



a. INAS  
PO BOX 4972  
Sheffield  
S25 9EQ  
England

**President:** Amaury Russo

**Athlete Ambassadors:** Jessica-Jane Applegate MBE  
Lenine Cuhna, Alberto Campbell, Ka Man Wong, Wai Lok Tai

You must make it your business to know if any medication or substance you are taking is on the Prohibited List. If necessary for your health you may be able to take it with a Therapeutic Use Exemption.

The process usually starts within your national member organisation but if you are competing in an INAS Regional or World Championship, you will need to apply to INAS for a TUE.

### The TUE process

1. Check the status of the substance or medication. You can do this by checking the INAS website or by visiting directly the World Anti-Doping Code Prohibited List.

**Is the substance on the Prohibited List?**

If YES go to step 2

If NO, then TUE not required

2. If the substance is prohibited you will need to discuss with your doctor if there is a permitted alternative available.

**Is a permitted alternative available?**

If YES, then TUE not required

If NO, go to step 3

3. You should check if the medication or substance is prohibited both in and out of competition.

**Is it prohibited only in competition?**

If YES, go to step 4

If NO, talk to your INAS Member organisation

4. You must determine if the substance could still be in your system in competition.

**Will it be in your system in competition?**

If YES, go to step 5

If NO, then TUE not required

5. You must determine the level of competition.

**Are you competing in an INAS Regional or World Championship event?**

If YES, got to step 6

If NO, INAS Member Organisation

6. Download a TUE application form from the Inas website. You must complete the TUE application form together with your doctor and submit it to the INAS Secretariat.



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## INAS Process

1. If more information is needed, we will contact you as soon as possible.
2. Within 30 days, INAS will make a decision on the TUE request. Await the confirmation of TUE approval before using any substance or medication.
3. INAS will share this information on ADAMS – the online doping management site

## Frequent Questions

### **When does a TUE expire?**

The TUE certificate will state the date that exemption expires as this can vary from case to case according to the specific substance.

### **I have had a TUE previously – do I need to re-apply?**

You must re-apply if the expiry date on the TUE is sooner than the end of competition. New applications must contain all supporting information.

### **I already hold a TUE with a different organisation?**

Where possible, INAS will recognise a TUE given by another organisation. However this is determined on a case by case basis. Please contact [tue@inas.org](mailto:tue@inas.org) for advice.

### **Where can I get help?**

Please email [tue@ina.org](mailto:tue@ina.org) for assistance or if you have any questions