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IHF Guidelines

for Application and Granting of Therapeutic Use Exemptions

A Therapeutic Use Exemption (TUE) may be granted to an *Athlete* permitting the use of a *Prohibited Substance* or *Prohibited Method* contained in the *Prohibited List*. An application for a TUE will be reviewed by the *IHF Therapeutic Use Exemption Committee* (TUEC) the *Medical Commission of the International Handball Federation* will appoint The TUEC. An exemption will be granted only in strict accordance with the following criteria:

- 1.1 The *Athlete* should submit an application for a TUE no less than 21 days before participating in an *IHF event* (*i.e.* *World Championship* , *World Cup*, etc) or in an *international match*
- 1.2 The *Athlete* would experience a significant impairment to health if the *Prohibited Substance* or *Prohibited Method* were to be withheld in the course of treating an acute or chronic medical condition.
- 1.3 The therapeutic use of the *Prohibited Substance* or *Prohibited Method* would produce no additional enhancement of performance other than that which might be anticipated by a return to a state of normal health following the treatment of a legitimate medical condition. The use of any *Prohibited Substance* or *Prohibited Method* to increase "low-normal" levels of any endogenous hormone is not considered an acceptable therapeutic intervention.
- 1.4 There is no reasonable therapeutic alternative to the use of the otherwise *Prohibited Substance* or *Prohibited Method*.
- 1.5 The necessity for the use of the otherwise *Prohibited Substance* or *Prohibited Method* cannot be a consequence, wholly or in part, of prior non-therapeutic use of any substance from the *Prohibited List*.
- 1.6 The TUE will be cancelled by the *IHF*, if

- a. The *Athlete* does not promptly comply with any requirements or conditions imposed by the IHF granting the exemption.
 - b. The term for which the TUE was granted has expired.
 - c. The *Athlete* is advised that the TUE has been withdrawn by the IHF.
- 1.7 An application for a TUE will not be considered for retroactive approval except in cases where:
- a. Emergency treatment or treatment of an acute medical condition was necessary, or
 - b. Due to exceptional circumstances, there was insufficient time or opportunity for an applicant to submit, or a TUEC to consider, an application prior to *Doping Control*.

2.0. Confidentiality of information

- 2.1 The applicant must provide written consent for the transmission of all information pertaining to the application to members of the TUEC and, as required, other independent medical or scientific experts, or to all necessary staff involved in the management, review or appeal of TUEs.

Should the assistance of external, independent experts be required, all details of the application will be circulated without identifying the *Athlete* involved in the *Athlete's* care. The applicant must also provide written consent for the decisions of the TUEC to be distributed to other relevant *Anti-Doping Organizations* under the provisions of the *Code*.

- 2.2 The members of the TUECs and the administration of the IHF will conduct all of their activities in strict confidence. All members of *the IHF TUEC* and all staff involved will sign confidentiality agreements. In particular they will keep the following information confidential:
- a. All medical information and data provided by the *Athlete* and physician(s) involved in the *Athlete's* care.
 - b. All details of the application including the name of the physician(s) involved in the process.

Should the *Athlete* wish to revoke the right of the TUEC or the WADA TUEC to obtain any health information on his/her behalf, the *Athlete* must notify his/her medical practitioner in writing of the fact. As a consequence of such a decision, the *Athlete* will not receive approval for a TUE or renewal of an existing TUE.

3.0 IHF Therapeutic Use Exemption Committee (IHF-TUEC)

The IHF - TUEC shall be constituted and act in accordance with the following guidelines:

- 3.1 The IHF - TUEC includes three physicians with experience in the care and treatment of *Athletes* and a sound knowledge of clinical, sports and exercise medicine. *The Chairman of the IHF medical commission will be one of the members of the IHF - TUEC.* In order to ensure a level of independence of decisions, the majority of the members of *the IHF - TUEC* should not have any official responsibility in the IHF. All members of the *IHF - TUEC* will sign a conflict of interest agreement.
- 3.2 *The IHF - TUEC* may seek whatever medical or scientific expertise they deem appropriate in reviewing the circumstances of any application for a TUE.
- 3.3 The *WADA TUEC* is established to review on its own initiative TUE decisions granted by *Anti-Doping Organizations*. As specified in article 4.4 of the *Code*, the *WADA TUEC*, upon request by *Athletes* who have been denied TUEs by The IHF - TUEC will review such decisions with the power to reverse them.

4.0 Therapeutic Use Exemption Application Process

- 4.1 A TUE will only be considered following the receipt of a completed application form that must include all relevant documents (see appendix 1 – TUE form). The application process must be dealt with in accordance with the principles of strict medical confidentiality.
- 4.2 The TUE application form(s), are set out in appendix 1.
- 4.3 *The TUE application form(s) will be available in English, French and German. English or French must remain on the application form(s).*
- 4.4 An *Athlete* may not apply to more than one *Anti-Doping Organization* for a TUE. The application must identify the *Athlete's* sport.

- 4.5 The application must list any previous and/or current requests for permission to use an otherwise *Prohibited Substance* or *Prohibited Method*, the body to whom that request was made, and the decision of that body.
- 4.6 The application must include a comprehensive medical history and the results of all examinations, laboratory investigations and imaging studies relevant to the application.
- 4.7 Any additional relevant investigations, examinations or imaging studies requested by *the IHF - TUEC* will be undertaken at the expense of the applicant or his/her national sport governing body.
- 4.8 The application must include a statement by an appropriately qualified physician attesting to the necessity of the otherwise *Prohibited Substance* or *Prohibited Method* in the treatment of the *Athlete* and describing why an alternative, permitted medication cannot, or could not, be used in the treatment of this condition.
- 4.9 The dose, frequency, route and duration of administration of the otherwise *Prohibited Substance* or *Prohibited Method* in question must be specified.
- 4.10 *Decisions of the IHF - TUEC will be conveyed in writing to the Athlete by the IHF office no later than 14 days after receipt of the application by the IHF Office.* Where a TUE has been granted to an *Athlete* in the *IHF Registered Testing Pool*, the *Athlete* and *WADA* will be promptly provided with an approval which includes information pertaining to the duration of the exemption and any conditions associated with the TUE.
- 4.11
 - a. Upon receiving a request by an *Athlete* for review, as specified in article 4.4. of the *Code*, the *WADA TUEC* will, as specified in article 4.4 of the *Code*, be able to reverse a decision on a TUE granted by the *IHF - TUEC*. The *Athlete* shall provide to the *WADA TUEC* all the information for a *TUE* as submitted initially to the *IHF* accompanied by an application fee. Until the review process has been completed, the original decision remains in effect. The process should not take longer than 30 days following receipt of the information by *WADA*.
 - b. *WADA* can undertake a review at any time. The *WADA TUEC* will complete its review within 30 days.
- 4.12 If the decision regarding the granting of a TUE is reversed on review, the reversal shall not apply retroactively and shall not disqualify the *Athlete's* results during the period that the TUE had been granted and shall take effect no later than 14 days following notification of the decision to the *Athlete*.

5.0 Abbreviated Therapeutic Use Exemption Application Process:

- 5.1 It is acknowledged that some substances included on the *List of Prohibited Substances* are used to treat medical conditions frequently encountered in the *Athlete* population. In such cases, a full application as detailed in section 1, and section 4, is unnecessary. Accordingly an abbreviated process of the TUE is established.
- 5.2 The *Prohibited Substances* or *Prohibited Methods* which may be permitted by this abbreviated process are strictly limited to the following: Beta-2 agonists (formoterol, salbutamol, salmeterol and terbutaline) by inhalation, and glucocorticosteroids by non-systemic routes.
- 5.3 To use one of the substances above, the *Athlete* shall provide to the IHF Office a medical notification justifying the therapeutic necessity. Such medical notification, as contained in Appendix 2, shall describe the name of the drug, dosage, route of administration and duration of the treatment.
The diagnosis and when applicable any tests undertaken in order to establish that diagnosis should be included (without the actual results or details).
- 5.4 The abbreviated process includes:
- a. Approval for use of *Prohibited Substances* subject to the abbreviated process is effective upon receipt of a complete notification by the IHF Office. Incomplete notifications must be returned to the applicant.
 - b. The IHF Office shall advise promptly the *Athlete's* NF and NADO (as appropriate) and *WADA* on receipt of the notification.
 - c. A notification for a TUE will not be considered for retroactive approval except:
 - In emergency treatment or treatment of an acute medical condition was necessary, or
 - Due to exceptional circumstances, there was insufficient time or opportunity for an applicant to submit, or *the IHF - TUEC* to receive, an application prior to *Doping Control*.
- 5.5 a. A review by the *IHF - TUEC* or the *WADA TUEC* can be initiated at any time during the duration of the TUE.

b. If an *Athlete* requests a review of a denial of TUE, the WADA TUEC will have the ability to request from the *Athlete* additional medical information as deemed necessary, the expenses of which should be met by the *Athlete*.

5.6 A TUE may be cancelled by *the IHF - TUEC* or WADA TUEC at any time. The *Athlete*, *the IHF* and all relevant *Anti-Doping Organizations* shall be notified immediately.

5.7 The cancellation shall take effect immediately following notification of the decision to the *Athlete*. The *Athlete* will nevertheless be able to apply under section 4 for a TUE.

6.0 WADA Clearinghouse

6.1 *The IHF - TUEC* will provide WADA with all TUE's issued under section 4. *The IHF - TUEC* will provide WADA with all supporting documentation upon request.

6.2 With respect to the abbreviated TUE, *The IHF Office* shall provide WADA with medical applications submitted by *Athletes* issued under section 5.

6.3 The Clearinghouse shall guarantee strict confidentiality of all the medical information.

7.0 Terms and definitions

7.1 Defined terms from the Code

Anti-Doping Organization: A *Signatory* that is responsible for adopting rules for, initiating, implementing or enforcing any part of the *Doping Control* process. This includes, for example, the International Olympic Committee, the International Paralympic Committee, other *Major Event Organizations* that conduct *Testing* at their *Events*, WADA, International Federations, and *National Anti-Doping Organizations*.

Athlete: For purposes of *Doping Control*, any *Person* who participates in sport at the international level (as defined by each International Federation) or national level (as defined by each *National Anti-Doping Organization*) and any additional *Person* who participates in sport at a lower level if designated by the *Person's National Anti-Doping Organization*. For purposes of anti-doping information and education, any *Person* who participates in sport

under the authority of any *Signatory*, government, or other sports organization accepting the *Code*.

Code: The World Anti-Doping Code.

Doping Control: The process including test distribution planning, *Sample* collection and handling, laboratory analysis, results management, hearings and appeals.

Event: A series of individual Competitions conducted together under one ruling body (e.g., the Olympic Games, FINA World Championships or Pan American Games).

In-Competition: For purposes of differentiating between *In-competition* and *Out-of-Competition Testing*, unless provided otherwise in the rules of an International Federation or other relevant *Anti-Doping Organization*, an *In-Competition* test is a test where an *Athlete* is selected for *testing* in connection with a specific Competition.

International-Level Athletes: *Athletes* designated by one or more International Federations as being within the *Registered Testing Pool* for an International Federation.

International Standards: A standard adopted by WADA in support of the *Code*. Compliance with an *International Standard* (as opposed to another alternative standard, practice or procedure) shall be sufficient to conclude that the procedures addressed by the *International Standard* were performed properly.

Out-of-Competition: Any *Doping Control* which is not *In-Competition*.

Prohibited List: The List identifying the *Prohibited Substances* and *Prohibited Methods*.

Prohibited Method: Any method so described on the *Prohibited List*.

Prohibited Substance: Any substance so described on the *Prohibited List*.

Registered Testing Pool: The pool of top level *Athletes* established separately by each International Federation and National Anti-Doping Organization who are subject to both *In-Competition* and *Out-of-Competition Testing* as part of that International Federation's or Organization's test distribution plan.

Signatories: Those entities signing the *Code* and agreeing to comply with the *Code*, including the International Olympic Committee, International Federations, International Paralympic Committee, *National Olympic Committees*, National Paralympic Committees, *Major Event Organizations*, *National Anti-Doping Organizations*, and WADA.

Testing: The parts of the *Doping Control* process involving test distribution planning, *Sample* collection, *Sample* handling, and *Sample* transport to the laboratory.

WADA: The World Anti-Doping Agency

7.2 Defined terms from the *International Standard* for TUE

Therapeutic: Of or relating to the treatment of a medical condition by remedial agents or methods; or providing or assisting in a cure.

TUE: Therapeutic Use Exemption

TUEC: Therapeutic Use Exemption Committee is the Panel established by the relevant *Anti-Doping Organization*.

WADA TUEC: WADA Therapeutic Use Exemption Committee is the Panel established by WADA