Line at 1-800-233-0393, or 1-719-785-2020 (outside the United States). In addition, requests can be emailed to drugreference@usantidoping.org.

Q: How are athletes selected for Out of Competition (OO) Testing?

A: All NGBs are required to provide a list of athletes for inclusion in the OOC pool. Typically each NGB has criteria developed in consultation with USADA. Once an athlete's name is provided, that athlete will receive an enrollment packet from USADA.

Once athletes are identified for inclusion in the OOC program, USADA will select athletes to test based on a weighted draw system that considers individual rankings, risk of doping with each sport, and other factors. Names will be selected from a pool that includes all eligible athletes in all sports.

Q: Who is responsible for the athlete's location or whereabouts for the OOC Testing Program?

A: The athlete is responsible for directly informing USADA of his or her location or whereabouts at all times.

Q: How can an athlete update his/her location information?

A: The athlete can update his/her location information:

- by mail at: United States Anti-Doping Agency, OOC Whereabouts, 1265 Lake Plaza Drive, Colorado Springs, CO 80906; or*
- by fax at 719-785-2001; or*

- via email to update@usantidoping.org if you are already part of the OOC pool and have turned in your email address with a previous USADA Athlete Location Form.

Q: What happens when a USADA Doping Control Officer (DCO) cannot locate the athlete for an out-of-competition test?

A: It is the responsibility of the athlete to inform USADA any time they will not be available for OOC testing. After the DCO makes a reasonable effort to locate the athlete for testing, the DCO is required to complete an Unavailable Athlete Form to verify a reasonable attempt was made to locate the athlete. If there appears to be a reasonable basis for calling this a missed test, then within 30 days after receipt of the Unavailable forms, USADA's Chief Executive Officer will inform the athlete and ask for an explanation. This begins the review process.

Under the USOC Anti-Doping Policy, any athlete with three missed tests within any rolling 18-month period shall be 'ineligible' for two years from the time of the last "missed test." An athlete may face additional sanctions from the international federation. No athlete shall be disciplined for having three missed tests with an 18-month period unless the athlete has been offered an opportunity for a hearing.

Q: What is the policy for a retired player to return to competition?

A: If the athlete was a member of the USADA OOC program, IF or USOC OOC program, the athlete must be enrolled for at least six months in advance of regaining eligible status.

Q: What should an athlete do when they retire from their sport?

A: For USADA purposes, any athlete who retires must promptly inform USADA and their respective NGB, in writing. Also, the athlete should check with their respective IF for their policy on retirement. Under the USOC Anti-Doping Policy, any athlete, who has not provided advance written notice of retirement to USADA and then refuses to participate in a USADA OOC test claiming retirement, shall be "ineligible" for a period of two years.

Q: If I am suspended for a doping violation, do I as an athlete, still participate in the OOC program?

A: The suspended athlete must comply with all requirements of the USADA OOC testing program during the period of suspension and must bear the costs associated with any OOC tests conducted by USADA on him/her during the suspension.

Q: What laboratory will analyze the samples collected by USADA?

A: USADA will use IOC-accredited laboratories such as the UCLA Olympic Analytical Laboratory to analyze samples collected under USADA's jurisdiction.

Q: What prohibited substance list will be used to determine if a doping violation has potentially occurred?

A: USADA will use the International Federation (IF) prohibited substance list of the athlete's particular sport.

Q: Will the athlete and the NGBs be informed of negative test results?

A: Yes, USADA will inform the athlete, the USOC, and the NGB by letter of negative test results.

Q: How is an athlete informed of an 'A' sample positive or elevated test result?

A: USADA, after receiving notification from the laboratory of an 'A' sample positive or elevated test, will notify the athlete, the USOC and the particular NGB by letter.

Q: How long after the 'A' sample positive or elevated test report will the 'B' sample opening and analysis occur?

A: The 'B' sample opening and analysis will typically occur within two weeks after the 'A' sample positive or elevated test report.

Q: Will the athlete have an opportunity to attend the 'B' sample opening and analysis?

A: Yes. The athlete and the athlete's representative will be given the opportunity, at the athlete's expense, to attend the 'B' sample opening and analysis. This is another reason that maintaining a current address with USADA is important.

Q: Who will be notified of the positive or elevated test results from the 'B' sample analysis?

A: USADA will notify the athlete, the USOC, and the NGB.

Q: What happens if the 'B' sample analysis confirms the 'A' sample positive or elevated test result?

A: This is considered a positive test and the test results are turned over to USADA's Anti-Doping Review Board for its review.

Q: What is the USADA Anti-Doping Review Board?

A: The USADA Anti-Doping Review Board is a group of experts independent of USADA with medical, technical and legal knowledge of doping matters. These experts will meet to determine if there is sufficient evidence of doping to proceed to a hearing.

Q: Will the athlete be permitted to attend the USADA Review Board meeting?

A: No. The USADA Review Board meeting is not a hearing. The USADA Review Board will accept written submittals from the athlete concerning the athlete's tests.

Q: How long after the 'B' sample positive or elevated report before the USADA Review Board meets?

A: The USADA Review Board will meet (typically by teleconference) within approximately three weeks after the B sample positive or elevated test report.

Q: What happens after the USADA Review Board makes its recommendation concerning the test?

A: The Review Board will present its recommendation to USADA. USADA will be responsible for proceeding to an adjudication of the matter or closing the matter based on the Review Board's recommendation. USADA will forward the Review Board's recommendation to the athlete, the NGB, the USOC, the relevant IF and the World Anti-Doping Agency (WADA).

Q: Does the athlete have the right to a hearing if USADA proceeds with adjudication as a result of a positive or elevated test?

A: Yes. The athlete has the right to choose between two separate hearing procedures.

- The athlete may elect to proceed to a hearing before the American Arbitration Association (AAA) using a single arbitrator (or a three-arbitrator panel, if demanded by either of the parties) selected from a pool of the North American Court Arbitration for Sport (NACAS) arbitrators, who shall also be AAA arbitrators.*
- The athlete may elect to proceed directly to a hearing to a final and binding hearing before the Court of Arbitration for Sport held in the United States.*

Q: What rules will apply to the hearing process?

A: Modified AAA Commercial Rules will apply to the hearing before AAA/CAS. The regular CAS Appellate rules will apply to hearings held before AAA.

Q: How long after the USADA Review Board's recommendation will the hearing take place?

A: The hearing will typically take place within three months of the USADA Review Board's recommendation.

Q: Under what rules will the sanctions for doping violations be applied?

A: The athlete's International Federation sanctions policy will apply.

Q: Who will receive notice of the arbitrator's decision?

A: The decision and sanction, if any, will be sent to the athlete, the USOC, the NGB, the IF and WADA. A public announcement of the sanction, if any, will be made by USADA and/or the NGB.

Q: Who will enforce the sanction, if any, received from the arbitrator's decision?

A: The arbitrator's decision and sanction will be forwarded to the NGB to enforce.

Q: Who pays for the adjudication process?

A: USADA pays for the administration of the USADA review process and adjudication costs (except for the CAS appeal fee). The athlete pays for all of his/her defense costs, such as travel, legal fees, and expert witness costs.

Q: If the IF conducts the test, will USADA adjudicate the positive results?

A: Yes, for samples collected after Oct. 2, 2000. No matter where the test is conducted, if the IF refers the matter to the NGB, then USADA will adjudicate the case under USADA's protocol.

Q: Will the IF have a role in the adjudication process?

A: The IF will receive notice of all steps in the process from the Review Panel recommendation forward. The IF will be invited to appear as a party or observer at all hearings.

Please note that the answers provided above are not comprehensive, and do not supersede the official protocol of USADA. This is intended to provide general information only. A copy of the Protocol for Olympic Movement Testing may be obtained upon request, or on USADA's web site at www.usantidoping.org.



Summary of Your Responsibilities in the USADA OOC Testing Program

Location Information

USADA Athlete Location Form

Your primary responsibilities under the USADA Out-of-Competition (OOC) Testing Program are to keep USADA directly informed of your residence and training locations and schedules at all times so that you can be located for OOC testing. The OOC was formerly known as the No Advance Notice (NAN) Testing Program. **The USADA Athlete Location Form must be completed by you, on a quarterly basis, and received at the USADA office by March 1, June 1, September 1 and December 1.**

You are eligible to utilize the online athlete location form if you have submitted your email address to USADA on a previous USADA Athlete Location Form.

It is essential to your participation in the OOC program that you fully and accurately complete this form. If you fail to complete the form or have outdated location information on the form, USADA will be unable to locate you for OOC testing and notification. If you are not at the location specified on your USADA Athlete Location Form, you may be subject to sanctions for a missed test as described below.

USADA Athlete Change of Plan Form

In addition to the USADA Athlete Location Form, we have also enclosed the USADA Athlete Change of Plan Form and its instructions. The USADA Change of Plan Form is for you to use if your location information changes during the quarter from the information that you originally submitted to us on the USADA Athlete Location Form. The Athlete Change of Plan Form is less detailed than the USADA Athlete Location Form and is for your use only for **temporary** location changes during the quarter. **The Athlete Change of Plan Form may be used to supplement the USADA Athlete Location Form for temporary changes during the quarter, but may not be submitted in place of the USADA Athlete Location Form.**

If, during the quarter, you move to a different location that requires you to change your training facilities and schedule, you must complete a new USADA Athlete Location Form for that quarter. You should not use a change of plan form in this situation because it is less detailed than the USADA Athlete Location Form.

< more >

Under USADA's protocol, you must notify USADA anytime that you will be away from your residence or training locations. For example, if you are competing in an event that will require you to be away from the location specified on your USADA Athlete Location Form, you must complete a USADA Athlete Change of Plan Form and submit it directly to USADA **prior** to being away from the location you specified on your form.

How to Submit Your Location and Change of Plan Forms

In order to have an effective, transparent doping control program, it is imperative that USADA be able to locate athletes who are enrolled in the OOC program. We have made updating your location information as convenient as possible. You can submit your location updates directly to USADA by mail to: United States Anti-Doping Agency, 1265 Lake Plaza Dr., Colorado Springs, Colorado 80906; or, by fax to: (719) 785-2001. Updates can be made via email if you have submitted your email address with USADA on a previous USADA Athlete Location Form. The email address to submit change of plan information is update@usantidoping.org. The USADA website is www.usantidoping.org.

Please check our web site at www.usantidoping.org for updating your location information. Currently, you can print the USADA Athlete Location Form and the USADA Athlete Change of Plan Form from the web site for mailing or faxing these forms directly to us. USADA also has instituted an online registration form for USADA Athlete Location Forms. You are eligible to utilize the online athlete location form if you have submitted your email address to USADA on a previous USADA Athlete Location Form. USADA will send each eligible athlete his or her login and password prior to each quarter.

Missed OOC Tests

Missed OOC tests are sanctionable under International Federation (IF) rules on the same level as a doping offense. We hope that with the availability of online, e-mail, fax, and mail updating procedures, that such a sanction will not occur. **Be aware that it is your responsibility to ensure that you do not miss an OOC test due to incomplete or inaccurate location information on file with USADA.**

When you are OOC Tested

When you are approached by a USADA Doping Control Officer ("DCO") whether at your home or training facility, you are responsible for cooperating with the DCO and following their instructions as to when and how the sample collection will take place. All DCOs should identify themselves as a USADA DCO and present their USADA DCO Credentials to you. If you have any questions or concerns with the OOC collection procedures, please refer to the USADA Collection Protocol or contact USADA directly (1-866-601-2632 or email at usada@usantidoping.org).

< more >

Retirement Policy

In accordance with USOC Anti-Doping Policies, if you retire from your sport and withdraw from the OOC program, you must notify USADA and your respective NGB(s) directly in writing. You should also check with your IF and their retirement policy. Currently, if you are retired and want to come out of retirement, you are subject to your particular NGB's drug testing rules addressing retirement.

If you have ever been enrolled in an OOC program of an IF, the USOC or USADA, and then retire and you wish to return to eligible status, you must enroll in the USADA OOC program at least six months in advance of regaining eligible status.

USADA will not suspend or terminate the prosecution of a doping offense related to a positive sample as a result of your subsequent retirement.

Missed Out-of-Competition Tests

Providing timely and accurate location information to USADA is important to help avoid having a "missed test" declared under the USOC Anti-Doping Policies. It is critical that you submit your quarterly USADA Athlete Location Form on time, that your location information is up to date, and that you are actually at the locations that you have specified on those forms. After having three "missed tests" declared within a rolling 18-month period, you could be subject to a sanction equal to that of a positive or elevated test. Following are the two ways that you could potentially face having a "missed test" declared when you are selected for OOC testing:

- By being unavailable at the locations at the times specified on your quarterly USADA Athlete Location Form or Change of Plan Form.
- By failing to timely submit an accurate and complete quarterly USADA Athlete Location Form.

The procedures USADA uses for processing a declared "missed test" remains the same regardless of whether it was declared as an unavailable athlete, or from a failure to submit or update the USADA Athlete Location Form. For a complete copy of the USOC Anti-Doping Policies, go to <http://www.usantidoping.org/athletes/policies.asp>.

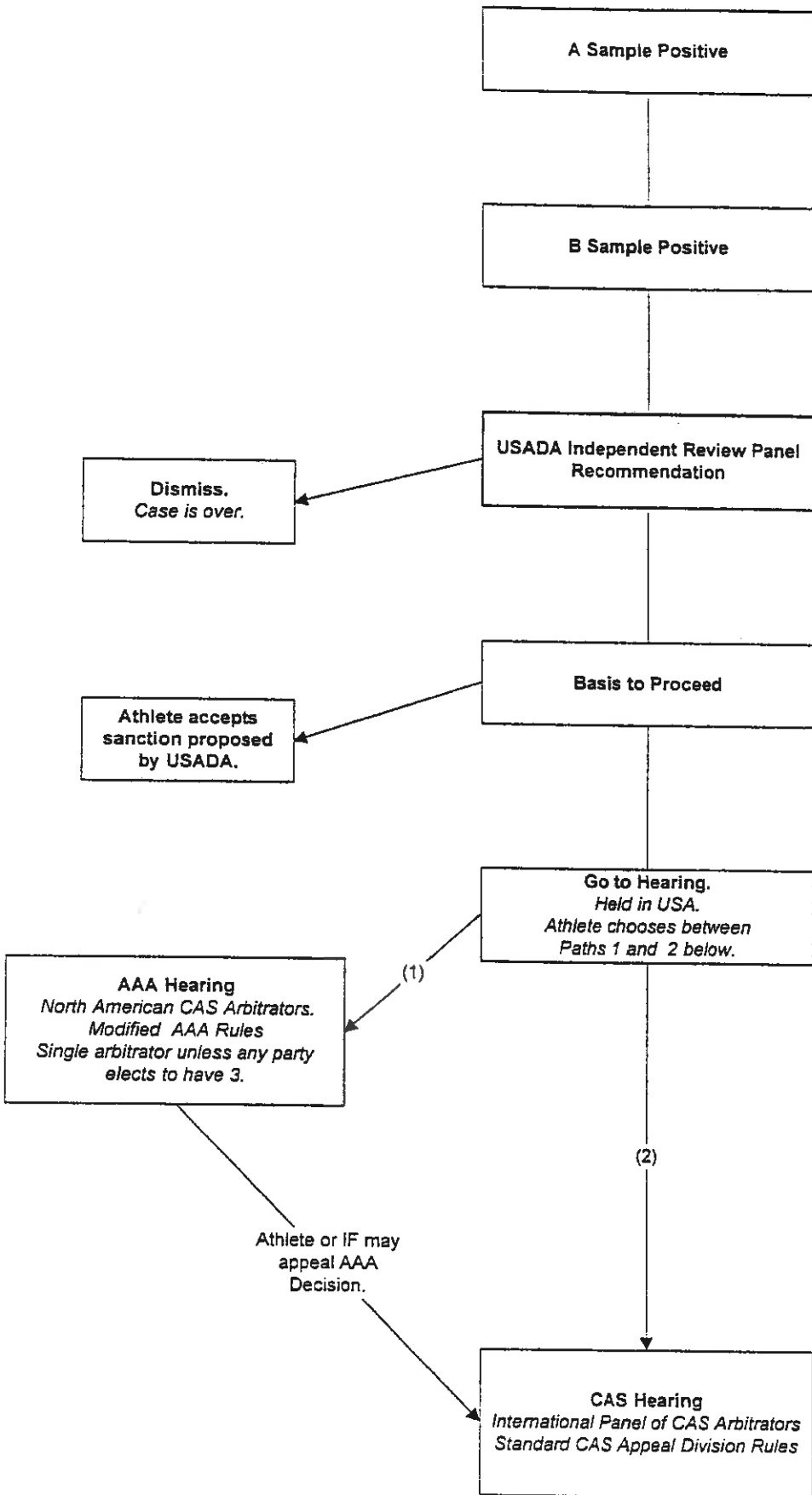
Benefits Lost If You Are Declared "Ineligible" for a "Missed Test" or a Refusal to Test

If you are declared "ineligible" due to a "missed test" or a refusal to test because retirement, in addition to any applicable IF sanction, you will not be permitted to:










- i) participate in Olympic trials, Pan American Games or Paralympics;
- ii) be a member of an Olympic, Pan American Games, or Paralympic Games; or
- iii) have access to the training facilities of an Olympic Training Center or other programs and activities of the USOC including, but not limited to grants, awards or employment.

In order to avoid loss of these benefits, it is important for you to submit and update your USADA Athlete Location Form; be at the locations specified on the form; and, if retiring from your sport, notify USADA and your NGB in writing of your retirement.

USADA Results Management Diagram



Timeline and Notices Under USADA Protocol

STEP IN PROCESS		NOTICE GOES TO
Urine provided by Athlete		
- 2 weeks -		
Negative A laboratory report		Athlete, NGB & USOC ¹
Positive (or elevated) A lab report		Athlete & NGB & USOC
- 2 weeks -		
B lab report (positive or negative)		Athlete, NGB & USOC
- 3 weeks -		
Review Panel Recommendation (to proceed or to dismiss)		Athlete, NGB, USOC, IF & WADA
- 10 days -		
Notice that the athlete has accepted a sanction proposed by USADA		Athlete, NGB, USOC, IF & WADA - Public announcement of sanction
Notice of hearing		Athlete, IF, (NGB, USOC & WADA but not as parties)
- 3 months -		
AAA/CAS Decision		Athlete, IF, NGB, USOC & WADA - Public announcement of sanction
- 20 days -		
Appeal by Athlete or IF of AAA decision to CAS		Athlete, IF, NGB, USOC & WADA
- 3 months -		
Decision by CAS on appeal if first hearing is before AAA		CAS decision is a public document

¹ Notice from USADA will include the date and location of the sample collection, the athlete's sample number and name and the laboratory test result. The IOC accredited laboratories are required to give notice to the IOC and relevant IF directly any time there is a positive A or B test. However, that notice does not include the athlete's name (samples sent to the labs are identified only by number - not by name). Most NGBs will, upon request, routinely forward the athlete's name to the IF and update the IF on the status of proceedings.



**United States Anti-Doping Agency
Guide to
Prohibited Classes of Substances
and
Prohibited Methods of Doping**

SENIOR EDITOR

Larry D. Bowers, Ph.D.

EDITOR

Rich Wanninger

CONTRIBUTING EDITOR

Jeff Podraza, Pharm.D.

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PUBLISHER

United States Anti-Doping Agency

1265 Lake Plaza Dr.

Colorado Springs, CO 80906

Telephone: 1-866-601-2632 (toll-free) or 1-719-785-2000

Drug Reference Line: 1-800-233-0393

Fax: 1-719-785-2001

Email: usada@usantidoping.org

Website: www.usantidoping.org

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INTRODUCTION

Doping violates the ethics of both sport and medical science, and is prohibited. The Olympic Movement Anti-Doping Code (OMADC), along with clarifications by the International Olympic Committee (IOC) and its Medical Commission, has been distributed for the year 2001 with the List of Prohibited Classes of Substances and Prohibited Methods of Doping.

The OMADC states that doping:

- contravenes the fundamental principles of Olympism and sports and medical ethics,
- is forbidden, and
- recommending, proposing, authorizing, condoning or facilitating the use of any substance or method covered by the definition of doping or trafficking therein is also forbidden.

The OMADC defines doping as:

- the use of an expedient (substance or method) which is potentially harmful to athletes' health and/or capable of enhancing their performance, or
- the presence in the athlete's body of a Prohibited Substance or evidence of the use thereof or evidence of the use of a Prohibited Method.

The definitions used by individual international federations may vary, as may their respective list of prohibited substances and methods.

A fundamental objective of the Olympic Movement is to eliminate doping from sport. Doping threatens the health of the athlete, the integrity and dignity of amateur sport, and public support of the Olympic Movement. Drug testing followed by punitive action and the threat of public disclosure, in tandem with drug abuse education and ethical considerations, are in place as deterrents to doping.

The United States Anti-Doping Agency maintains a drug testing and education program, distributes this Guide, seeks to enhance research efforts and utilizes an impartial adjudication system. It also provides the confidential toll-free USADA Drug Reference Line for clarification on relevant matters (1-800-233-0393).

MEDICATION CAUTIONS

- Prior to taking any medication or supplement, check whether any substance in the product is prohibited or restricted. Call USADA's Drug Reference Line (1-800-233-0393) for more information.
- Know the exact name of your medication since many products sound alike. For example, Tylenol and Afrin Nasal Spray are allowed, however, Co-Tylenol, Afrin tablets and Afrinol contain prohibited substances.
- Plain antihistamines are allowed in most sports, however, any combination of an antihistamine with a decongestant is prohibited and may not be in your system when you compete. New products of this type appear on the market on a regular basis.
- This Guide provides examples of substances in prohibited classes. **Not all prohibited substances are listed in this Guide. The list is subject to change and is updated and revised as necessary.** Check to make sure you have the most up-to-date information.
- The detected presence of a prohibited substance constitutes doping even if the substance is not listed as an example.
- New drugs containing prohibited substances, some of which may be especially designed for doping purposes, are prohibited by inclusion as "related substances." The term "and related substances" describes drugs having pharmacological action(s) and/or chemical structure similar to a prohibited substance. If a substance is not listed, it may still be prohibited as a "related substance."
- Even when used for legitimate medical treatment, the detected presence of a prohibited substance constitutes doping and will be subject to penalties.
- The Dietary Supplement Health and Education Act of 1994 specifically exempted certain products from evaluation for safety and efficacy by the Food and Drug Administration (FDA). Thus the commonly held belief that the government approves these over the counter supplements is not correct. In addition, there has been some evidence that some products may not contain the amount of ingredient listed on the label, may not contain the ingredient listed at all, or may be adulterated with other prohibited substances not listed on the label. Imported herbal products, in particular, are often mislabeled concerning their actual ingredients.

IMPORTANT FACTS

- Ignorance is never an excuse. It is the personal responsibility of each athlete to ensure that he or she does not allow any prohibited substance to enter his or her system or use or allow the use of any prohibited method.
- Whether or not the use of a prohibited substance or prohibited method enhances performance does not matter.
- The presence of a prohibited substance in an athlete's urine (or blood, when applicable) constitutes an offense, regardless of the manner in which the prohibited substance came to be in the athlete's system.
- The inclusion of a prohibited substance or prohibited method in the OMADC is not subject to appeal.
- The IOC List of Prohibited Substances and Prohibited Methods contained in the Code and reported in this Guide may be changed at any time. It is the athlete's responsibility to stay current with those changes.
- Certain international federations (IFs) have their own lists of prohibited substances. It is the athlete's responsibility to know the rules of his or her IF.
- References to specific products are for example purposes only and do not constitute an endorsement or recommendation of these drugs by USADA.

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IOC LIST OF PROHIBITED CLASSES OF SUBSTANCES AND PROHIBITED METHODS OF DOPING

(effective Sept. 1, 2001)

I. PROHIBITED CLASSES OF SUBSTANCES

- A. Stimulants (including Beta-2 Agonists)
- B. Narcotics
- C. Anabolic Agents*
 - 1. Anabolic Androgenic Steroids*
 - 2. Beta-2 Agonists*
- D. Diuretics*
- E. Peptide Hormones, Mimetics and Analogues (and all releasing factors)*

II. PROHIBITED METHODS*

- A. Blood doping - the administration of blood, red blood cells, and related blood products to an athlete, which may be preceded by withdrawal of blood from the athlete who continues to train in such a blood-depleted state.
- B. Administering artificial oxygen carriers or plasma expanders
- C. Pharmacological, chemical and physical manipulation

III. CLASSES OF PROHIBITED SUBSTANCES IN CERTAIN CIRCUMSTANCES

- A. Alcohol**
- B. Cannabinoids**
- C. Local Anesthetics**
- D. Glucocorticosteroids
- E. Beta-Blockers**

* *These classes of Prohibited Substances (and related substances) and Prohibited Methods are typically tested in the Out-of-Competition (OOC) Program. Note, however, that some IFs may have more extensive OOC testing lists.*

** *These classes of prohibited substances (and related substances) and prohibited methods may be tested at the request of the Responsible Authority (i.e. USADA, WADA). Normally, these substances are only tested for if prohibited by the International Federation (IF). (Tests will be conducted for cannabinoids at the Olympic Games.)*

Out-of-Competition Testing

Unless specifically requested by the responsible authority, out-of-competition testing is directed solely at the following prohibited substances; anabolic agents, diuretics, peptide hormones, mimetics and analogues and prohibited methods.

At the 2002 Olympic Games, athletes who require an inhaled beta-2 agonist to treat asthma or exercise-induced asthma may be required to submit to the IOC Medical Commission clinical and laboratory evidence that justifies such treatment. If done, it would need to be received by the IOC Medical Commission at least one week prior to the athlete's first competition.

I. PROHIBITED CLASSES

(All related substances are prohibited.)

A. STIMULANTS

Although these drugs produce both psychological and physical stimuli to athletic performance, it is important to note that the side effects can be harmful. Amphetamines and related compounds have the most notorious reputation for producing problems in athletes. There is no medical justification for the use or abuse of stimulants such as amphetamines or cocaine in sport.

Effects include:

- Increased alertness
- Insomnia
- Inhibited judgment/decision making
- Anxiety
- Possible increased competitiveness and hostility
- Addiction and withdrawal phenomena are common
- Reduced fatigue
- Aggressiveness
- Increased potential for dehydration
- Tremor
- Alterations in hemodynamics (increased heart rate and blood pressure)
- Increased risk of stroke, heart attack, cardiac arrhythmia, and sudden death

Examples: See Table 1: Prohibited Stimulants, Table 2 (page 10): Over-the-Counter Medications, Table 3 (page 11): Caffeine, and Table 4 (page 12): Beta-2 Agonists.

TABLE 1: Examples of Prohibited Stimulants

Generic Name	Pharmaceutical Preparations Examples
Amfepramone (Diethylpropion)	Apisate, Tenuate, Tepanil
Amphetaminil	AN-1
Amineptine	Survector
Amiphenazone	Amphisol, Dapti, Daptizole
Amphetamine (Dextroamphetamine)	Benzedrine, Delcobese, Dexedrine, Obetrol, Adderall
Bambuterol	Bambec
Bemegride	Megimide
Benzphetamine	Didrex
Bromantin	Bromantan
Caffeine* >12 mcg/ml	(see table #3, p. 11)
Carphedon	
Chlorphentermine	Lucofen, Pre Sate
Clobenzorex	Asenlix, Dinintel
Clorprenaline	Asthone, Vortel
Cropropamide	(Micoren)
Crotethamide	(Micoren)
Desoxyephedrine	(see table #2, p. 10)
Dimetamfetamine	Metrotonin
Ephedrine** >10mcg/ml	Asthmahaler, Asthmanefrin, Bronkaid, Primatene, Rynatuss, Tedral (see table #2, p. 10)
Etafedrine	Mercodal, Decapryn, Nethaprin
Etilefrine	Bioflutin N, Circupon, Confidol, Effortil, Eti-Pure, Tonus-Forte-Tablinen
Etamivan	Clairvan, Vandid

Etilamphetamine	Apetinil
Fencamfamine	Altimine, Envirol, Phencamine
Fenfluramine (Dexfenfluramine)	Dima-Fen, Fenured, Pesos, Ponderal, Ponderax, Pondimin, Ponfural, Redux
Fenetylline	Captagon
Fenproporex	Antiobes Retard, Appetizugler
Formoterol***	(see table #4, p. 12)
Furfenorex	Frugal, Frugalan
Heptaminol	Eoden, Heptanol
Isoetharine HCL	Bronkosol, Bronkometer, Dilabron, Numotac
Isoproterenol	Isuprel, Metihaler-ISO, Norisodrine
Meclofenoxate	Brenal, Lucidril
Mefenorex	Doracil, Podinil, Rondimen
Mephentermine	Wyamine
Mesocarb	Mesocarbi, Sydnocarb
Metaproterenol	Alupent, Metaprel
Methamphetamine	Crank, Crystal Meth, Desoxyn, Met-Ampi, Speed
Methyl-Benzoylecgonine	Cocaine, Crack, Ecgonine
Methylenedioxyamphetamine	Ecstasy, XTC
Methoxyphenamine	Orthoxicol Cough Syrup
Methylephedrine** >10mcg/ml	Methep, Tzbraine
Methylphenidate	Ritalin, Concerta
Morazone	Rosimon-Neu
Nikethamide	Coramine
Norfenfluramine	
Norpseudoephedrine** >5 mcg/ml	Cathine, Adiposetten N
Parahydroxyamphetamine	Amphetamine
Pemoline	Cylert, Dynalert, Tradon
Pentetrazol/Pentylenetetrazol	Leptazol
Phendimetrazine	Bontril, Phenzine, Plegine
Phenmetrazine	Preludin
Phenylephrine (systemic)	(Phenylephrine tablets)
Phenylpropanolamine** >25mcg/ml	(see table #2, p. 10)
Phentermine	Apidex-P, Fastin, Ionamin
Pholedrine	Adyston, Jatamasin, Kontagripp-RR, Ortho-Maren Retard, Pentavenon, Venosan
Picrotoxine	Cocculin
Pipradol	Alertonic, Meratran
Prolintane	Katovit, Promotil, Villescon
Propylhexedrine	Benzedrex Inhaler
Pseudoephedrine** >25mcg/ml	(see table #2, p. 10)
Pyrovalerone	Centroton, Thymergix
Reproterol	Bronchodil
Salbutamol***	(see table #4, p. 12)
Salmeterol***	(see table #4, p. 12)
Selegiline	Anipryl, Eldepryl, Plurimen
Strychnine	Movellan
Terbutaline***	(see table #4, p. 12)

* For caffeine the definition of a positive is a concentration in the urine greater than 12 mcg/ml.

** For norpseudoephedrine (cathine), the definition of a positive is a concentration in the urine greater than 5 mcg/ml. For ephedrine and methylephedrine, the definition of a positive is a concentration in the urine greater than 10 mcg/ml. For phenylpropanolamine and pseudoephedrine, the definition of a positive is a concentration in the urine greater than 25 mcg/ml.

*** Permitted by inhaler only to prevent and/or treat asthma and exercise-induced asthma. Written notification of asthma and/or exercise-induced asthma by a respiratory or team physician is necessary to the relevant medical authority. A *medical notification form required on file with USADA.*

NOTE: All imidazole preparations are acceptable for topical use. Vasoconstrictors may be administered with local anaesthetic agents. Topical preparations (e.g. nasal, ophthalmological, rectal) of adrenaline and phenylephrine are permitted.

Over-the-Counter Products Containing Stimulants

Prohibited stimulants are often present in over-the-counter (OTC) medications such as decongestants, diet aids, and headache remedies. Because these medications are readily available and commonly used, athletes must be careful not to inadvertently or unknowingly take items containing these prohibited substances. Athletes should call USADA's Drug Reference Line (1-800-233-0393) before taking any new drug (prescription or OTC) or supplement to ensure that the product does not contain any prohibited substances.

- Products for colds, flu, or hay fever should not be taken without first checking to ensure that the product does not contain a prohibited substance.
- New and changing products continuously appear on the market and products carrying the name "decongestant" are likely to contain prohibited substances.
- Certain medications may also contain prohibited narcotics.

Table 2: Over-the-Counter Products Containing Prohibited Stimulants

- This list of examples is not complete.
- Any product labeled "D," "cold," "sinus," "non-drowsy," etc., should be treated as suspect for containing a prohibited stimulant.
- Therapeutic weight loss aids should be treated suspiciously, as they may contain a prohibited stimulant.

Generic Name	Pharmaceutical Preparations Examples
I-Methamphetamine† (Desoxyephedrine)	Vicks Inhaler
Pseudoephedrine** >25 mcg/ml	Actifed, Afrinol, Claritin D, Co-Tylenol, Drixoral, Efidac 24, Formula 44M Multi Symptom Cough, Mini Thin Pseudo, Sudafed, Sine-Off
Phenylpropanolamine** >25mcg/ml	Acutrim 16 Hour, Alka-Seltzer Plus, Allerest, Contac, Dexatrim, Entex, Sinarest, Sine-Aid, Tavist D, Triaminic
Propylhexedrine	Benzedrex Inhaler
Ephedrine** >10 mcg/ml	Bronkaid, Ephedra, Thermogenics Supplement, Vicks Nighttime Cold Medicine
Herbal Ephedrine** >10 mcg/ml	Ma Huang (Other examples include: Bishop's Tea, Brigham Tea, Chi Powder, Energy Rise, Excel, Joint Fir, Mexican Tea, Miner's Tea, Popotillo, Super Charge, Teamster's Tea)

† I-Methamphetamine cannot be distinguished from the street drug d-Methamphetamine in routine tests.

** For ephedrine and methylephedrine, the definition of a positive is a concentration in the urine greater than 10 mcg/ml. For phenylpropanolamine and pseudoephedrine, the definition of a positive is a concentration in the urine greater than 25 mcg/ml.

Know the exact name of your medication since many products sound alike. For example, Tylenol and Afrin Nasal Spray are allowed, however Co-Tylenol, Afrin tablets and Afrinol contain prohibited substances.

Caffeine

Caffeine is a central nervous system stimulant that is commonly found in coffee, tea, chocolate, and soft drinks. In addition, many cough and cold, supplement, and pain reliever combinations contain caffeine. A concentration greater than 12 micrograms of caffeine per milliliter in the urine is considered doping. Typically, a couple of cups of U.S. brewed coffee should not result in urinary concentrations of greater than 12 mcg/ml. However, one should not attempt to predict the urinary concentrations of caffeine since they vary significantly for each individual and are influenced by factors such as age, gender, body size, weight, diet, and metabolic rate. Be aware that other forms of caffeine (e.g., tablets) do not metabolize at the same rate and produce much higher urine concentrations of caffeine. **Do not take any pill containing caffeine before or during a competition.**

- The detection of caffeine in urine in a concentration greater than 12 mcg/ml is a doping violation.
- Urinary concentrations of caffeine are affected by age, gender, body size, weight, diet, and metabolic rate.

GUARANA

Often, Guarana is promoted as an energy enhancing herbal product. Guarana (*Paullinia cupana*) is a tropical Brazilian fruit with seeds, that has a caffeine content two to four times of coffee. Therefore, the same precautions need to be taken with Guarana as with any product containing caffeine. Examples of products containing Guarana include Bawls Guarana, Energy Guarana, Energy Guarana Powder, Guts, and Tropisoda.

Table 3: Products Containing Caffeine (now alphabetical)

Product	Approximate Amount/Dose
Anacin*	0-32 mg per tablet
Chocolate	Varies
Coca Cola	46 mg per 12 ounces
Decaffeinated coffee	2-4 mg per 7 ounces
Diet Pepsi	36 mg per 12 ounces
Dr. Pepper	40 mg per 12 ounces
Excedrin*	0-65 mg per tablet
Midol*	0-60 mg per tablet
No Doz*	200 mg per tablet
Tab	47 mg per 12 ounces
Tea	40-60 mg per 7 ounces
U.S. brewed coffee	80-135 mg per 7 ounces
Vivarin	200 mg per tablet

**Amount of caffeine depends upon particular formulation*

CAUTION

Do not use the caffeine table above to estimate clearance times of various caffeine products.

Beta-2 Agonists

The choice of medications in the treatment of asthma and respiratory ailments has traditionally posed challenges in sport because many commonly prescribed drugs are powerful stimulants. Some of these agents also possess anabolic properties, especially when taken orally or by injection. Because of their stimulatory and potential anabolic effects, limitations have been placed on their use. Beta-2 Agonists are prohibited with the exception of those listed in Table 4 (see below).

Also refer to Table 8 - Anabolic Agents and Beta-2 Agonists (p. 17) and the USADA Restricted Substance Medical Notification Form (p. 32-33)

- All Beta-2 Agonists are prohibited when administered orally or by injection.
- Certain Beta-2 Agonists are allowed in the aerosol or inhalant forms only to prevent and/or treat asthma and exercise-induced asthma (see Table 4).
- Written notification of asthma and/or exercise-induced asthma by a respiratory or team physician is necessary and must be provided to USADA and the relevant medical authority **prior** to competition.
- Some IFs also require notification directly to them.
- Notification (see p. 33) may be submitted to: **United States Anti-Doping Agency, 1265 Lake Plaza Dr., Colorado Springs, CO 80906 or by faxing form to 719/785-2001.**
- **Effective Sept. 1, 2001, all medical notification forms expire after one year.**

At the 2002 Olympic Games, athletes who require an inhaled beta-2 agonist to treat asthma or exercise-induced asthma may be required to submit to the IOC Medical Commission clinical and laboratory evidence that justifies such treatment. If done, it would need to be received by the IOC Medical Commission at least one week prior to the athlete's first competition.

TABLE 4: Beta-2 Agonists Allowed Under Certain Circumstances

Generic Name	Pharmaceutical Preparations Examples
Formoterol	Foradil
Salbutamol	Albuterol (Proventil, Ventolin)
Salbutamol/Ipratropium	Combivent
Salmeterol	Serevent
Terbutaline	Brethaire

Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD) Medications

The most commonly prescribed medications to treat ADD and ADHD (e.g., Ritalin, Concerta, Adderall, and Cylert) contain prohibited stimulants. Where the applicable IF tests for stimulants in competition only, athletes prescribed these medications should, in consultation with their physician, discontinue use in advance of competition in order for the medication to clear their systems.

B. NARCOTICS

The drugs belonging to this class are represented by morphine and its chemical and pharmacological analogues. Evidence exists indicating that narcotics have been and are abused in sport, and therefore all products in this class are prohibited except for those indicated in Table 6 (p. 14). Please refer to Table 5 for examples of prohibited narcotics. There are alternative medications for treatment of mild to moderate pain (see Table 7, p. 14).

Narcotics are typically used for the relief of pain. Some of the effects include:

- Sensation of euphoria;
- Psychological stimulation;
- A false feeling of invincibility;
- Illusions of athletic prowess beyond an athlete's inherent ability;
- Increased pain threshold and failure to recognize injury;
- Dangerous situations may be perceived as safe, resulting in an increased risk for injury;
- Physical and psychological dependence, leading to addiction and withdrawal symptoms; and
- Narcotic overdoses are always a medical emergency and can lead to respiratory depression and death.

TABLE 5: Prohibited Narcotics

Generic Name	Pharmaceutical Preparations Examples
Alphaprodine	Nisentil
Anileridine	Apodol, Leritine
Buprenorphine	Buprenex
Dextromoramide	D-Moramid, Dimorlin, Jetricum, Palfium
Diamorphine	Heroin
Dipipanone	Diconal, Pipadone, Wellconal
Ethoheptazine	Equagesic, Panalgin
Fentanyl	Duragesic, Sublimaze
Hydrocodone	Hycodan, Lortab, Vicodin
Hydromorphone	Dilaudid
Levorphanol	Levo-Dromoran
Methadone	Amidon, Dolophine
Meperidine	Demerol, Mepergan
Morphine	Cyclimorph, Duromorph, MS Contin, Oramorph, Roxanol
Nalbuphine	Nubain
Oxycodone	Oxycontin, Percodan, Roxicodone, Tylox
Oxymorphone	Numorphan
Pentazocine	Talwin
Pethidine	Centralgine, Dolantin, Dolosal
Phenazocine	Narphen
Tincture Opium	Paregoric

TABLE 6: Permitted Narcotics

Generic Name	Pharmaceutical Preparations Examples
Codeine	Tylenol w/ Codeine
Dextromethorphan	Benylin
Dihydrocodeine	
Diphenoxylate	Lomotil
Ethylmorphine	Collins Elixir, Dionina
Pholcodine	Actuss, Adaphol, Dia-Tuss, Duro-Tuss, Evaphol, Expulin Dry Cough, Famel Linctus, Galenphol, Linctus Tussinol, Pavacol-D, Pholcolin, Pholcomed, Pholtrate, Tixylix Daytime
Propoxyphene (Dextropropoxyphene)	Darvon-N
Tramadol	Ultram

TABLE 7: Other Medications for Treatment of Mild to Moderate Pain

- Mild to moderate pain can be effectively treated using medications other than narcotics.
- Caution:** Some pharmaceutical preparations of these medications may be in combination with a prohibited substance.

Generic Name	Pharmaceutical Preparations Examples
Acetaminophen	Tylenol
Aspirin	Bufferin
Diclofenac	Voltaren
Diflunisal	Dolobid
Floctafenine	Idalon
Glafenine	Gilfanan
Ibuprofen	Advil, Motrin
Indomethacin	Indocin
Ketoprofen	Orudis
Mefenamic Acid	Ponstel
Naproxen	Anaprox, Naprosyn
Sulindac	Clinoril

This Guide provides examples of substances in prohibited classes. Not all prohibited substances are listed in this Guide. The list is subject to change and is updated and revised as necessary. Please check to make sure you have the most up-to-date information.

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C. ANABOLIC AGENTS

Anabolic Androgenic Steroids and Beta-2 Agonists

Anabolic Androgenic Steroids (AASs)

This prohibited class is made up of the male hormone testosterone and its synthetic derivatives. Natural testosterone regulates, promotes, and maintains physical and sexual development. In combination with training, muscular size and strength may increase from the use of AAS. Because these drugs are hormones, they greatly interfere with normal hormonal balance, thereby producing detrimental and sometimes permanent side effects like gynecomastia and testicular atrophy. AAS abuse can also lead to liver damage, heart disease, hypertension, stroke, psychotic reactions, addiction, and withdrawal symptoms. Recently it has been discovered that steroid use may make tendons stiffer, resulting in an increased potential for muscle strains or ruptures. Additionally, the risk of acquiring AIDS, hepatitis, and other blood-borne diseases increase greatly with the use of injectable forms of AASs.

Medical Uses of Anabolic Steroids

- Relief of bone pain from osteoporosis
- Severe anemia
- Metastatic breast cancer in women
- Weight gain for chronic nutritional deficiencies or AIDS wasting syndrome
- Corticosteroid-induced catabolism
- Hereditary angioedema
- Hormone deficiencies in males

The Federal Government designated AAS as Schedule III controlled substances in 1990, thus tightening down the control and availability of steroids. The dangers of today's black market manufactured drugs include impurities and/or false ingredients, which can produce unpredictable and potentially severe side effects in users.

Side Effects Of Androgenic Anabolic Steroid Use Include:

- Acne ♂ ♀
- Liver dysfunction* ♂ ♀
- Premature closure of the growth centers of long bones (in adolescents) which may result in stunted growth* ♂ ♀
- Increased aggressiveness and sexual appetite, sometimes resulting in aberrant sexual and criminal behavior ♂
- Impotence with chronic or repeated use ♂
- Testicular shrinkage (testicular atrophy)* ♂
- Breast enlargement (gynecomastia)* ♂
- Enlargement of prostate gland ♂
- Reduction of sperm production (cessation of spermatogenesis) ♂
- Premature baldness* ♂
- Masculinization ♀
- Excessive hair growth on the face and body* ♀
- Deepening of the voice* ♀
- Enlargement of the clitoris* ♀
- Abnormal menstrual cycles (suppression of ovarian function and menstruation) ♀

♂ - Side effects observed in males

♀ - Side effects observed in females.

* Effects may be permanent

Other side effects observed include muscle tightness and cramps, alteration of the libido, edema, diarrhea, constipation, functional/structural liver damage, and polycystic ovarian syndrome.

IOC regulations pertaining to the detection of anabolic agents, which are also produced naturally by the body, include the following:

- Evidence obtained from metabolic profiles and/or isotopic ratio measurements may be used to draw definitive conclusions regarding the use of anabolic androgenic steroids.
- The presence of a testosterone to epitestosterone (T:E) ratio greater than six to one (6:1) in the urine of an athlete, constitutes an offense unless there is evidence that this ratio is due to a physiological or pathological condition.
- In the case of T:E greater than 6:1 or an epitestosterone concentration in the urine greater than 200 nanograms/ml, an investigation will be conducted by the USADA before the sample is declared positive.
 - The USADA investigation will be limited to (a) a review of previous tests, if available, and/or a review of subsequent tests including Out-of-Competition (OOC) tests, and/or (b) analysis by Carbon Isotope Ratio measurement.
 - The athlete may submit his or her own evidence, including, but not limited to endocrine investigations, for consideration.
 - The sample will be declared positive unless the USADA's investigation and/or the information submitted by the athlete reveals that the elevated ratio is due to a physiological or pathological condition.
 - If the athlete fails to cooperate in the USADA investigation, the sample will be declared positive.

Beta-2 Agonists

Beta-2 Agonists have been shown to have anabolic effects when consistently high levels are present in the blood. The detection of salbutamol in the urine in a quantity greater than 1,000 nanograms/milliliter is considered doping with anabolic steroids. See also regulations pertaining to use of Beta-2 Agonists under Section A – Stimulants, and Table 4 (p. 11).

In particular, **clenbuterol** is prohibited both as an anabolic agent and as a stimulant. This Beta-2 Agonist has not been approved for use in the United States. It is considered a prohibited substance because of its anabolic and stimulatory effects and misuse by athletes. Clenbuterol is available in foreign countries under a variety of brand names. Health food and nutrition companies sell imitation versions described as “nutritional supplements.”

Effects include:

- Possible “repartitioning” or increasing muscle mass while decreasing body fat
(based on animal and recent human studies)
- Nausea
- Nervousness
- Increased heart rate and blood pressure
- Headache
- Insomnia
- Tremors

Androstenedione, Androstenediol, and Dehydroepiandrosterone (DHEA)

Androstenedione, Androstenediol, and DHEA are steroids that are precursors to testosterone. They are widely available in dietary supplements being sold over-the-counter in health food stores and over the Internet. They are specifically included on the IOC Examples of Prohibited Substances List. They are naturally produced in the adrenal gland and are claimed to reduce body fat, increase muscle mass, and lower cholesterol levels. They are sometimes used to treat certain types of cancer and to boost the immune system. Potential side effects include acne, water retention, male pattern baldness, moodiness, irritability, and changes in sex drive.

19-Norandrostenedione and 19-Norandrostenediol

19-Norandrostenedione and 19-Norandrostenediol are prohibited steroids that are precursors of nandrolone. They are also widely available in dietary supplements sold over-the-counter, through the mail, and over the Internet, sometimes in combination with other steroids such as androstenedione. Claims made include increased muscularity, strength, endurance and vascularity, as well as fat loss. Potential side effects are considered to be similar to those listed for androstenedione products.

TABLE 8: Anabolic Agents and Beta-2 Agonists

Generic Name	Pharmaceutical Preparations Examples
Androstenediol	Androstederm, 4-androstenediol, 5-androstenediol
Androstenedione	Andro Stack 850, Andro-Gen, Androsten, Androstene 100, Testro Rx
Bambuterol*	Astra, Bambec
Bolasterone	Dimethyltestosterone, Myagen
Boldenone	Equipoise, Vebonol
Bitolterol*	Tornalate
Clenbuterol*	Broncodil, Clenasma, Clenbutol, Contrasma, Monores, Novegan, Prontovent, Spiropent, Ventolase
Clostebol	Steranabol
Danazol	Cyclomen, Danatrol, Danocrine, Danokrin, Danol, Ladogar, Win 17757, Winobanin
Dehydrochlormethyltestosterone	Turinabol
Dehydroepiandrosterone	DHEA
Dihydrotestosterone	Stanolone
Dromostanolone	Drolban, Masteril
Fenoterol*	Berotec
Fluoxymesterone	Android F, Halotestin, Ora-Testryl, Ultradren
Formebolone	Esiclone, Hubernol
Formoterol*†	(see Table #4, p.12)
Gestrinone	Tridomose
Growth Hormone	hGH
Human Chorionic Gonadotrophin	hCG
Mesterolone	Androviron, Proviron
Metandienone	Danabol, Dianabol
Metaproterenol*	Alupent, Metaprel
Metenolone	Primobolan, Primonabol-Depot
Methandriol	Stenediol, Trofomone
Methandrostenolone	Dianabol
Methyltestosterone	Android, Estratest, Metandren, Oreton Methyl, Testred
Mibolerone	
Nandrolone	Deca-Durabolin, Durabolin, Kabolin, Nandrobolic
19-Norandrostenediol	19-Diol, 19-Norandrobol, Norandrodiol, Norandronate
19-Norandrostenedione	19-Nor Androstene, 19-Nora Force, Anabolic Stack, Androbolic, Androdyne, Androstat Poppers, Androstat Pro 6, Ultimate Release 24
Norethandrolone	Nilevar
Orciprenaline*	
Oxandrolone	Anavar
Oxymesterone	Oranabol 10
Oxymetholone	Adroyd, Anadrol, Anapolon
Pirbuterol*	Maxair
Reproterol*	Bronchodil
Rimiterol*	Pulmadil
Salbutamol*† (>100 nanograms/ml as a stimulant, >1,000 nanograms/ml as an anabolic agent)	(see Table 4, p. 12)
Salmeterol*†	(see Table 4, p. 12)
Stanozolol	Stromba, Winstrol
Terbutaline*†	(see Table 4 p. 12)
Testosterone (T:E >6:1)	Delatestryl, Malogen, Malogex
Trenbolone	Finajet, Parabolan

* Beta-2 Agonists are included in the class of Anabolic Agents.

† Authorized in the aerosol or inhalant forms only to prevent and/or treat asthma and exercise-induced asthma (EIA and EIB). Written notification by a respiratory or team physician is necessary and must be provided to USADA and the Relevant Medical Authority. (See Stimulants and Table, p. 12.)

D. DIURETICS

Diuretics are drugs that help the body to eliminate fluids (water and salts) by increasing the rate of urine formation. Diuresis increases urine volume and net loss of salts (especially sodium, potassium, and/or chloride). Although diuretics, under strict medical supervision, have important therapeutic indications for the elimination of excess fluid from the body tissue in certain disease states and for management of high blood pressure, they are nonetheless prohibited.

- Diuretics may be abused by competitors for two main reasons:
 1. To reduce weight quickly in sports where weight categories are involved; and/or
 2. To produce a more rapid excretion of urine (to reduce the concentration of prohibited substances in the urine in an attempt to minimize detection).
- Drastic reduction of weight in sport cannot be medically justified. The potential for serious side effects such as dehydration, muscle cramps, volume depletion, drop in blood pressure, and severe electrolyte imbalance exists. Deliberate attempts to reduce weight artificially, in order to compete in lower weight classes or to dilute urine, constitutes clear manipulation, which is ethically unacceptable.
- For sports involving weight classes, the responsible authorities (i.e. international federations) reserve the right to obtain urine samples at the time of weigh-in.
- Taken without medical supervision, diuretics can result in potassium depletion and death.

TABLE 9: Diuretics

Generic Name	Pharmaceutical Preparations Examples
Acetazolamide	AK-ZOL, Dazamide, Diamox
Amiloride	Midamor
Bendroflumethiazide	Naturetin
Benzthiazide	Aquatag, Exna, Hyres, Marazide, Proaqua
Bumetanide	Bumex
Canrenone	Aldadiene, Aldactone, Phanurane, Soldactone
Chlormerodrin	Orimercur
Chlorthalidone	Hygroton, Hylidone, Thalitone
Diclofenamide	Daranide, Fenamide, Oratrol
Ethacrynic Acid	Edecrin
Furosemide	Lasix
Hydrochlorothiazide	Esidrix, Hydro-Diuril, Oretic, Thiuretic
Indapamide	Lozol, Natrilix, Servier
Mannitol (intravenous only)	Osmitrol
Mersalyl	Salyrgan
Spirolactone	Alatone, Aldactone
Torsemide	Demadex
Triamterene	Dyazide, Maxide

E. PEPTIDE HORMONES, MIMETICS AND ANALOGUES

- The presence of an abnormal concentration of an endogenous hormone or its diagnostic marker(s) in the urine (or other specimen) of a competitor constitutes doping, unless it has been conclusively documented to be solely due to a physiological or pathological condition.
- All of these hormones and all of their respective releasing factors and their analogs are prohibited.

TABLE 10: Peptide Hormones, Mimetics and Analogues

EXAMPLE	
Chorionic Gonadotropin	Human Chorionic Gonadotropin (hCG) Prohibited for males only. The administration to males leads to an increased rate of production of endogenous male hormones and is considered equivalent to the exogenous administration of testosterone.
Pituitary and Synthetic Gonadotropins	Leutinizing Hormone (LH) <i>Prohibited for males only.</i>
Corticotropin	ACTH, tetracosactide Corticotropin has been used to increase blood levels of endogenous corticosteroids. Administration is considered to be equivalent to the systemic administration of corticosteroids (see Glucocorticosteroids, p. 21).
Growth Hormone	hGH, Somatotropin Use is dangerous and may result in various adverse effects: allergic reactions, diabetes, and acromegaly. Contamination of some growth hormone preparations of human origin can cause Creutzfeldt Jacob Disease, a fatal neurological condition.
Insulin-like Growth Factor	IGF-1 Primarily secreted by the liver, IGF-I stimulates growth and anabolism.
Erythropoietin	EPO, Epogen This naturally occurring hormone is produced in the kidney and stimulates red blood cell production. Administration equates with blood doping and is prohibited (see Blood Doping, p. 19).
Insulin	Permitted only to treat insulin-dependent diabetes mellitus (IDDM). Prior to the particular competition, written notification of IDDM by an endocrinologist or team physician to the Relevant Medical Authority is necessary.
Related substances	Clomiphene* (Clomid, Milophene, Serophene) Cyclofenil* (Fertodur, Neoclym, Rehibin) Tamoxifen* (Nolvadex) <i>*Prohibited for males only.</i>

Even when used for
legitimate medical treatment,
the detected presence of a
prohibited substance constitutes doping.

II. PROHIBITED DOPING METHODS

The following procedures are prohibited:

- Blood doping
- Administering artificial oxygen carriers or plasma expanders
- Pharmacological, chemical and physical manipulation

A. BLOOD DOPING

Blood doping means the administration of blood, red blood cells, and/or related blood products to an athlete, which may be preceded by withdrawal of blood from the athlete who continues to train in such a blood-depleted state.

Risks involved in the transfusion of blood and blood-related products include:

- Allergic reactions (rash, fever, etc.)
- Acute hemolytic reaction with kidney damage if incorrectly typed blood is used
- Delayed transfusion reactions resulting in fever and jaundice (can be fatal)
- Transmission of infectious diseases (e.g., viral hepatitis and AIDS)
- Overload of the circulatory system
- Blood clots
- Metabolic shock

B. ADMINISTERING ARTIFICIAL OXYGEN CARRIERS OR PLASMA EXPANDERS

Oxyglobin® and perfluorocarbons (PFCs) are examples of compounds used to enhance oxygen transport, and are prohibited by the IOC and International Federations. Plasma expanders, such as hydroxyethyl starch, used to increase the water content of the blood, are also prohibited.

C. PHARMACOLOGICAL, CHEMICAL AND PHYSICAL MANIPULATION

Pharmacological, chemical and physical manipulation means the use of substances and methods, including masking agents, which alter, attempt to alter, or may reasonably be expected to alter the integrity and validity of urine samples used in doping controls, including, without limitation, catheterization, urine substitution and/or tampering, inhibition of renal excretion such as by probenecid and related substances, and alterations of testosterone and epitestosterone measurements such as epitestosterone application or bromantin administration.

TABLE 11: Prohibited Methods (*without limitation*)

Alterations of testosterone and epitestosterone measurements	Epitestosterone administration to alter T:E ratio
Diuretics	Can be used to dilute the urine and mask other substances.
Catheterization	A way of obtaining a urine sample through a thin rubber tube inserted through the urethra into the bladder.
Sample substitution and/or tampering	
Inhibition of renal excretion	Bromantin, probenecid and related compounds
Masking Agents	Includes use of commercially produced products such as "Defend," "Test Free," "Test Clean," "Jamaica Me Clean," and "UrinAid."

Whether or not the use of a prohibited substance or prohibited method enhances performance does not matter. It is enough that the prohibited substance or prohibited method was used or attempted to be used to be considered a sanctionable doping violation.

III. CLASSES OF PROHIBITED SUBSTANCES IN CERTAIN CIRCUMSTANCES

A. ALCOHOL

Although alcohol is the most widely abused drug in the country, it does not generally improve sports performance. It depresses the central nervous system and affects coordination and fine hand-eye movements. Nevertheless, breath or blood alcohol levels may be determined at the request of the responsible authorities (i.e., WADA, IOC, NOC, USOC, IF, and/or NGB) and positive tests may lead to sanctions.

B. CANNABINOIDS

Cannabinoids (e.g., marijuana, hashish, cannabis) are illegal substances. Possession and/or use of these substances are illegal and may subject a person to arrest and criminal prosecution. The IOC at the Olympic Games, and many IFs include cannabinoids on their lists of prohibited substances. In those cases a concentration in the urine of carboxy-THC greater than 15 nanograms per milliliter constitutes doping.

The body absorbs THC, which is the mind-altering ingredient in cannabinoids, and transforms it into metabolites, which can be detected in the urine for weeks after use. Its metabolites can be detected in urine four (4) to ten (10) days after smoking a single joint, and up to several weeks or months following chronic use.

- Where the rules of a responsible authority so provide, tests will be conducted for cannabinoids (e.g., marijuana, hashish).
- At the Olympic Games, tests will be conducted for cannabinoids

Side effects include:

- Increased heart rate;
- Impaired short-term memory and distorted sense of time and space;
- Diminished ability to concentrate and react with slowing of coordination and reflexes;
- Fear of losing control, and impaired thinking and reading comprehension; and
- Chest pain and airway irritation.

C. LOCAL ANESTHETICS

- Systemic injections are prohibited.
- Injectable local anesthetics are permitted under the following conditions:
 - a) Bupivacaine, lidocaine, mepivacaine, procaine and related substances can be used, but not cocaine. Vasoconstrictor agents (e.g. adrenaline, epinephrine) may be used in conjunction with local anesthetics.
 - b) Only local or intra-articular injections may be administered.
 - c) These are permitted only when medically justified.
 - d) Where the rules of a responsible authority so provide, notification of administration of local and intra-articular injections of anesthetics may be necessary in advance of competition, or during the competition in matters of medical urgency.*

* See outline of regulations pertaining to written notification on "RESTRICTED SUBSTANCE MEDICAL NOTIFICATION FORM" (p. 32-33).

D. GLUCOCORTICOSTEROIDS

Corticosteroids (also called glucocorticoids or glucocorticosteroids) are naturally occurring substances secreted by the adrenal glands that regulate the metabolism of carbohydrates, proteins, and fats. Their indications for use include treating allergies, asthma, inflammatory conditions, skin disorders, and many other diseases.

Corticosteroids **ARE NOT** the same as androgenic anabolic agents, which are used to build muscle mass. They can cause a different spectrum of dangerous side effects. Naturally occurring and synthetic, corticosteroids are mainly used as anti-inflammatory drugs. They influence circulating concentrations of natural hormones in the body and may produce mood changes including euphoria and other side effects. Their use, except when administered topically, requires medical control.

- The systemic use of corticosteroids is prohibited [i.e., when administered orally, rectally (internal), or by intravenous or intramuscular injection.
- Anal (topical), aural, dermatological, inhalational, nasal, and ophthalmological administration is permitted.
- Topical use (in the ear, the eye, or on the skin) is permitted.
- Inhalation therapy* (i.e., for treatment of asthma) is permitted.
- Intra-articular* and local injections* of corticosteroids are permitted.

** Where the rules of a responsible authority so provide, notification of administration may be necessary. Any physician wishing to administer corticosteroids intra-articularly or locally to an athlete may be required to give prior written notification to the relevant medical authority. (See outline of regulations pertaining to written notification on "RESTRICTED SUBSTANCE MEDICAL NOTIFICATION FORM," p. 32-33.)*

Ignorance is never an excuse. It is the personal responsibility of each athlete to ensure that he or she does not allow any prohibited substance to enter his or her system or use or allow the use of any prohibited method.

E. BETA-BLOCKERS

The IOC Medical Commission has reviewed the therapeutic indications for the use of beta-blocking drugs and noted that there is a wide range of effective alternative preparations available to control hypertension, cardiac arrhythmias, angina pectoris, migraine, and nervous or anxiety-related conditions.

Due to the continued misuse of beta-blockers in some anaerobic sports, tests for beta-blockers are performed in agreement with the rules of the International Federation and/or at the direction of the responsible authority.

- Where the rules of a responsible authority so provide, tests will be conducted for beta-blockers. It is the athlete's responsibility to check whether beta-blockers are included on his or her IFs testing list.
- Sports that may be tested are unlikely to include endurance events that necessitate prolonged periods of high cardiac output and large stores of metabolic substances in which beta-blockers would severely decrease performance capacity.
- Other sports may test for beta-blockers if indicated or deemed appropriate.

TABLE 12: Examples of Beta-Blockers

Generic Name	Pharmaceutical Preparations Examples
Acebutolol	Sectral
Alprenolol	Aptine
Atenolol	Tenoretic, Tenormin
Betaxolol	Kerione
Bisoprolol	Zebeta
Bunolol	
Bunitrolol	Stresson
Carteolol	Cartrol
Celiprolol	Selecor
Esmolol	Brevibloc
Labetalol	Normodyne, Trandate
Metoprolol	Lopressor, Toprol XL
Nadolol	Corgard, Corzide
Oxprenolol	Trasicor, Trepress
Pindolol	Viskin
Propranolol	Inderal, Inderide
Sotalol	Betapace
Timolol	Blocadren

URINARY CONCENTRATIONS

Below is a summary of urinary concentrations that the IOC-accredited laboratories must report findings for specific prohibited substances

- A case is considered as positive when the analytical laboratory test gives a result that is above the cut-off limit.

TABLE 13: Urinary Concentrations

SUBSTANCE	LEVEL
Caffeine	> 12 mcg/ml
Carboxy-THC	> 15 nanograms/ml
Ephedrine / Methylephedrine	> 10 mcg/ml
Epitestosterone	> 200 nanograms/ml
Morphine	> 1 mcg/ml
19-Norandrosterone	> 2 nanograms/ml (<i>Males</i>) > 5 nanograms/ml (<i>Females</i>)
Norpseudoephedrine (Cathine)	> 5 mcg/ml
Phenylpropanolamine	> 25 mcg/ml
Pseudoephedrine	> 25 mcg/ml
Salbutamol	> 100 nanograms/ml (as a stimulant) > 1,000 nanograms/ml (as an anabolic agent)
T:E Ratio	> 6:1 or positive carbon isotope ratio analysis

The presence of a prohibited substance in an athlete's urine constitutes an offense, regardless of the manner in which the prohibited substance came to be in the athlete's system.

SUPPLEMENTS AND OTHER SUBSTANCES

The Dietary Supplement Health and Education Act of 1994 specifically exempted certain products from evaluation for safety and efficacy by the Food and Drug Administration (FDA). Thus, the commonly held belief that the government approves these over-the-counter supplements is not correct. In addition, there has been some evidence that some products may not contain the amount of ingredient listed on the label, may not contain the ingredient listed at all, or may be adulterated with other prohibited substances not listed on the label. Imported herbal products, in particular, are often mislabeled concerning their actual ingredients. In addition, a State of California study documented the presence of other toxins such as arsenic and strychnine in these herbal preparations¹.

Herbal Products

Some herbal and plant products such as Ma Huang, ginseng, oryzanol, beta-sitosterol, diosterol and yohimbe bark which are alleged to be ergogenic or anabolic alternatives, and are purported to produce increased weight, strength, and other performance enhancing actions, are either prohibited substances or may inadvertently contain prohibited substances. Although there is substantial research being conducted on herbals to determine effectiveness, safety, and quality standards, there is currently little scientific evidence to support these claims. **The contents and safety of these products cannot be guaranteed.**

Other Supplements

CREATINE is a natural compound that is a critical part of the energy storage system in the body. Energy is stored in the cells as creatine phosphate. Under anaerobic conditions, the creatine phosphate is used to regenerate adenosine triphosphate (ATP), the main form of cellular energy. Creatine is obtained primarily from meat in the diet. Creatine supplementation presumes that additional intake will provide additional cellular levels, and therefore provide larger amounts of stored energy. In general, any creatine ingested in excess is excreted in the urine.

Creatine allegedly speeds muscle recovery, increases initial work output, and delays fatigue in anaerobic (high intensity, short duration) exercise. Research studies are nearly evenly divided on whether performance is actually improved. The long-term effects of taking supplemental creatine have not yet been established, but there appears to be a greater incidence of dehydration, nausea, stomach cramps, diarrhea, muscle cramping, pulled muscles, and muscle tightness according to a survey of creatine users². There are also two published reports of individuals with pre-existing liver and kidney problems having further complications while using creatine³.

Since there are no regulations guaranteeing the actual content of creatine or other supplements, the use of any of these products may result in a positive drug test. THE USE OF DIETARY SUPPLEMENTS IS COMPLETELY AT THE ATHLETE'S OWN RISK.

GLUTAMINE levels have been shown to decrease significantly after intense training. It has been proposed that this deficiency can lead to a suppressed immune system in over-trained athletes. Glutamine supplementation studies in athletes have failed to show improvements in athletic performance or immune function⁴.

COENZYME Q-10 is associated with energy transport within muscle and heart cells at basic levels. This supplement is believed to be beneficial in treating various heart conditions and other diseases. Advocates have proposed that Coenzyme Q-10 improves exercise performance and recovery time. Studies on its performance enhancing abilities have had mixed results with some reporting an increase in performance and others showing no effect. One study revealed that Coenzyme Q-10 was not readily absorbed into muscle without a preexisting deficiency in the athlete⁵. No serious side effects are proven with Coenzyme Q-10 but decreased appetite, nausea, and diarrhea are potential adverse effects.

PYRUVATE has been promoted to enhance weight loss and to improve endurance. In studies, pyruvate, a product of glucose metabolism, has been substituted for a portion of an individual's carbohydrate intake in low calorie diets. These studies of obese individuals demonstrated slightly increased weight loss in the pyruvate-substituted group. In non-athletes studies have shown increased muscle endurance⁶; however, these results are not repeated in studies of athletes.

Companies promoting pyruvate recommend supplementation with doses that have not been studied or shown to improve weight loss or endurance.

GLUCOSAMINE supplementation has been shown in quality research to promote the regeneration of cartilage in patients with osteoarthritic (damage due to overuse) knees. Improvement was seen with relieving pain, morning stiffness, walking stiffness, and the ability to perform general activities. There is no research available on the ability of glucosamine to prevent osteoarthritis in the athlete. Gastrointestinal discomfort and distress, and allergic reactions are reported adverse effects.

OTHER SUBSTANCES such as octacosanol, chromium picolinate, boron, and dibenzozide are found in a variety of supplemental products that claim to have ergogenic effects. They are often sold in combination with other supplements also not proven to be performance enhancing in athletes. Similarly, they may actually be in combination with prohibited diuretics and stimulants such as Ma Huang, ephedrine, and caffeine. Health food and nutrition stores, pharmacies, grocery stores, mail order companies, or Internet companies often sell these products. Unfortunately, there are no approved medical references that identify all of them by brand name or active ingredient. Since there are no regulations guaranteeing the actual content of these supplements, the **USE OF ANY OF THESE PRODUCTS MAY RESULT IN A POSITIVE DRUG TEST. USE IS COMPLETELY AT THE ATHLETE'S OWN RISK.**

SOURCES:

1. Ko, R.J. Adulterants in Asian Patent Medicines. *New England Journal of Medicine*. 339(12):847, 1998.
2. Coleman, E. Risky Business: Knowing the facts before you decide to take one of these four common supplements. *Volleyball*. April: 66-73, 1998.
3. Balsom, P.D., K. Soderland, and B. Ekblom. Creatine in humans with special reference to creatine supplementation. *Sports Med*. 18(4):268-280, 1994.
4. Nieman, D.C., and B.K. Pedersen. Exercise and immune function: Recent developments. *Sports Med*. 27: 72-80, 1999.
5. Burnham, T.H., R.C. Hagermann, and D.S. Threlkeld (Eds.). The review of natural products. St. Louis: *Facts and Comparisons, Inc.* 1997.
6. Stone, M.H., K. Sanborn, L. Smith, et al. Effects of in-season (5 weeks) creatine and pyruvate supplementation on anaerobic performance and body composition in American football players. *International Journal of Sports Nutrition*. 9:146-165, 1999.

Manufacturers frequently claim that products "naturally" increase the concentrations of naturally occurring and prohibited substances (e.g. testosterone, growth hormone). The purpose of doping control is to level the playing field and any attempts to pharmacologically or chemically enhance performance are unethical.

If you have questions, call USADA's Drug Reference Line at 1-800-233-0393

FREQUENTLY ASKED QUESTIONS

WHAT IF THE ATHLETE HAS A COLD OR THE FLU? CAN HE OR SHE BE EXCUSED WHEN TAKING MEDICINE TO GET WELL?

NO. If an athlete has a cold, flu, or hay fever he or she **SHOULD NOT** take any medication or substance without first being sure that it does not contain a prohibited substance. This includes both over-the-counter (OTC) and prescription medications from a doctor. Most IFs test for the stimulants found in cold medications in-competition only. However, some IFs also may include stimulants in their out-of-competition (OOC) testing list. A positive test whether inadvertent or due to medical treatment is still a positive test.

WHY IS CAFFEINE PROHIBITED? IS IT HARMLESS?

Caffeine, though a commonly used substance in our society, is a stimulant and has similar effects to those of other stimulant substances. In the past, athletes have attempted to improve their performance by using large amounts of caffeine. This is considered cheating and caffeine use is limited in that an amount greater than 12 micrograms per milliliter in the urine is classified as doping.

IF THE ATHLETE DOES NOT DRINK COFFEE, SHOULD HE OR SHE WORRY ABOUT CAFFEINE?

YES. Many other products contain caffeine, including soft drinks, chocolate, and medications such as No Doz, Vivarin, Midol, Anacin, Excedrin and Fiorinal.

WHAT IF THE ATHLETE NEEDS A PAINKILLER FOR AN INJURY?

Slight to moderate pain can be effectively treated using non-narcotic drugs (see Table 7, p. 13). These drugs are generally referred to as non-steroidal anti-inflammatory drugs (NSAIDs). They have anti-inflammatory and analgesic (pain-killing) actions. For management of severe pain, codeine, dihydrocodeine (dihydrocodone is prohibited), and pholcodine are allowed. These drugs are available alone or in combination with analgesics such as acetaminophen.

WHAT ABOUT CLENBUTEROL?

Clenbuterol, a foreign drug not available in the U.S., is classified as a Beta-2 Agonist. Some athletes have abused it because of its reported anabolic effect in building muscle mass in livestock. It is often used in combination with anabolic agents and growth hormone, and is prohibited both as an anabolic agent and as a stimulant.

BIRTH CONTROL PILLS ARE STEROIDAL HORMONES. ARE THEY PROHIBITED?

NO. These substances have not been found to be performance enhancing and are not prohibited. IOC accredited laboratories can distinguish between birth control pills and Prohibited Substances.

HOW LONG DOES IT TAKE PROHIBITED SUBSTANCES TO LEAVE THE SYSTEM?

Individual metabolism, amount of substance used, frequency of use, duration of use, and nominal biodegradation process in any given individual varies. In addition, some drugs are stored in the body and have highly variable elimination rates. Elimination time **ESTIMATES** for specific substances can be determined by contacting the manufacturer, the prescribing physician, or the dispensing pharmacist.

WHY ISN'T IT OKAY TO USE A PROHIBITED MEDICATION THAT HAS BEEN PRESCRIBED BY A DOCTOR?

Since some medications prescribed by physicians for treatment of legitimate medical conditions have the potential to enhance athletic performance, they are prohibited. A prohibited drug is still prohibited, even if prescribed by a doctor.

WHAT CAN BE DONE ABOUT IT? IF THE MEDICINE IS NEEDED, WHAT SHOULD A PERSON DO?

Alternative medications that are not prohibited can oftentimes be prescribed to treat medical problems. An athlete's personal physician may not be aware of the complicated drug restrictions in amateur sports and should be advised to call USADA's Drug Reference Line (1-800-233-0393) for information. In extreme situations, the IOC and several IFs have procedures for obtaining advance waivers permitting the use of a prohibited substance (p. 32-33).

IF AN ATHLETE IS NOT TAKING DRUGS ON THE PROHIBITED LIST, SHOULD HE OR SHE STILL BE CONCERNED?

YES! Many commonly used medications contain small amounts of prohibited drugs. Remember, many prescribed and OTC medications (e.g. cold medicines, diet pills, asthma medications, pain killers, nasal sprays, sleeping pills, etc.) contain prohibited substances. Even a small amount of a prohibited substance can cause a positive test. Be aware that formulations and ingredients of OTC products and dietary supplements may change frequently, so these products can switch from being an allowed to a prohibited substance without notice.

HOW CAN AN ATHLETE BE SAFE?

- Call USADA's Drug Reference Line (1-800-233-0393) for information about contents of medications or supplements to be taken before or during competition.
- Do not take any unknown substances (e.g., from a friend or acquaintance who offers something to help a cold or headache).
- The use of foreign medications is strongly discouraged.

IS THERE A COMPLETE LIST OF DRUGS THAT WON'T CAUSE A POSITIVE TEST?

NO. No list can ever be complete. New names and new products come on the market daily. Foreign drugs may not appear in the U.S. drug reference books. The list of prohibited substances is subject to change without notice. In addition, drugs not listed or different formulations of the same brand name may not be allowed. For any of these reasons, a "complete" or "safe list" that is accurate and up-to-date is not available for distribution. This is why it is important for athletes to call USADA's Drug Reference Line (1-800-233-0393) to find out the current status of any substance they may consider taking.

HOW CAN AN ATHLETE KNOW WHAT IS NOT PROHIBITED?

Refer to the "USADA Guide to Permitted Medications" (p. 29-30) and the USADA Athlete Wallet Card for examples of substances currently not on the prohibited substance list. However, this list is not complete and could change at any time. USADA's Drug Reference Line (1-800-233-0393) is also available for athletes to call and check the status of any medication.

WHAT ABOUT SUPPLEMENTS? IS THERE A LIST OF THOSE THAT ARE SAFE?

NO, there is not a list of "safe supplements." **Supplemental products are taken at the athlete's own risk.** Many contain Prohibited Substances that occasionally are not included on the label as ingredients. Be aware that these products may not be consistent from batch to batch and formulations often change without warning or notification. We recommend that athletes avoid these products, especially close to competition.

I AM INVOLVED IN A SPORT THAT DOES NOT HAVE WEIGHT CLASSES, SO WHY IS THE DIURETIC I TAKE FOR HIGH BLOOD PRESSURE BANNED?

It is true that diuretics have been used to rid the body of extra fluids to drop body weight. However, they also have been abused in an attempt to dilute or reduce concentration of other banned substances (i.e. anabolic steroids) in the body. Consequently, diuretics are banned for several reasons.

MANY SUPPLEMENTS ON THE MARKET CLAIM TO BE ALL-NATURAL.. DO I HAVE ANYTHING TO BE CONCERNED ABOUT WHEN I AM TESTED?

NO. Do not be fooled by the “all-natural” claim. First of all, some substances that are banned are also derived from plants, and therefore are considered natural. In addition, the regulations overseeing the nutritional industry are such that there is no guarantee that any of the ingredients listed on the package are even in the product. Likewise, there is no guarantee that there are not ingredients in the product that are not listed in the package. **It is important to remember that the use of ALL nutritional products is completely at the athlete’s own risk.**

MY PHYSICIAN WANTS TO PRESCRIBE AN ANTIBIOTIC AND COLD MEDICATION FOR MY ILLNESS. ARE ANTIBIOTICS AND COLD MEDICATIONS PERMITTED WITH A PRESCRIPTION?

All antibiotics are allowed. Most cold medications contain an antihistamine and/or decongestant. Any cold medication that contains a decongestant and is taken orally, is banned in competition, with no exceptions. Certain International Federations may ban some cold medications that contain an antihistamine.

I AM SEEING MORE ARTICLES ABOUT ATHLETES TESTING POSITIVE FOR NANDROLONE BELIEVED TO BE INCLUDED IN THEIR NUTRITIONAL SUPPLEMENTS. NANDROLONE IS AN ANABOLIC STEROID; DON'T YOU NEED A PRESCRIPTION TO OBTAIN IT?

There have been confirmed reports that show traces of nandrolone precursors and other anabolic steroids found in nutritional products. Currently, nutritional products are **HIGHLY UNREGULATED**, so use caution and discretion because the status of ALL nutritional substances is “Use is completely at the athlete’s own risk.”

I WOULD LIKE TO OBTAIN REFERENCE MATERIALS, CAN USADA MAIL OUT INFORMATION TO ME? USADA produces an annual reference guide and wallet card that contains information regarding the prohibited classes, substances, and methods of doping, as well as some examples of permitted medications. This information is also available on the USADA web site at www.usantidoping.org/prohibited_substances. You can also request information to be mailed to you by calling the USADA Drug Reference Line at 1-800-233-0393 or by emailing us at webmaster@usantidoping.org.

WHAT IS THE DIFFERENCE BETWEEN EVENT AND OUT-OF-COMPETITION TESTING IN REGARDS TO THE TESTED SUBSTANCES?

During event testing, more performance-enhancing substances are testing for (stimulants, narcotics, anabolic agents, diuretics, peptide hormones and analogues, corticosteroids and in certain circumstances, alcohol, marijuana and beta-blockers.

During out-of-competition testing, a shorter menu of substances are tested for (anabolic agents, beta-2 agonists, diuretics, peptide hormones and analogues, and blood doping).

WHAT IS THE STATUS OF PRESCRIPTION TABLETS FOR ALLERGIES?

The non-sedating prescription antihistamines are not banned (i.e. Claritin, Allegra, Zyrtec). However, it is important to note than many antihistamines also come as combination products that contain pseudoephedrine (i.e. Claritin-D, Claritin-D-24-hour, Allegra-D), which are banned in-competition as stimulants. Certain International Federations may ban prescription and over-the-counter sedating antihistamines.

**IF YOU HAVE ANY QUESTIONS,
CALL USADA'S DRUG REFERENCE LINE (1-800-233-0393), or write to
USADA, 1265 LAKE PLAZA DR., COLORADO SPRINGS, CO 80906**

USADA GUIDE TO PERMITTED MEDICATIONS

WARNING

- Be especially cautious with any over-the-counter medications. Formulations may be changed at any time resulting in a change of status (from permitted to prohibited).
- Be aware that many brand names sound alike. One may be permitted, while the other may be prohibited.
- While vitamins, minerals and amino acids are not prohibited, they may be in combination with prohibited substances that may not be disclosed on the labels.
- USADA's Drug Reference Line (1-800-233-0393) cannot guarantee the status of herbals, supplements, and other health food store products. **Supplements are taken at the athlete's own risk.**
- References to specific products are for example purposes only and do not constitute an endorsement by USADA.

<p>ANALGESIC & ANTI-INFLAMMATORY <i>[Note: All Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) are allowed.]</i> Acetaminophen Acetaminophen with Codeine Aspirin Aspirin with Codeine Celebrex Codeine Coducept Darvocet Dihydrocodeine Propoxyphene (Darvon N, Darvon Pulvules) Tylenol Tylenol with Codeine Ultram Vioxx</p>	<p>ANTIBIOTIC ALL ANTIBIOTICS ARE ALLOWED.</p> <p>ANTI-DIABETIC Actose Amaryl Avandia Diabeta Diabinese Glipizide Glucophage Glucotrol Glyburide Glynase Micronase Prandin Precose Rezulin</p>	<p>ANTIHISTAMINE <i>(Caution: May be prohibited by some IFs. Decongestant products are prohibited.)</i> Allegra Benadryl Cetirizine Chlorpheniramine Chlor-Trimeton Clamastine Claritin Diphenhydramine Fexofenadine Loratadine Tavist I Zyrtec</p>	<p>ANTIVIRAL Acyclovir Amantadine Didanosine Famciclovir Famvir Flumadine Relenza Stavudine Tamiflu Valtrex Zidovudine Zovirax</p>
<p>ANTI-ANXIETY & ANTI-DEPRESSANT <i>(Caution: May be prohibited by some IFs.)</i> Atarax Ativan Buspar Celexa Effexor Elavil Librium Pamelor Paxil Prozac Valium Vistaril Xanax Zoloft</p>	<p>ANTI-DIARRHEAL Bismuth subsalicylate Diphenoxylate w/ atropine Donnagel Imodium Kaopectate Lomotil Lonox Loperamide Pepto Bismol</p> <p>ANTIFUNGAL Cruex Diflucan Desenex Lamisil Lotrimin Micatin Monistat Mycostatin Nystatin Sporonox Tinactin</p>	<p>ANTACID Di Gel Gaviscon Maalox Mylanta Tums</p> <p>ANTI-NAUSEA & ANTIVERTIGO <i>(Caution: May be prohibited by some IFs.)</i> Antivert Bonine Bucladin S Compazine Diphenhydramine Dramamine Emetrol Kytril Motion-aid Phenergan Promethazine Reglan Tigan Zofran</p>	<p>ANTI-SEIZURE <i>(Caution: May be prohibited by some IFs.)</i> Depakote Neurontin Phenobarbital Tegretol Topamax</p> <p>ASTHMA PRODUCT Accolate Aminophylline Atrovent Cromolyn sodium Intal Ipratropium Nedocromil sodium Singulair Theophylline Tilade Zyflo</p> <p>COUGH PREPARATION <i>(Caution: Decongestant products are prohibited.)</i> Codeine Dextromethorphan Guaifenesin Iodinated glycerol</p>

USADA's Drug Reference Line 1-800-233-0393 Fax 1-719-785-2001

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<p>CHOLESTEROL LOWERING Baycol Lescol Lipitor Lopid Mevacor Niacin Niaspan Pravachol Tricor Zocor</p>	<p>EXPECTORANT & ANTI-TUSSIVE <i>(Caution: Oral decongestants are prohibited. Similar sounding nasal products may be prohibited.)</i> Benzonatate Cheracol plain Cheracol-D Delsym Dextromethorphan Guaifenesin Humibid LA Humibid DM Robitussin (plain, DM, AC) Tessalon Pearls Tussi-Organidin-DM</p>	<p>LAXATIVE Citrucel Colace Correctol Dulcolax Ex-Lax Fibercon Fleet Enema Metamucil Milk of Magnesia Peri-Colace</p>	<p>SLEEP AID / SEDATIVE <i>(Caution: May be prohibited by some IFs.)</i> Ambien Antivert Ativan Compoz Dalmane Diphenhydramine Halcion Meclizine Nytol Restoril Sominex Sonata Unisom Valium Xanax</p>
<p>CONTRACEPTIVE Alesse Demulen Desogen Genora Loestrin Lo-Ovral Modicon Nelova Nordette Ortho-Cept Ortho-Cyclen Ortho-Tri-Cyclen Ovcon Ovral Triphasil</p>	<p>EAR PRODUCT <i>(Note: All antibiotic eardrops are allowed.)</i> Auralgan Auro Ear Drops Cerumenex Cortisporin Debrox Murine Ear Drops Domeboro Otic Vosol Vosol-HC</p>	<p>MUSCLE RELAXER <i>[Caution: May be prohibited by some international federations (IFs).]</i> Baclofen Carisoprodol Cyclobenzaprine Flexeril Norflex Norgesic Norgesic Forte Parafon Forte Robaxin Soma Zanaflex</p>	<p>TOPICAL Antibiotics (all are allowed) Aspercreme Ben-Gay Capsaicin Myoflex cream Cortaid Flex-All 454 Icy Hot Balm Sports Cream Vicks Vaporub Zostrix Zovirax</p>
<p>DECONGESTANT <i>(Caution: Oral decongestants are prohibited. Similar sounding nasal products may be prohibited.)</i> 4-Way Long Lasting Nasal Afrin Nasal Spray Afrin Children's Drops Allerest 12 Hour Nasal Spray Dristan Nasal Spray Naphazoline Neo-Syneprine Nasal Spray Nostrilla Nasal Otrivin Oxymetazoline Privine Sinex Tetrahydrozoline Tyzine Xylometazoline</p>	<p>EYE PRODUCT <i>(Note: All antibiotic eye drops are allowed.)</i> Artificial Tears Boric acid Crolom Murine Plus Naphcon-A Neo-Syneprine Oxymetazoline Relief Tetrahydrozoline Vasocon-A Visine</p>	<p>NASAL PRODUCT Astelin Atrovent Nasal AYR Saline Beconase (& AQ) Flonase Nasacort (& AQ) Nasalcrom Nasonex Rhinocort (& Aqua) Ocean Salinex Vancenase (& AQ)</p>	<p>ULCER Antacids Axid Carafate Pepcid Prevacid Prilosec Propulsid Tagamet Zantac</p>
<p>ANTI-MIGRAINE Imitrex Amerge Zomig</p>	<p>HEMORRHOIDAL <i>[Caution: Suppositories and foams used internally (rectal) and containing hydrocortisone are prohibited.]</i> Anusol Anusol-HC (external only) Preparation-H</p>	<p>PAIN <i>(Refer to Tables 6 & 7, p. 14)</i></p> <div data-bbox="797 1436 1133 1753" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">U.S. Anti-Doping Agency 1265 Lake Plaza Dr. Colorado Springs, CO 80906</p> <p style="text-align: center;">Drug Reference Line 1-800-233-0393 Staff Line 1-866-601-2632 FAX 1-719-785-2001 Web site www.usantidoping.org</p> </div>	<p>MISCELLANEOUS Accutane Amino Acids (alone) DDAVP Estrace Levoxyl Minerals (alone) Premarin Provera Synthroid Viagra Vitamins (alone)</p>

Remember this list is intended for use as a guideline for treatment of certain medical conditions. It is not a complete list, nor should it be considered an endorsement or recommendation of these drugs. It is the athlete's responsibility to check the status of all medications.

RESTRICTED SUBSTANCE MEDICAL NOTIFICATION INFORMATION

- Do not submit this form for prohibited or permitted substances.
- Completion of this form does NOT permit use of prohibited substances.

BETA-2 AGONISTS

The following Beta-2 Agonists are permitted in the aerosol or inhalant forms only to prevent and/or treat asthma and exercise-induced asthma. Written notification by a respiratory or team physician is necessary and must be provided to USADA and the Relevant Medical Authority prior to competition.

Formoterol	(Foradil)
Salbutamol	(Albuterol, Proventil, Ventolin)
Salmeterol	(Serevent)
Salbutamol/Ipratropium	(Combivent)
Terbutaline	(Brethaire)

Beta-2 Agonists, such as the following, are prohibited even in the inhaled form:

Bambuterol	(Astra, Bambec)
Bitolterol	(Tornalate)
Clenbuterol	(Broncodil, Clenasma, Clenbutol, Contrasma, Monores, Novegan, Prontovent, Spiropent, Ventolase)
Fenoterol	(Berotec)
Metaproterenol	(Alupent, Metaprel)
Orciprenaline	
Pirbuterol	(Maxair)
Reproterol	(Bronchodil)
Rimiterol	(Pulmadil)

INSULIN

Insulin is permitted only to treat insulin-dependent diabetes. Written notification of insulin-dependent diabetes (IDDM) by an endocrinologist or team physician is necessary.

LOCAL ANESTHETICS (Local anesthetics are permitted.)

Systemic injections are prohibited, and injectable local anesthetics are permitted under the following conditions:

1. Bupivacaine, lidocaine, mepivacaine, procaine, etc. can be used, but not cocaine.
2. Vasoconstrictor agents (e.g. adrenaline, epinephrine) may be used in conjunction with local anesthetics.
3. Only local or intra-articular injections may be administered.
4. These are permitted only when medically justified.

Where the rules of a responsible authority so provide, notification of administration of local and intra-articular injections of anesthetics may be necessary. Written notice must be made prior to the particular competition to USADA and the relevant medical authority, when applicable, or during the competition in matters of medical urgency.

CORTICOSTEROIDS

1. The systemic use of corticosteroids is prohibited [i.e., when administered orally, rectally (internal) or by intravenous or intramuscular injection].
2. Anal (topical), aural, dermatological, inhalational, nasal, and ophthalmological (but not rectal) administration is permitted.
3. Topical use (in the ear, the eye, or on the skin) is permitted.
4. Inhalation therapy* (i.e., for treatment of asthma) is permitted.
5. Intra-articular* and local injections* of corticosteroids are permitted.

* Where the rules of a responsible authority so provide, notification of administration may be necessary. Any physician wishing to administer corticosteroids intra-articularly or locally to an athlete may be required to give prior written notification to USADA and the relevant medical authority.

USOC ANTI-DOPING POLICIES

1. Retirement

- a. Any athlete enrolled in the USADA Out-of-Competition ("OOC") program who wishes to be removed from the program on account of retirement must promptly notify USADA and the applicable National Governing Body in writing in order for retirement from the OOC program to be effective. Any athlete who has not provided advance written notice of retirement to USADA and then refuses to participate in a USADA OOC test claiming retirement, shall be "ineligible" for a period of two (2) years following such refusal.
- b. Any athlete who has ever been enrolled in a OOC program of an international federation, the U.S. Olympic Committee or USADA who retires and then wishes to return to eligible status must enroll in the USADA OOC program at least six (6) months in advance of regaining eligible status.
- c. USADA shall not suspend or terminate the prosecution of a doping offense related to a positive sample as a result of an athlete's subsequent retirement.

2. Missed OOC Tests

- a. Under the OOC testing program implemented by USADA, it is the responsibility of each athlete designated by a National Governing Body for OOC participation to provide USADA with up to date information on his or her whereabouts so that he or she can be located for NAN testing. Athletes identified for Out-of-Competition testing are required to file Athlete Location Forms with USADA on a quarterly basis. They are also responsible for notifying USADA any time they will not be available for testing at the location specified on their Athlete Location Form. USADA has provided all athletes subject to OOC testing both a facsimile number and e-mail address to use in updating their Athlete Location Forms or to notify USADA that they will not be available for testing at the specified location at a particular time. The USADA procedure for determining that an athlete participating in the NAN program has a "missed test" is attached.
- b. Any athlete having three missed tests within any rolling 18-month period shall be ineligible for a period of two years from the athlete's last "missed test." No athlete shall be disciplined for having three missed tests within an eighteen-month period unless the athlete has been offered an opportunity for a hearing. Missed tests shall not be announced publicly until the conclusion of the hearing process.
- c. The effectiveness of the policy set forth in this resolution shall be reviewed on an ongoing basis.

USADA MISSION STATEMENT

The U.S. Anti-Doping Agency (USADA) is dedicated to eliminating the practice of doping in sport, including U.S. Olympic, Pan American and Paralympic athletes. USADA is the independent anti-doping agency for Olympic sports in the United States, and is responsible for managing the testing and adjudication process for the athletes. USADA is dedicated to preserving the well being of sport, the integrity of competition and ensuring the health of athletes through research initiatives and educational programs.



USADA VISION STATEMENT

USADA will work with all athletes, while giving special emphasis to U.S. Olympic, Pan American and Paralympic athletes, in its efforts to eliminate doping in sport. In addition,

- USADA will develop and manage a testing process program that is fair and impartial in its attempt to identify athletes who use performance enhancing compounds and methods, either intentionally to gain a competitive advantage or inadvertently;
- USADA will develop and institute an adjudication program that will be fair and sustainable when an athlete is found to be in violation of anti-doping rules and regulations;
- USADA will support and foster research and educational programs in areas of performance-enhancing substances and methods to better understand their adverse effects and to improve upon current and future testing procedures;
- USADA will participate with other anti-doping organizations, both nationally and internationally, to accomplish our mission.

The United States Anti-Doping Agency (USADA) was created as the result of recommendations set forth by the United States Olympic Committee's Select Task Force on Externalization. USADA began operations Oct. 1, 2000, with full authority for testing, education, research and adjudication for U.S. Olympic, Pan Am Games, and Paralympic athletes. It is USADA's responsibility to develop a comprehensive national anti-doping program for the Olympic Movement in the United States.

d. **QUICK REFERENCE GUIDE TO USADA WEB SITE**

(www.usantidoping.org)

- Athlete Section <http://www.usantidoping.org/athletes>
 - Links to NGBs, IFs and other anti-doping organizations
<http://www.usantidoping.org/links/index.htm>
 - Prohibited Substances Section http://www.usantidoping.org/prohibited_sub/index.htm
(includes prohibited Substance List and enlarged USADA Wallet Card)
 - USADA Protocol for Olympic Movement Testing
http://www.usantidoping.org/files/USADA_Protocol.pdf
 - USADA Athlete Location Form http://www.usantidoping.org/files/Athlete_Locator_Form.pdf
 - USADA Change of Plan Form http://www.usantidoping.org/files/Change_of_Plan.pdf
(Note: The USADA Change of Plan Form information can now be emailed to USADA at update@usantidoping.org. The USADA Change of Plan Form cannot be used in place of the Athlete Location Form. The USADA Quarterly Athlete Location Form must be on file with USADA before the USADA Change of Plan Form can be accepted. Remember, each athlete must complete and return an athlete location form each quarter.
- To utilize this service, you must have your email account registered with USADA through USADA Quarterly Athlete Location forms. In addition, the email must come from the account that is your email account of record with USADA.
- USADA Restricted Substance Medical Notification Form
http://www.usantidoping.org/files/Restricted_Medical_Form.pdf



U.S. ANTI-DOPING AGENCY
1265 Lake Plaza Dr.
Colorado Springs, CO 80909
719-785-2000
www.usantidoping.org