

## Therapeutic Use Exemption (TUE) procedures

### Criteria for Granting a Therapeutic Use Exemption (TUE)

To better understand the procedures, it is also advisable to consult the current Prohibited List as well as the [International Standard for Therapeutic Use Exemption](#).

The following four criteria must be met:

- The prohibited substance or method is necessary for the treatment of a diagnosed medical condition, supported by relevant clinical evidence.
- The therapeutic use of the prohibited substance or method will not, on the balance of probabilities, enhance performance beyond what is attributable to the athlete returning to their normal state of health after treating their medical condition.
- The substance or method is an indicated treatment for the medical condition, and there is no reasonable and authorized alternative treatment available.
- The need to use the prohibited substance or method is not a partial or total consequence of previous use (without TUE) of a substance or method that was prohibited at the time of its use.

The Therapeutic Use Exemption (TUE) application form must be completed in **capital letters** or electronically.

Any **incomplete or illegible** TUE application will not be processed. It will be **deemed invalid** and returned to the athlete, who will need to resubmit it.

Athletes will be given a **one-month** period by ALAD to complete their file if it is not complete at the time of the initial submission.

The athlete is not allowed to submit the same TUE to multiple anti-doping organizations for the same period.

A TUE application must be submitted at least 30 days before the required approval date (e.g., for participation in an event).

This TUE procedure should in no way delay or hinder the implementation of a medically necessary treatment.

When the athlete is part of the target group of the international federation (i.e., an international-level athlete) to which they belong, they should submit a TUE request only to that international federation (and must send a copy of the international federation's response to ALAD for information).

## Who needs to do a TUE request ?

### I am an athlete

part of the target section (Elite, Promotion, individual development measures) of the C.O.S.L. (Comité Olympique et Sportif Luxembourgeois)

part of the elite sports section of the military

participating in a competition listed on the international calendar of an international federation or in events such as the Olympic and Paralympic Games, the Games of the Small States of Europe, the Games of La Francophonie, etc.

### in collective sports

Being part of the first teams of clubs participating in the national championship in the two highest divisions

### in individual sports

part of my federations section

participation in national championships

Athletes who are not part of any of the groups mentioned above and need to take medication containing a substance listed on the Prohibited List must present a medical file from their treating physician during the doping control.

## How to do a TUE request ?

In this case, I need to promptly undertake the following steps:

- 1) Obtain the TUE form from ALADs website [www.alad.lu](http://www.alad.lu) or from my federation.
- 2) Complete my details, ask the physician to fill out the specific sections, and attach medical evidence confirming the diagnosis (medical history, examination results, laboratory tests, and imaging studies).
- 3) Send the completed form to :  
ALAD, Comité AUT, 6, rue de Pulvermühl, L- 2356 Luxembourg  
Or per email to [comite.aut@alad.lu](mailto:comite.aut@alad.lu)  
and keep a copy of the documents for their records.
- 4) Athletes in ALADs target group have the option to submit an TUE via ADAMS (Antidoping Administration and Management System).

## Attention

I am not authorized, in the **context of my sporting practice**, to take the medication before receiving the authorization notice issued by the TUE Committee. This notice specifies the terms of use, which must be strictly followed.

<h3>When can we request a retroactive TUE ?</h3>
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**Exceptions for Retroactive Requests** as Described in Articles 4.1 and 4.3 of the International Standard for Therapeutic Use Exemptions:

A) It was an emergency or urgent treatment for a medical condition (**in the case of a medical emergency, this procedure should in no way hinder or delay the implementation of a medically necessary treatment**).

B) There was not enough time or opportunity, or there were other exceptional circumstances preventing the athlete from submitting (or the TUE Committee from reviewing) an TUE request before the sample collection.

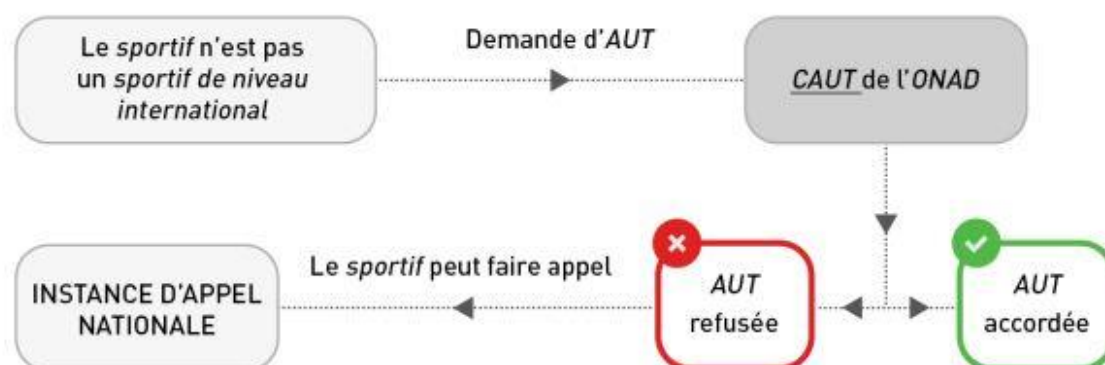
C) Due to national priorities established in certain sports or disciplines, the athlete's national anti-doping organization did not allow or require the athlete to apply for a prospective TUE.

D) If an anti-doping organization chooses to collect a sample from an athlete who is not an international-level or national-level athlete, and that athlete is using a prohibited substance or method for therapeutic reasons, the anti-doping organization must allow the athlete to apply for a retroactive TUE.

E) The athlete used, out of competition and for therapeutic reasons, a prohibited substance that is only prohibited in competition.

F) In exceptional circumstances and notwithstanding any other provisions of the International Standard for Therapeutic Use Exemptions, an athlete may request and obtain a retroactive therapeutic use exemption for a prohibited substance or method if, in view of the objective of the Code, it would be manifestly unfair not to grant a retroactive TUE.

## TUE procedure if the athlete is not an International-Level athlete when the need for a TUE arises



## What to do in case of an TUE denial

If the authorization is denied, the athlete who is not an international-level athlete has the right to appeal to the appeals commission:

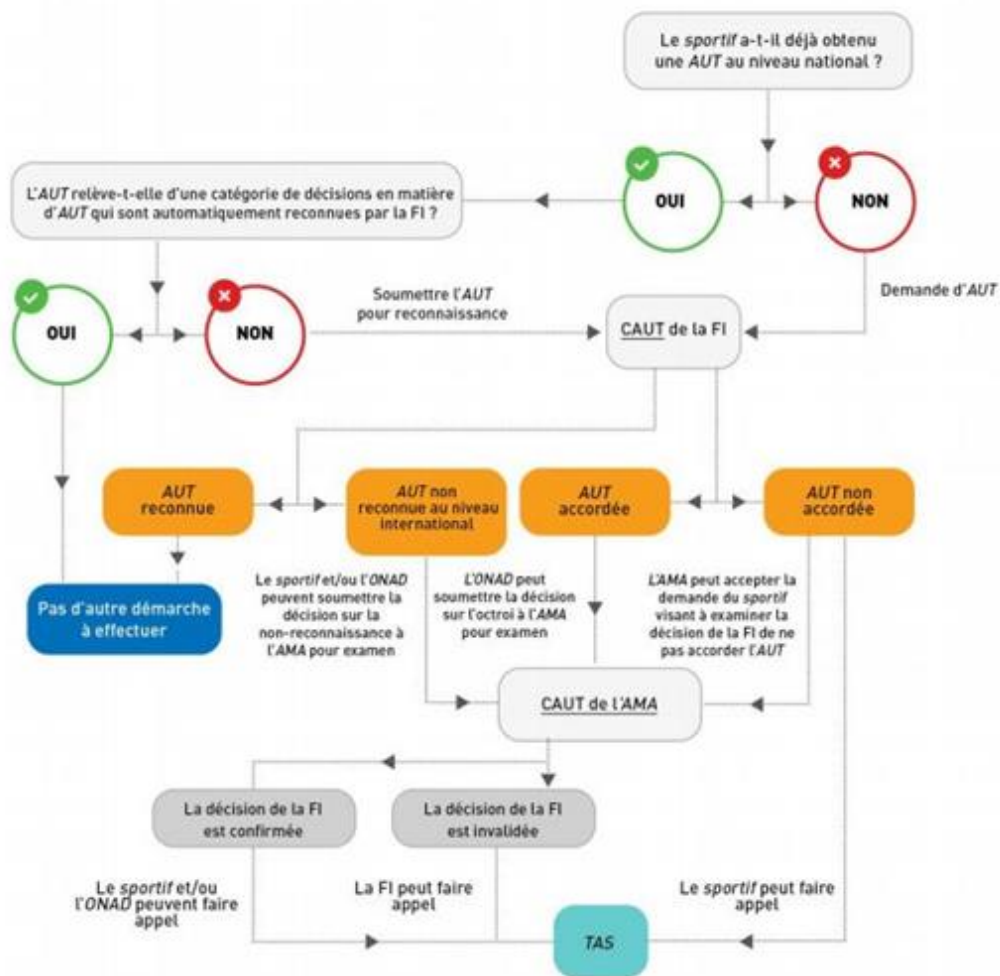
ALAD, AUT Appeals Commission,

6, rue de Pulvermühl, L-2356 Luxembourg

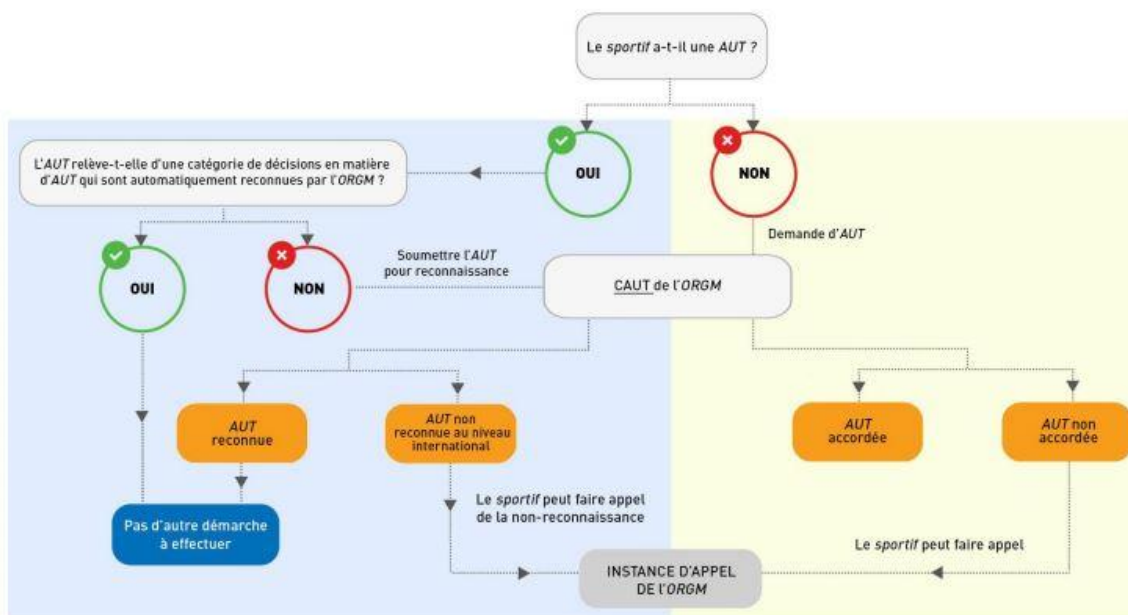
or by email to [comite.aut@alad.lu](mailto:comite.aut@alad.lu)

and keep a copy of the documents for your records.

TUE procedure if the athlete is an International-Level athlete (Subject to the Requirements of the International Federation) when the need for a TUE arises



## TUE procedure if the athlete participates in an event for which a Major Event Organization ("MEO") has its own requirements



## How to renew my TUE?

Each TUE has a specific duration, after which it automatically expires. If the athlete needs to continue using the prohibited substance or method, it is their responsibility to submit a new TUE request with updated medical information before the expiration date, ensuring there is sufficient time for a decision to be made before the current TUE expires.

### Important Note:

The presence (after sample collection), use, possession, or administration of the prohibited substance or method must be in accordance with the conditions of the TUE. Therefore, if the athlete requires a dosage, frequency, route, or duration of administration that is significantly different, they must contact ALAD, as they may need to apply for a new TUE. Certain substances and dosages, such as insulin, are often adjusted during treatment, and these possible fluctuations should be noted by the treating physician in the TUE request and are generally accepted.

## Protection of personal information

All information contained in an TUE request, including supporting medical information and any other information related to the evaluation of the TUE request, is strictly confidential and handled in accordance with the athlete's declaration in the ADAMS system and in the ALAD TUE request form. All members of the TUE Committee and all other authorized recipients of the TUE request and related information are bound by professional or contractual confidentiality obligations.

The athlete must carefully review the terms of the confidentiality declaration. In particular, if the athlete wishes to revoke the TUE Committee's right to obtain information related to the TUE request in accordance with the confidentiality declaration, the TUE request will be considered withdrawn without approval.

The athlete's information related to the TUE request will be retained by ALAD and all other authorized recipients for a maximum period necessary for the purposes outlined in the athlete's declaration, in accordance with the International Standard for the Protection of Personal Information.

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