



ATHLETES & PRESCRIBING PHYSICIANS PLEASE READ

USADA can grant a Therapeutic Use Exemption (TUE) in compliance with the World Anti-Doping Agency International Standard for TUEs. The TUE application process is thorough and designed to balance the need to provide athletes access to critical medication while protecting the rights of clean athletes to compete on a level playing field.

It is essential to understand that USADA only provides an assessment of whether a TUE is warranted for a prohibited substance and/or method and concurrent use in competitive sport. We do not determine eligibility requirements for an athlete to participate in competitive sport. The assessment of an athlete's eligibility to compete in a given sport must be determined by that specific sport's governing body. Please contact the relevant National Governing Body, Major Event Organization, or International Federation to assess and understand the requirements for eligibility.

Included in this document is a checklist of items necessary for a complete TUE Application. Please be aware that the TUE Committee may ask for additional information while evaluating TUE Applications. Please reference the included guidelines for details related to types of diagnoses, specific laboratory tests, and more.

A thorough clinical file is essential for a TUE to be processed to a decision. Requests for medical and/or psychological information are necessary for our TUE Committee physicians to be able to assess the athlete (patient) and determine the accuracy of the diagnosis without ever seeing them. We understand these items may contain very personal information, thus we handle all information with the utmost discretion and confidentiality.

U.S. ANTI-DOPING AGENCY

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TUE APPLICATION CHECKLIST – TRANSGENDER ATHLETE

Essential supporting documents

- A completed and legible TUE application form signed by both the athlete and physician(s)
- A psychological record and/or consultation notes establishing the diagnosis of Gender Dysphoria made by a psychiatrist or psychologist addressing the criteria set forth in the most recent version of the DSM or ICD (a statement from a specialist -e.g. LPC, LCSW, etc.- while beneficial, is not sufficient independently)
- Complete medical history that details the diagnosis according to current WPATH Standards of Care for the Health of Transsexual, Transgender, and Gender Nonconforming People Guidelines & current US Endocrine Society's Clinical Practice Guidelines for Gender-Dysphoric/Gender-Incongruent Persons
- An endocrinologist's report of initiation of hormone therapy and subsequent hormone treatments
- Lab reports documenting regular monitoring of hormone concentrations
- A statement from the treating physician detailing an ongoing treatment plan
- Complete record of all prescriptions (dose/route/frequency) related to the diagnosis
- A letter written by the athlete describing their personal experience and decision to undergo their medical transition
- Medical note and/or surgery report documenting sex reassignment surgery, if applicable

Additional supporting documentation that may be useful (but are not essential)

- Second expert opinions for diagnoses made in adolescents, if available.
- A letter written by someone who knows the athlete well (e.g. family member or significant other, teacher, coach, supervisor, etc.) describing the athlete's experience and decision to undergo gender affirming treatment

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