



WORLD JUMP ROPE
M E D I C A L

IMMEDIATE ATTENTION!!!

COMPETING ATHLETES IF YOU TAKE OVER-THE-COUNTER DRUGS, PRESCRIPTION DRUGS, AND/OR SUPPLEMENTS PLEASE SEE BELOW...

At the 2019 WJRF World Championships there will be anti-doping testing. Athletes, you may have an illness or medical condition that requires a particular medication. If this medication appears on the World Anti-Doping Agency (WADA) Prohibited List, you may be granted a Therapeutic Use Exemption (TUE) which gives you permission for use. TUEs ensure that you can obtain treatment for a medical condition even if the treatment requires a prohibited substance or method.

What do you need to do?

1. If you are taking any exogenous substance(s) **check** to see if it is on the WADA prohibited list at: https://www.wada-ama.org/sites/default/files/wada_2019_english_prohibited_list.pdf
2. If the substance is **not** on the WADA prohibited list, then no further action needs to be taken. However, if the substance **IS** on the WADA prohibited list then **download and complete** the **WJRF TUE Application Form** that can be found on the WJRF website. Please keep in mind that this form requires physician assistance to complete so plan accordingly to meet the TUE submission deadline which is March 31st.
3. Send the completed WJRF TUE Application Form to zakb@worldjumprope.org by March 31st.

Once again, please keep in mind that this form requires physician assistance to complete. And depending on your diagnosis/medication, additional information may be required for the WJRF TUE Committee to grant an exemption to compete.