



# PGA TOUR

## Anti-Doping Program Manual

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# How to Use This Manual

This manual is your comprehensive guide to the PGA TOUR Anti-Doping Program. You should carefully read this manual to ensure that you understand all of the elements of the Program and how to comply. Additional copies of this manual are available upon request for your support personnel (e.g., managers, physicians, fitness advisors, nutritionists).

Section 1 is the Player Guide, which lists answers to the most frequently asked questions regarding the Anti-Doping Program. This Guide also gives a step-by-step overview of the drug testing process.

Section 2 is the PGA TOUR Anti-Doping Program in its entirety. This Program is part of the PGA TOUR Tournament Regulations.

Section 3 is a list of definitions for terms used in the Program.

Section 4 is the Prohibited Substances and Methods List. This List is also posted at [www.pgatourlinks.com](http://www.pgatourlinks.com). You should provide this list to your healthcare providers and fitness/nutrition advisors.

Section 5 is the Player Guide to Prohibited Substances.

Section 6 explains the process for obtaining a Therapeutic Use Exemption ("TUE") (a waiver to use a banned substance for a certified medical need).

Section 7 is a list of common medications that are permitted under the Program. A wallet card containing examples of prohibited substances and permitted medications is attached at the back of this manual.

Section 8 is a list of Player Resources, including 24 hour-a-day telephone access to advisors to ask questions about the Program, prohibited substances, and dietary supplements.

Section 9 contains important information about playing outside of the United States as it pertains to the Anti-Doping Programs of other golf tours.

If you have any questions regarding the Program, contact Andy Levinson, PGA TOUR Program Administrator at (904) 280-2487 or [andylevinson@pgatourhq.com](mailto:andylevinson@pgatourhq.com).

# PLAYER GUIDE TO ANTI-DOPING

## SECTION 1

### Player Guide to Anti-Doping

#### **Who is covered by the Anti-Doping Program?**

The Anti-Doping Program (the “Program”) (Section 2) was developed in cooperation with the major world golf organizations to protect the integrity that is inherent in the sport of golf and to ensure the health and safety of all players. Currently, all PGA TOUR, Web.com Tour, PGA TOUR Latinoamérica, and PGA TOUR Canada members are bound by the Program. Additionally, any player who participates in a PGA TOUR or Web.com Tour co-sponsored, sanctioned, approved or coordinated tournament is bound by the Program.

#### **What substances and methods are banned?**

The PGA TOUR List of Prohibited Substances and Methods (the “List”), as amended by PGA TOUR from time to time, defines what is prohibited, whether in or out of tournament competition. The most current edition of the List can be found in Section 4 of this manual and is posted on [www.pgatourlinks.com](http://www.pgatourlinks.com).

#### **Am I liable for a prohibited substance in my body even if I did not intend to take the substance?**

You are strictly liable whenever you use a prohibited substance or whenever a prohibited substance is in your body. This means that if a test indicates the presence of a prohibited substance in your test sample or if the PGA TOUR becomes aware you have used a prohibited substance, including if by your own admission, you have committed a doping violation regardless of how the prohibited substance entered your body. It does not matter whether you unintentionally or unknowingly used a prohibited substance. It is, therefore, very important for players to understand not only what is prohibited, but also how a prohibited substance may get into your body and whether a dietary supplement or other product or treatment could contain a prohibited substance, potentially causing an accidental violation.

#### **What should players know about nutritional and health products?**

You should always make your doctors and other health care, nutrition and fitness advisors aware that you are bound by the Program. Some dietary or nutritional supplements, homeopathic products, herbal remedies, botanicals or energy bars could contain substances that are banned under the Program. The TOUR has partnered with the National Center for Drug Free Sport to provide an easily accessible resource designed to answer your questions about dietary supplements. The Resource Exchange Center (REC) provides players with up-to-date, confidential and accurate information on dietary supplements and dangerous or prohibited substances. *(See Section 8 of this Manual to contact the REC.)*

If you are unsure of a product’s ingredients, you should not take that product until you are sure it does not contain any prohibited substance(s). In addition, the manufacturing and labeling of supplements are not subject to strict regulation, which may lead to a supplement containing a substance that is prohibited under the Program, even though that substance is not listed as an ingredient **In years past, positive test results in other sports have been attributed to the use of mislabeled supplements. Since taking a poorly labeled supplement is not a defense to a violation of the Program, you are urged to exercise caution and conduct appropriate research when using these products.**

# PLAYER GUIDE TO ANTI-DOPING

## **Are there supplements that have been tested/certified as free from banned substances?**

The PGA TOUR has partnered with NSF International to provide product names of certified energy bars, energy drinks, vitamins, and protein supplements to PGA TOUR players. NSF International's Certified for Sport Program tests each and every lot of certified supplements to ensure they are free from banned substances. Products certified under this program are listed at [http://www.nsf sport.com/listings/certified\\_products.asp](http://www.nsf sport.com/listings/certified_products.asp)

Information on certified supplement discounts for players can also be found on [www.pgatourlinks.com](http://www.pgatourlinks.com) or by contacting the Program Administrator.

Information on non-certified supplements which may contain Prohibited Substances can be found on the Supplement 411 link at <http://www.usada.org>.

## **What about medical treatment?**

You may at times experience a medical condition that results in your doctor prescribing medications. Some medicines are banned under the Program. However, by applying for and obtaining a therapeutic use exemption (a "TUE") a player may be allowed to take the necessary medicine.

If you obtain a TUE, and the prohibited substance allowed by the TUE is detected in your test sample, it will protect you from sanctions under the Program. If you need to apply for a TUE, you should refer to Section 6 of this manual to learn about the TUE application process and review the TUE information on [pgatourlinks.com](http://pgatourlinks.com). If you are a member of another tour (and not a member of the PGA TOUR) you should ask your governing tour about its TUE process. The PGA TOUR may recognize TUEs granted by other golf organizations provided the medical waiver was granted in a manner consistent with the PGA TOUR's Program.

## **What medications are permitted?**

Most medications are permitted under the Program. Section 7 lists examples of common medications (both prescription and over-the-counter) that are permitted under the Program. You should share this information with your health care providers should you need to undergo any medical treatment. A wallet card listing both prohibited classes of substances and common permitted medications can be found at the back of this manual.

## **Who conducts the testing and who will be tested?**

The National Center for Drug Free Sport ("Drug Free Sport") will conduct the actual testing on behalf of the PGA TOUR. Drug Free Sport currently provides drug testing and/or education services for the NFL, MLB, NBA, NCAA and hundreds of colleges and universities.

The PGA TOUR and Drug Free Sport will select who is tested and when the tests are conducted based on the approved International Standards for testing, and based on the TOUR's overall objectives for the Program. You may be selected for testing at any time or place, both inside and outside of tournament competition. All testing is without prior notice. Specially trained and accredited drug testing personnel will perform all tests. The collection process is designed to ensure a confidential and expedient testing experience for the player.

# PLAYER GUIDE TO ANTI-DOPING

## **What are the steps in the testing process?**

The following is a general overview of the testing process. Departures from these procedures will not invalidate a test result unless it is determined that the integrity of the sample has been affected.

### **Notification**

When you are selected for in-competition testing, a collector will notify you and inform you of your rights and responsibilities, including the right to have a representative present (except during the time you actually provide the sample). The collector will also provide information to ensure a successful sample provision (e.g., avoiding over-hydrating or under-hydrating prior to the collection). You will be required to sign a form confirming that you have been notified of your selection for drug testing. You must bring photo identification (e.g., PGA TOUR player credential, valid driver's license, passport) with you to the area on-site where testing will be conducted (also known as the "testing area").

### **Report to the Testing Area**

Once notified, you must report to the designated testing area as soon as possible. The collector may allow you to delay reporting to the testing area for unavoidable obligations; however, you will be monitored from the time of notification until completion of the sample collection process. A failure to report to the testing area by the required time is the same as a doping violation under the Program.

### **Hand Washing**

You will be required to rinse and dry your hands prior to the sample collection process.

### **Selection of Collection Container**

You will choose an individually sealed collection container. You may verify that the seal on the container is intact and has not been tampered with. You will maintain control of the collection container at all times until it is sealed as described below.

### **Provision of Sample**

Only you and the collector are permitted in the restroom during the sample collection. If you have a disability, you may also have your representative present; however, any such representative is not permitted to view the sample collection. The collector's objective is to ensure that he correctly observes the sample collection process.

### **Volume of Urine**

The collector shall use the relevant laboratory specifications to verify, in your full view, that the volume of the urine sample satisfies requirements for analysis.

### **Selection of the Sample Collection Kit**

You will choose one individually sealed sample collection kit. You may verify that the seal on the kit is intact and has not been tampered with. The collector will open the kit.

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## **Splitting the Sample**

The collector will measure the specific gravity of the sample prior to splitting the sample into an "A" and "B" vial.

The collector will split the sample, pouring the required volume of urine into the bottle labeled with an "A"; and pouring the required volume of urine into the bottle labeled with a "B".

## **Sealing the Samples**

The collector will seal both of the "A" and "B" bottles. You and/or your representative, if applicable, may verify that the bottles are sealed properly.

## **Measuring Specific Gravity**

If your sample does not meet the specific gravity requirements (i.e., density), you may be asked to provide additional samples. This may include your having to wait in the testing area until you have provided a sample meeting the specification.

## **Completion of Information**

You will provide information, including your name, on either a written form or an electronic hand-held device provided by the collector. Be sure to confirm that all of the information you provide is correct, including the code number of your sample.

## **Out-of-Competition Testing**

The sample collection process for out-of-competition tests is substantially similar to the process described above, with adjustments appropriate to the place and circumstances of Testing.

## **The Laboratory Process**

Your samples are packaged for shipping to ensure that their security is tracked. They are sent to an accredited laboratory, which will adhere to the International Standard for Laboratories when processing your samples, ensuring the chain of custody is maintained at all times.

Your "A" sample is analyzed first. Your "B" sample is securely stored and may be used to confirm a potential violation if the "A" sample comes back positive for a banned substance or method. The laboratory will confidentially report the results of your sample analysis to the PGA TOUR Anti-Doping Program Administrator ("Program Administrator").

## **What happens once my sample is analyzed?**

The laboratory that has analyzed your "A" sample will report the results to the Program Administrator. Samples analyzed by labs are identified by code numbers and not player names. If your "A" sample is negative for a prohibited substance or method (indicating no violation), the Program Administrator will notify you within three weeks.

If your "A" sample is positive for a substance or method (indicating a potential violation), the Program Administrator will conduct an initial review to determine whether you have an approved TUE for the particular substance found in your sample and to ensure that sample collection and analysis was conducted according to the required procedures.

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Your sample may also be reported as an “*Atypical Finding*,” which means that further Investigation, to be coordinated by the Program Administrator, is required.

If the initial review supports the finding of a potential violation and there is no applicable TUE, you will be notified in writing of the positive test and your rights regarding the analysis of your “B” sample. If you decide to request a “B” sample analysis, you may attend that analysis or choose to send a representative on your behalf. You will have two (2) business days to notify the Program Administrator whether you will attend the scheduled “B” sample analysis.

Should the “B” sample analysis confirm the “A” sample analysis, confirming the finding of a violation under the Program, the player will have an opportunity to submit a written explanation of any mitigating or extenuating circumstances to the Program Administrator. If a violation is found following review of such explanation, the player will be notified.

## **What other conduct is prohibited by the Program?**

Other conduct prohibited by the Program, include the possession, use or attempted use of a prohibited substance or method; evading sample collection or refusing or failing to be tested; tampering with a sample or any part of the *Doping Control* process; trafficking in, administering or attempting administration of any prohibited substance or method; or complicity in or admitting to any conduct that is prohibited by the Program.

## **How are Drugs of Abuse Violations different from Anti-Doping Rule Violations?**

*Drugs of Abuse* Violations, as determined in the discretion of the Program Administrator, shall be referred for evaluation and disciplinary action under the PGA TOUR Tournament Regulations for Conduct Unbecoming a Professional. *Anti-Doping Rule Violations* shall be evaluated under the provisions of the Program and subject to the Sanctions for *Anti-Doping Rule Violations*.

## **What is involved in sanctioning?**

Sanctions for *Anti-Doping Rule Violations* may include *Disqualification*, forfeiture of prize money/points and other awards, ineligibility, and fines. Sanctions for *Drugs of Abuse Violations*, as determined in the discretion of the Program Administrator, are determined under the PGA TOUR Tournament Regulations for Conduct Unbecoming a Professional and may include rehabilitation or medical treatment in lieu of or in addition to other sanctions under the PGA TOUR Tournament Regulations.

## **Can a sanction be appealed?**

You will have seven (7) calendar days to appeal a sanction for an *Anti-Doping Rule Violation* by sending written notice of such intent to the Commissioner. Any sanctions for *Drugs of Abuse Violations* may be appealed in accordance with the appeals process for Intermediate and Major Penalties set forth in the PGA TOUR Tournament Regulations.

The decision on appeal is final and binding.



## SECTION 2

### PGA TOUR Anti-Doping Program

#### A. INTRODUCTION

The PGA TOUR has developed this Anti-Doping Program (the “**Program**”) to protect the integrity that is inherent in the sport of golf, and to ensure the health and safety of all players. The use of doping substances is contrary to the spirit of fair competition that has always been a part of golf. This Program is based on the approved *International Anti-Doping Standards* tailored to the sport of golf. Players are responsible for knowing what constitutes an *Anti-Doping Rule Violation* under the Program and the substances and methods which have been included on the PGA TOUR Prohibited List. The PGA TOUR is committed to educating players on the dangers associated with doping substances. The Program will be administered by the PGA TOUR Anti-Doping Program Administrator (the “Program Administrator”), with the assistance of PGA TOUR staff and external legal, medical, and scientific experts. Italicized words in this Program have the meanings set forth in Section 3 of this manual.

#### B. PROGRAM APPLICATION

By virtue of membership, all players who are members of the PGA TOUR, Web.com Tour, PGA TOUR Latinoamérica, and PGA TOUR Canada agree to comply with and be bound by the terms of the Program. Any other player who participates in a PGA TOUR, Web.com Tour, PGA TOUR Latinoamérica, or PGA TOUR Canada co-sponsored, sanctioned, approved or coordinated tournament agrees as a condition of participation to comply with and be bound by the terms of the Program.

#### C. JURISDICTION

The PGA TOUR retains jurisdiction to bring *Anti-Doping Rule Violation* cases against retired players or players who are not members on account of an *Anti-Doping Rule Violation* which occurred while a player was a member or while a player was participating in a PGA TOUR, Web.com Tour, PGA TOUR Latinoamérica, or PGA TOUR Canada co-sponsored, sanctioned, approved or coordinated tournament.

#### D. PROHIBITED CONDUCT

The following conduct is prohibited under the Program:

- (1) The presence of a *Prohibited Substance* or its *Metabolites* or *Markers* in a player's sample.
  - (a) It is each player's personal duty to ensure that no *Prohibited Substance* enters his body. Players are responsible for any *Prohibited Substance* or its *Metabolites* or *Markers* found to be present in their samples. Accordingly, it is not necessary that intent, fault, negligence or knowing use on the player's part be demonstrated in order to establish a violation under Section D(1).
  - (b) Sufficient proof of prohibited conduct under Section D(1) is established by either of the following: (1) an *Adverse Analytical Finding* upon analysis of the player's A sample where the player waives analysis of the B sample or, (2) where the player's B sample is analyzed, the analysis of the player's B sample confirms the presence of the *Prohibited Substance* or its *Metabolites* or *Markers* found in the player's A sample.

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- (c) Excepting those substances for which a quantitative reporting threshold is specifically identified in the *PGA TOUR Prohibited List*, the presence of any quantity of a Prohibited Substance or its *Metabolites* or *Markers* in a player's sample shall constitute an *Anti-Doping Rule Violation*.
  - (d) As an exception to the general rule of Section D(1)(c), the PGA TOUR Prohibited List may establish special criteria for the evaluation of Prohibited Substances that can also be produced Endogenously.
- (2) Use or *Attempted Use* by a player of a *Prohibited Substance* or a *Prohibited Method*.
    - (a) It is each player's personal duty to ensure that no *Prohibited Substance* enters his body and that no *Prohibited Method* is Used. Accordingly, it is not necessary that intent, fault, negligence or knowing Use on the player's part be demonstrated in order to establish an *Anti-Doping Rule Violation* for Use of a Prohibited Substance or a Prohibited Method.
    - (b) The success or failure of the Use or *Attempted Use* of a Prohibited Substance or Prohibited Method is not material. It is sufficient that the Prohibited Substance or Prohibited Method was Used or *Attempted* to be Used for an *Anti-Doping Rule Violation* to be committed.
  - (3) Refusing, or failing without compelling justification, to submit to sample collection after notification or otherwise evading sample collection.
  - (4) *Tampering*, or *Attempting to Tamper*, with any part of *Doping Control*.
  - (5) *Possession* by a player of any *Prohibited Substance* or *Prohibited Method*, unless the player establishes that the Possession is pursuant to a therapeutic use exemption granted in accordance with Section F (Therapeutic Use Exemptions) or other acceptable justification.
  - (6) *Trafficking* in any *Prohibited Substance* or *Prohibited Method*.
  - (7) Administration or *Attempted* administration to any player of any *Prohibited Substance* or *Prohibited Method*, or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an *Anti-Doping Rule Violation* or any *Attempted Anti-Doping Rule Violation*.
  - (8) Admissions by a player of any of the conduct listed in Sections (1) - (7) above.

## E. PROHIBITED SUBSTANCES AND PROHIBITED METHODS

The PGA TOUR shall publish a *PGA TOUR Prohibited List* which identifies substances and methods prohibited under the Program. Prohibited Substances and Prohibited Methods may be included in the PGA TOUR Prohibited List by general category (eg., anabolic agents) or by specific reference to a particular substance or method. PGA TOUR has the right to amend the *PGA TOUR Prohibited List* from time to time. If the *PGA TOUR Prohibited List* is amended, the portion so amended will go into effect ninety (90) days after publication.

The PGA TOUR's determination of the Prohibited Substances and Prohibited Methods that will be included in the PGA TOUR Prohibited List and the classification of substances into categories on the PGA TOUR Prohibited List is final and shall not be subject to challenge by a player.

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The PGA TOUR may also establish a *PGA TOUR Monitoring List* of substances and methods which are not currently prohibited but which laboratories will be asked to identify in analyzing samples so that the PGA TOUR can evaluate whether those substances or methods are being abused. Laboratory results of samples pertaining to substances on the *PGA TOUR Monitoring List* shall be reported anonymously. The presence of a monitored substance in a player's system is not prohibited by the Program.

## F. THERAPEUTIC USE EXEMPTIONS ("TUEs")

Players may obtain a TUE for the use of a *Prohibited Substance* or *Prohibited Method* where:

- (1) The player 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 (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); and
- (2) 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; and
- (3) There is no reasonable therapeutic alternative to the use of the otherwise *Prohibited Substance* or *Prohibited Method*; and
- (4) The necessity for the use of the otherwise *Prohibited Substance* or *Prohibited Method* is not a consequence, wholly or in part, of a prior non-therapeutic use of any substance on the *PGA TOUR Prohibited List*.

A TUE can only be granted if all four criteria are fulfilled.

Presence of a *Prohibited Substance* or its *Metabolites* or *Markers*, *Use* or *Attempted Use* of a *Prohibited Substance* or *Prohibited Method*, *Possession* of a *Prohibited Substance* or *Prohibited Method* or administration of a *Prohibited Substance* or *Prohibited Method* consistent with the provisions of an applicable TUE shall not be considered an *Anti-Doping Rule Violation*.

Application (including all requested medical information) for a TUE shall be made at least thirty (30) days prior to participation in a PGA TOUR co-sponsored, approved or coordinated tournament for which the TUE is sought. The application will be considered by a TUE Committee consisting of the PGA TOUR's medical advisor and additional specialists (as appropriate) designated by the PGA TOUR's medical advisor from an established list of medical experts.

TUE applications submitted less than thirty (30) days prior to a tournament (retroactive TUE applications) may be submitted in emergency circumstances.

Outside of emergency circumstances, retroactive TUEs may be granted only where the player undergoes, at his expense, all testing procedures required by the PGA TOUR's TUE Committee and where the medical justification for the TUE is clear. Non-emergency retroactive TUE applications shall be accompanied by a filing fee of \$10,000.

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A player whose TUE application is denied by the TUE Committee may appeal the denial by submitting a written appeal to the Commissioner's Office within fourteen (14) days of the date of notification of the denial. In considering the appeal, the Commissioner may consult with additional medical advisors of his choosing, and may require the player to submit additional information. Within thirty (30) days of receiving the TUE appeal, the Commissioner or his designee will advise the player of his decision either confirming the denial of the TUE or granting the TUE. A player will have seven (7) calendar days to appeal the Commissioner's decision on a TUE by sending written notice of such intent to the Program Administrator.

Prior to a TUE being granted, a player who uses a substance on the PGA TOUR Prohibited List does so at his own risk of a TUE denial, potentially resulting in an *Anti-Doping Rule Violation* or a *Drugs of Abuse Violation*.

## G. SAMPLE COLLECTION AND ANALYSIS

The PGA TOUR, and third parties authorized by the PGA TOUR, may collect a urine sample from any player covered by the Program with or without notice at any time or place. *Target Testing* may be directed by the Program Administrator. The PGA TOUR has the right to require that players provide their whereabouts to permit testing at any time. At this time, the Program will involve only the collection of urine samples. Blood sampling may or may not be added at a later date, subject to approval by the PGA TOUR Policy Board. Once collected, all samples become the property of the PGA TOUR.

For purposes of conduct prohibited by Section D(1) of the Program, samples shall be analyzed only in *Approved Laboratories*. The choice of the laboratory used for sample analysis shall be determined exclusively by the PGA TOUR.

Samples shall be analyzed to detect *Prohibited Substances* and *Prohibited Methods* identified on the *PGA TOUR Prohibited List* and on the *PGA TOUR Monitoring List* or to assist the PGA TOUR in profiling relevant parameters in a player's urine for anti-doping purposes. The Program Administrator may identify samples for long-term storage. A sample may be reanalyzed at any time at the direction of the Program Administrator. No sample may be used for any other purpose without the player's written consent. Samples used for research shall have any means of identification removed such that they cannot be traced back to a particular player.

Laboratories shall analyze samples and report results in conformance with *International Standard for Laboratories* or otherwise as provided in the *PGA TOUR Prohibited List*, *PGA TOUR Monitoring List* or as directed by the PGA TOUR.

## H. RESULTS MANAGEMENT

- (1) Upon receipt of a laboratory report showing no *Drugs of Abuse Violation* or *Anti-Doping Rule Violation*, the PGA TOUR will promptly notify the player of the result.
- (2) Upon receipt of a laboratory report indicating an A sample *Adverse Analytical Finding*, the Program Administrator will conduct an expedited review to determine whether an applicable TUE has been granted or whether there is any apparent departure from the *International Standard for Testing and Investigations* or *International Standard for Laboratories* that could reasonably have caused the *Adverse Analytical Finding*. If that review does not reveal an applicable TUE or departure, the Program Administrator shall

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promptly notify the player of the Adverse Analytical Finding and the date on which the laboratory will conduct the B sample analysis. Analysis of the B sample may be delayed, at the Program Administrator's discretion, if the player promptly submits a retroactive TUE application. The player may attend the B sample analysis accompanied by a representative, or may have a representative appear on his behalf at the player's expense. The player may also waive analysis of the B sample. The player must notify the Program Administrator within two (2) business days whether he will attend the "B" sample analysis. Upon receipt of the laboratory's B sample analytical report, the Program Administrator shall promptly notify the player of the result. If the B sample analysis confirms the A sample *Adverse Analytical Finding*, the Program Administrator shall provide the player the applicable laboratory documentation.

- (3) Upon receipt of a laboratory report indicating an *Atypical Finding or Adverse Passport Finding*, the Program Administrator shall conduct any follow-up investigation which may be appropriate.
- (4) If the PGA TOUR becomes aware of any other conduct that may be prohibited under the Program, the Program Administrator shall conduct an appropriate investigation of the matter.
- (5) At such time as the Program Administrator determines that a player may have committed an *Anti-Doping Rule Violation*, the player shall be *Notified* of the potential violation. The player shall have seven (7) calendar days from such *Notice* to provide a written explanation, including any mitigating or extenuating circumstances, to the Program Administrator. The Commissioner, in consultation with the Program Administrator, shall consider any information submitted by the player and shall then decide whether to go forward with an *Anti-Doping Rule Violation* against the player. If the Commissioner's decision is to go forward with an *Anti-Doping Rule Violation*, the player shall be *Notified* of the sanction which will be imposed. That sanction will be imposed seven (7) calendar days after notification unless the player advises the Program Administrator in writing that he desires to appeal the Commissioner's decision as provided in Section I.
- (6) At such time as the Program Administrator believes that a player may have committed a *Drugs of Abuse Violation*, the matter shall be referred for evaluation and disciplinary action under the PGA TOUR Tournament Regulations for Conduct Unbecoming a Professional.

## I. APPEALS

- (1) Decisions regarding *Drugs of Abuse Violations* may be appealed under the appeal provisions for Intermediate and Major Penalties set forth in the PGA TOUR Tournament Regulations, which shall be the sole and exclusive remedy for any dispute relating to *Drugs of Abuse Violations*.
- (2) Decisions by the Commissioner regarding *Anti-Doping Rule Violations*, Therapeutic Use Exemptions, or any other dispute regarding the Program other than a dispute relating to *Drugs of Abuse Violations* may be appealed only as set forth below in this Section, which shall be the sole and exclusive remedy for any dispute relating to the Program other than *Drugs of Abuse Violations*. The PGA TOUR's decision to adopt a change in interpretation or

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application of a *Prohibited Substance*, *Prohibited Method*, or provision of the Program to be consistent with WADA's interpretation or application shall not be appealable or subject to challenge in whole or in part by a player.

- (a) The player must notify the Commissioner of his desire to appeal the Commissioner's decision within seven (7) calendar days as provided in Section F or Section H(2) or within seven (7) calendar days the player knows or should have known of any other dispute under the Program. If the player fails to appeal within the time specified, then the Commissioner's decision shall be final and not subject to any further challenge or appeal.
- (b) The appeal shall be administered by the American Arbitration Association ("AAA") and shall be heard before an arbitration panel constituted as described in subsection (c) below. All parties to the appeal must keep the fact of the appeal as well as the subject matter and the matters discussed therein as confidential as possible except as provided in Section M below. All parties to the appeal must instruct witnesses or potential witnesses with whom they discuss the appeal the fact of the appeal as well as the subject matter should be kept as confidential as possible.
- (c) The Commissioner shall forward the player's appeal to the AAA, along with the name of an arbitrator selected by the PGA TOUR from the list of Arbitrators who are both AAA arbitrators located in North America and Court of Arbitration for Sport arbitrators (the "List"). The arbitrator selected by the PGA TOUR shall be the chairman of the arbitration panel. The AAA shall then provide the List to the player, together with the name of the arbitrator selected by the PGA TOUR. The player shall have two (2) business days to select an arbitrator from the List. If no arbitrator is selected by the player during the designated time period, the arbitration shall be heard by the single arbitrator selected by the PGA TOUR. If the player selects an arbitrator within the designated time period, then within three (3) business days from notification of the selection by the player, the two selected arbitrators shall decide on a third arbitrator. If the decision appealed involves an *Adverse Analytical Finding*, the third arbitrator shall be chosen by the two arbitrators from among the directors of WADA-accredited laboratories in North America (excluding the laboratory that reported the Adverse Analytical Finding). If the decision appealed involves a Therapeutic Use Exemption, then the two arbitrators shall select as the third arbitrator a physician in the relevant specialty from a master list of physicians provided by the PGA TOUR. If the decision appealed does not involve either an Adverse Analytical Finding or a Therapeutic Use Exemption, then the two arbitrators may choose either a director of one of the North American WADA-accredited laboratories or a physician from the PGA TOUR list, as they deem appropriate. If the two arbitrators do not select a third arbitrator within the designated time period, the AAA Regional Vice President, or similar position, who is assigned by AAA to administer the appeal shall select the third arbitrator within two (2) business days after the designated time period has expired in accordance with the criteria set forth above. The PGA TOUR and the player may also mutually agree to have the matter heard by a single arbitrator. The arbitrators shall be compensated at the hourly rate established by the Court of Arbitration for Sport in effect at the time the arbitrators are appointed.

# PGA TOUR ANTI-DOPING PROGRAM

- (d) The hearing shall take place within 45 days of the formation of the arbitration panel unless exceptional circumstances warrant delay. The hearing shall be expedited at the request of either the PGA TOUR or the player for good cause shown. The location of the hearing shall be determined by the chair of the arbitration panel. All hearings shall be closed to the public.
- (e) In all hearings, the rules set forth in this PGA TOUR Anti-Doping Program Manual shall be controlling.
  - i. No discovery shall be permitted for any hearing under this section other than as specifically set forth below:
    - 1. In support of an *Adverse Analytical Finding* or *Atypical Finding*, laboratories shall be required to produce the laboratory documentation required by the *International Standard for Laboratories* (ISL).
    - 2. For decisions involving Therapeutic Use Exemptions, PGA TOUR shall produce a file of all documents considered by the TUE Committee.
  - ii. The PGA TOUR shall have the burden of establishing by a balance of probability that an *Anti-Doping Rule Violation* occurred. Facts related to *Anti-Doping Rule Violations* may be established by any reliable means including, but not limited to, admissions, witness statements, documentary evidence, or conclusions drawn from longitudinal profiling or other analytical information which does not otherwise satisfy all of the requirements to establish a violation for Section D(1). The following presumptions shall be applicable:
    - 1. Analytical methods or decision limits approved by WADA, after appropriate consultation within the relevant scientific community and which have been the subject of peer review, are presumed to be scientifically valid. Either party may seek to rebut this presumption of scientific validity
    - 2. *Approved Laboratories* are presumed to have conducted sample analysis and custodial procedures in accordance with the *International Standard for Laboratories*. The player may rebut this presumption by establishing that a departure from the *International Standard for Laboratories* occurred which could reasonably have caused the *Adverse Analytical Finding*. Departures from an *International Anti-Doping Standard*, this Program or other anti-doping rule or policy which did not cause an *Adverse Analytical Finding* or other *Anti-Doping Rule Violation* shall not invalidate such results. If the player establishes that a departure from the *International Standard for Laboratories*, the *International Standard for Testing and Investigation*, or this Program which could reasonably have caused the *Adverse Analytical Finding* occurred, then the PGA TOUR shall have the burden to establish that such departure did not cause the *Adverse Analytical Finding* or the factual basis for the *Anti-Doping Rule Violation*.

# PGA TOUR ANTI-DOPING PROGRAM

3. The arbitration panel may draw an inference adverse to a player if the player refuses, after a request made a reasonable time in advance of the hearing, to appear at the hearing and to answer questions from the PGA TOUR or the arbitration panel.
  4. The facts established by a decision of a court or professional disciplinary tribunal of competent jurisdiction which are not the subject of a pending appeal shall be irrebuttable evidence against the player to whom the decision pertained of those facts unless the player establishes that the decision violated principles of natural justice.
- (f) The arbitration panel shall render its written decision within fifteen (15) days of the close of the evidence. That decision shall be final.
- (g) Each party shall bear its own costs and attorneys fees. The arbitration panel shall direct the non-prevailing party to pay the costs and fees of the arbitrators and the administrative costs of the AAA.

## J. SANCTIONS FOR ANTI-DOPING RULE VIOLATIONS

Sanctions on players for *Anti-Doping Rule Violations* may include:

- (1) *Disqualification*, including loss of results, points, and prize money from the date the *Anti-Doping Rule Violation* was found to occur forward.
- (2) *Ineligibility* to participate in PGA TOUR competitions or other activities.
  - (a) The applicable period of *Ineligibility* for a first *Anti-Doping Rule Violation* shall be up to one year *Ineligibility* except in cases involving *Trafficking*, administration, complicity, or *Aggravating Circumstances*, where the sanction may be up to permanent *Ineligibility*.
  - (b) The applicable period of *Ineligibility* for a second *Anti-Doping Rule Violation* shall be up to five (5) years *Ineligibility* except in cases involving *Trafficking*, complicity, administration, or *Aggravating Circumstances*, where the sanction may be up to permanent *Ineligibility*.
  - (c) The applicable period of *Ineligibility* for a third *Anti-Doping Rule Violation* shall be up to a permanent ban.
- (3) A player committing an *Anti-Doping Rule Violation* under the Program may also be subject to the imposition of a fine in an amount up to \$500,000.
- (4) In applying these sanctions to an *Anti-Doping Rule Violation* in a particular case, the Program Administrator and the Commissioner's designee may look for guidance to *International Anti-Doping Standards*.



# PGA TOUR ANTI-DOPING PROGRAM

- (5) The PGA TOUR reserves the right to not impose any sanction if that sanction would benefit a player's standing in any manner (e.g., rankings, points).

In rendering his decision in a particular case, the Commissioner may depart from the sanction guidance in the *International Anti-Doping Standards* as he deems appropriate.

## K. PROVISIONAL SUSPENSION

The Commissioner may impose a *Provisional Suspension* on a player at any time after the PGA TOUR has received an *A sample Adverse Analytical Finding* that may result in a finding of an *Anti-Doping Rule Violation* or after the Commissioner in consultation with the Program Administrator has decided that an *Anti-Doping Rule Violation* has been committed and so notified the player as provided in Section H(5) above. A player may also voluntarily accept a *Provisional Suspension*. All periods of *Provisional Suspension*, whether voluntarily accepted or imposed by the Commissioner, shall count against any period of Ineligibility ultimately imposed.

If a player is not *Provisionally Suspended* after *Notice* provided in Section H(5), the player may choose to continue participating in any tournaments pending the resolution of the case. However, if any period of *Ineligibility* is later upheld through the Appeals process, then the prize money won by the player at any time after the PGA TOUR has received an *A sample Adverse Analytical Finding* that may result in a finding of an *Anti-Doping Rule Violation* or after the Commissioner in consultation with the Program Administrator has decided that an *Anti-Doping Rule Violation* has been committed and so notified the player as provided in Section H(5) above, must be returned to PGA TOUR by direct payment to TOUR within ten (10) days of the conclusion of the Appeals process. If the player fails to return all or any portion of this prize money within ten (10) days of the conclusion of the Appeals process, the player agrees that PGA TOUR may deduct all amounts due plus applicable interest from future prize money otherwise payable to the player by TOUR until repaid in full.

## L. CONFIDENTIALITY AND REPORTING

The PGA TOUR will not publicly disclose the identity of a player whose sample has resulted in an *Adverse Analytical Finding* or who has been alleged to have committed an *Anti-Doping Rule Violation* until after the process described in Sections H and I has been completed, unless PGA TOUR deems disclosure necessary under the circumstances as determined in its sole discretion.. In each case where a period of Ineligibility has been imposed or tournament results have been *Disqualified*, the PGA TOUR will, at a minimum, publish the name of the player, the fact that the player committed an *Anti-Doping Rule Violation*, and the ultimate sanction. The PGA TOUR may decide not to publish information on cases involving *Drugs of Abuse* Violations.

The PGA TOUR will only discuss the specifics of cases still pending under Sections H and I where to do so is appropriate in response to public comments attributed to the player or player's representative.

# PGA TOUR ANTI-DOPING PROGRAM

At any time after a player has received *Notice* as provided in Section H(5), the PGA TOUR may advise the World Golf Foundation or any of its member organizations of the case and/or Ineligibility imposed against the player unless the player agrees in advance not to participate in any tournaments of those organizations pending the resolution of the case and/or after the period of Ineligibility has ended.

The PGA TOUR may publish statistical information about the Program, including a list of occasions on which each player has been tested.

## **M. MUTUAL RECOGNITION OF DECISIONS**

The PGA TOUR may recognize and give effect to the anti-doping decisions of other golf organizations in all cases where those decisions would be equally appropriate under this Program.

## **N. NO JUDICIAL REVIEW**

As a condition of membership and the opportunity to participate in PGA TOUR co-sponsored, approved or coordinated tournaments, players expressly waive the right to seek judicial review of final decisions under the Program.

## **O. RELEASE**

As a condition of membership or participation in PGA TOUR co-sponsored, approved or coordinated tournaments, each player hereby releases the PGA TOUR, the Commissioner, the Program Administrator, and each director, officer, member, employee, agent or representative of any of the foregoing, jointly and severally, individually and in their official capacity, of and from any and all claims, demands, damages and causes of action whatsoever, in law or equity, arising out of or in connection with any decision, act or omission arising under the Program.

# PGA TOUR ANTI-DOPING PROGRAM DEFINITIONS

## SECTION 3

### PGA TOUR Anti-Doping Program Definitions

**Adverse Analytical Finding:** A report from a laboratory or other *Approved Laboratory* that, consistent with the *International Standard for Laboratories* and Technical Documents, identifies in a sample the presence of a PGA TOUR *Prohibited Substance* or its *Metabolites* or *Markers* or evidence of the *Use* of a *Prohibited Method* on the *PGA TOUR Prohibited List*.

**Adverse Passport Finding:** A report at the conclusion of the Biological Passport review process which concludes that a player's Biological Passport is inconsistent with a normal physiological condition or known pathology and compatible with the *Use* of a *Prohibited Substance* or *Prohibited Method*.

**Aggravating Circumstances:** *Aggravating Circumstances* are present when it is clear that the player intentionally violated the PGA TOUR Anti-Doping Program. Examples of the types of evidence supporting a finding of *Aggravating Circumstances* could include: the nature of the violation is such that an accidental cause of the violation is highly unlikely; the player committed the *Anti-Doping Rule Violation* as part of a doping plan or scheme, either individually or involving a conspiracy or common enterprise to commit *Anti-Doping Rule Violations*; the player *Used* or *Possessed* multiple *Prohibited Substances* or *Prohibited Methods* or *Used* or *Possessed* a *Prohibited Substance* or *Prohibited Method* on multiple occasions; a normal individual would be likely to enjoy the performance-enhancing effects of the *Anti-Doping Rule Violation(s)* beyond the period of *Ineligibility* which might otherwise be applied, the player engaged in deceptive or obstructing conduct to avoid the detection or adjudication of an *Anti-Doping Rule Violation*.

**Anti-Doping Rule Violation:** A violation under the Program not related to *Drugs of Abuse*.

**Approved Laboratories:** Laboratories accredited by the World Anti-Doping Agency (WADA) or as otherwise approved by WADA or the PGA TOUR.

**Attempt:** Purposely engaging in conduct that constitutes a substantial step in a course of conduct planned to culminate in the commission of an *Anti-Doping Rule Violation*. Provided, however, there shall be no *Anti-Doping Rule Violation* based solely on an *Attempt* to commit a violation if the player renounces the *Attempt* prior to it being discovered by a third party not involved in the *Attempt*.

**Atypical Finding:** A report from a laboratory or other WADA or PGA TOUR-approved entity which requires further investigation as provided by the *International Standard for Laboratories* or related Technical Documents prior to the determination of an *Adverse Analytical Finding*.

**Disqualification:** The player's results in a particular tournament(s) are invalidated, with all resulting consequences including forfeiture of any prize money and points.

**Doping Control:** All steps and processes from test distribution planning through to ultimate disposition of any appeal including all steps and processes in between such as sample collection and handling, laboratory analysis, therapeutic use exemptions, results management and hearings.

# PGA TOUR ANTI-DOPING PROGRAM DEFINITIONS

**Drugs of Abuse:** Substances which are normally associated with social abuse rather than athletic performance enhancement as identified on the PGA TOUR Prohibited List.

**Drugs of Abuse Violation:** Conduct prohibited under the Program relating to *Drugs of Abuse*, as determined in the Program Administrator's sole discretion.

**Endogenous:** refers to a substance which is capable of being produced by the body naturally.

**Ineligibility:** No player who has been declared *Ineligible* may, during the period of *Ineligibility*, participate in any capacity in a tournament or other activity of the PGA TOUR, other than authorized anti-doping education or rehabilitation programs. A player's participation during a period of *Ineligibility* shall result in the imposition of a new period of *Ineligibility* up to the length of the original period of *Ineligibility*.

**International Anti-Doping Standard:** The World Anti-Doping Code as well as any standard adopted by WADA in support of the Code. Compliance with an *International Anti-Doping Standard* (as opposed to another alternative standard, practice or procedure) shall be sufficient to conclude that the procedures addressed by the *International Anti-Doping Standard* were performed properly. *International Anti-Doping Standard* shall include any Technical Documents issued pursuant to the *International Anti-Doping Standard*.

**International Standard for Laboratories:** The *International Anti-Doping Standard* for sample analysis established by WADA.

**International Standard for Testing:** The *International Anti-Doping Standard* for sample collection established by WADA.

**Marker:** A compound, group of compounds or biological parameters that indicates the *Use* of a *Prohibited Substance* or *Prohibited Method*.

**Metabolite:** Any substance produced by a biotransformation process.

**Notice:** Any notification required by the Program to be given to a player shall be hand-delivered or sent to him via registered or certified mail, return receipt requested, or via overnight delivery service, to the address of the player as shown in the records of the PGA TOUR. Delivery to a member's locker at a tournament site for which the player has committed shall also constitute hand delivery under this section. *Notice* by registered or certified mail or overnight delivery service shall be effective as of the date of mailing.

**PGA TOUR Prohibited List:** The list identifying the *Prohibited Substances* and *Prohibited Methods*.

**PGA TOUR Monitoring List:** The list identifying substances which are not prohibited but which laboratories may, as directed, seek to detect in player samples and report anonymous results quarterly to the PGA TOUR.

# PGA TOUR ANTI-DOPING PROGRAM DEFINITIONS

**Possession:** The actual, physical *Possession*, or the constructive *Possession* (which shall be found only if the player has exclusive control over the *Prohibited Substance/Method* or the premises in which a *Prohibited Substance/Method* exists); provided, however, that if the player does not have exclusive control over the *Prohibited Substance/Method* or the premises in which a *Prohibited Substance/Method* exists, constructive *Possession* shall only be found if the player knew about the presence of the *Prohibited Substance/Method* and intended to exercise control over it. Provided, however, there shall be no *Anti-Doping Rule Violation* based solely on *Possession* if, prior to receiving notification of any kind that the player has committed an *Anti-Doping Rule Violation*, the player has taken concrete action demonstrating that the player never intended to have *Possession* and has renounced *Possession* by explicitly declaring it to the PGA TOUR. Notwithstanding anything to the contrary in this definition, the purchase (including by any electronic or other means) of a *Prohibited Substance* or *Prohibited Method* constitutes *Possession* by the player who makes the purchase.

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

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

**Provisional Suspension:** The player is barred temporarily from participating in any tournament prior to the final decision in the matter.

**Tampering:** Conduct which subverts the *Doping Control* process, but which would not otherwise be included in the definition of *Prohibited Methods*, such as: altering for an improper purpose or in an improper way; bringing improper influence to bear; interfering improperly; or obstructing, misleading or engaging in any fraudulent conduct to alter results or prevent normal procedures from occurring; Tampering specifically includes, but is not limited to: intentionally interfering or *Attempting* to interfere with a *Doping Control* official; providing fraudulent information to the PGA TOUR or its agent in connection with *Doping Control*; or intimidating or *Attempting* to intimidate a potential witness.

**Target Testing:** Selection of players for testing where specific players are selected on a non-random basis for testing at a specified time.

**Trafficking:** Selling, giving, transporting, sending, delivering or distributing a *Prohibited Substance* or *Prohibited Method* (either physically or by any electronic or other means) by a player to any third party without acceptable therapeutic justification.

**Use:** The utilization, application, ingestion, injection or consumption by any means whatsoever of any *Prohibited Substance* or *Prohibited Method*.

**WADA:** The World Anti-Doping Agency.

## SECTION 4

### The PGA TOUR Prohibited Substances and Methods List

**SUBSTANCES AND METHODS ON THIS LIST ARE PROHIBITED AT ALL TIMES  
(In- And Out-Of-Competition)**

## Prohibited Substances

### S1. ANABOLIC AGENTS

Anabolic agents are prohibited.

#### 1. Anabolic Androgenic Steroids (AAS)

- a. Exogenous<sup>1</sup> AAS, including:

1-androstendiol (5 $\alpha$ -androst-1-ene-3 $\beta$ ,17 $\beta$ -diol); 1-androstendione (5 $\alpha$ -androst-1-ene-3,17-dione); bolandiol (estr-4-ene-3 $\beta$ , 17 $\beta$ -diol); bolasterone; boldenone; boldione (androsta-1,4-diene-3,17-dione); calusterone; clostebol; danazol ([1,2]oxazolo{4',5':2,3}pregna-4-en-20-yn-17 $\alpha$ -ol); dehydrochlormethyltestosterone (4-chloro-17 $\beta$ -hydroxy-17 $\alpha$ -methylandrosta-1,4-dien-3-one); desoxymethyltestosterone (17 $\alpha$ -methyl-5 $\alpha$ -androst-2-en-17 $\beta$ -ol); drostanolone; ethylestrenol (19-norpregna-4-en-17 $\alpha$ -ol); fluoxymesterone; formebolone; furazabol (17 $\alpha$ -methyl [1,2,5]oxadiazolo[3',4':2,3]-5 $\alpha$ -androstan-17 $\beta$ -ol); gestrinone; 4-hydroxytestosterone (4,17 $\beta$ - dihydroxyandrost-4-en-3-one); mestanolone; mesterolone; metenolone; methandienone (17 $\beta$ -hydroxy-17 $\alpha$ -methylandrosta-1,4-dien-3-one); methandriol; methasterone (17 $\beta$ -hydroxy-2 $\alpha$ , 17 $\alpha$ -dimethyl-5 $\alpha$ -androstan-3-one); methyldienolone (17 $\beta$ -hydroxy-17 $\alpha$ -methylestra-4,9-dien-3-one); methyl-1-testosterone (17 $\beta$ -hydroxy-17 $\alpha$ -methyl-5 $\alpha$ -androst-1-en-3-one); methylnortestosterone (17 $\beta$ -hydroxy-17 $\alpha$ -methylestr-4-en-3-one); methyltestosterone; metribolone; methyltrienolone (17 $\beta$ -hydroxy-17 $\alpha$ -methylestra-4,9,11-trien-3-one); mibolerone; nandrolone<sup>2</sup>; 19-norandrostenedione<sup>2</sup> (estr-4-ene-3,17-dione); norbolotone; norclostebol; norethandrolone; oxabolone; oxandrolone; oxymesterone; oxymetholone; prostanazol (17 $\beta$ [(tetrahydropyran-2-yl)oxy]-1'H-pyrazolo[3,4:2,3]-5 $\alpha$ -androstane); quinbolone; stanozolol; stenbolone; 1-testosterone (17 $\beta$ -hydroxy-5 $\alpha$ -androst-1-en-3-one); tetrahydrogestrinone (17-hydroxy-18 $\alpha$ -homo-19-nor-17 $\alpha$ -pregna-4,9,11-trien-3-one); trenbolone (17 $\beta$ -hydroxyestr- 4,9,11-trien-3-one); and other substances with a similar chemical structure or similar biological effect(s).

<sup>1</sup> "Exogenous" refers to a substance which is not ordinarily capable of being produced by the body naturally.

<sup>2</sup> Nandrolone and 19-norandrostenedione are prohibited at concentrations greater than 20 nanograms per milliliter.

# PGA TOUR PROHIBITED SUBSTANCES AND METHODS

- b. Endogenous<sup>3</sup> AAS when administered exogenously:

androstenediol (androst-5-ene-3 $\beta$ ,17 $\beta$ -diol); androstenedione (androst-4-ene-3,17-dione); dihydrotestosterone (17 $\beta$ -hydroxy-5 $\alpha$ -androst-3-one); prasterone (dehydroepiandrosterone, DHEA 3 $\beta$ -hydroxyandrost-5-en-17-one); testosterone and the following metabolites and isomers:

5 $\alpha$ -androstane-3 $\alpha$ ,17 $\alpha$ -diol; 5 $\alpha$ -androstane-3 $\alpha$ ,17 $\beta$ -diol; 5 $\alpha$ -androstane-3 $\beta$ ,17 $\alpha$ -diol; 5 $\alpha$ -androstane-3 $\beta$ ,17 $\beta$ -diol; androst-4-ene-3 $\alpha$ ,17 $\alpha$ -diol; androst-4-ene-3 $\alpha$ ,17 $\beta$ -diol; androst-4-ene-3 $\beta$ ,17 $\alpha$ -diol; androst-5-ene-3 $\alpha$ ,17 $\alpha$ -diol; androst-5-ene-3 $\alpha$ ,17 $\beta$ -diol; androst-5-ene-3 $\beta$ ,17 $\alpha$ -diol; 4-androstenediol (androst-4-ene-3 $\beta$ ,17 $\beta$ -diol); 5-androstenedione (androst-5-ene-3,17-dione); epi-dihydrotestosterone; epitestosterone; etiocholanolone; 3 $\alpha$ -hydroxy-5 $\alpha$ -androst-17-one; 3 $\beta$ -hydroxy-5 $\alpha$ -androst-17-one; 7 $\alpha$ -hydroxy-DHEA; 7 $\beta$ -hydroxy-DHEA; 7-keto-DHEA; 19-norandrosterone; 19-noretiocholanolone.

<sup>3</sup> "Endogenous" refers to a substance which is capable of being produced by the body naturally.

## 2. Other Anabolic Agents, including but not limited to:

Clenbuterol, selective androgen receptor modulators (SARMs), tibolone, zeranol, zilpaterol.

## S2. PEPTIDE HORMONES, GROWTH FACTORS AND RELATED SUBSTANCES

The following substances and their releasing factors are prohibited:

1. Erythropoiesis-Stimulating Agents (e.g., erythropoietin (EPO), darbepoetin (dEPO), hypoxia-inducible factor (HIF) stabilizers, methoxy polyethylene glycol-epoetin beta (CERA), peginesatide (Hematide));
2. Chorionic Gonadotrophin (CG) and Luteinizing Hormone (LH);
3. Corticotrophins;
4. Growth Hormone (GH); Insulin-like Growth Factor-1 (IGF-1), Fibroblast Growth Factors (FGFs), Mechano Growth Factors (MGFs); Platelet-Derived Growth Factor (PDGF), Vascular-Endothelial Growth Factor (VEGF) and Hepatocyte Growth Factor (HGF) as well as any other growth factor affecting muscle, tendon or ligament protein synthesis/degradation, vascularization, energy utilization, regenerative capacity or fibre type switching;

And other substances with similar chemical structure or similar biological effect(s).

# PGA TOUR PROHIBITED SUBSTANCES AND METHODS

## S3. HORMONE AND METABOLIC MODULATORS

The following are prohibited:

1. Aromatase inhibitors including, but not limited to: anastrozole, 4-androstene-3,6,17 trione (6-oxo), androsta-1,4,6-triene-3,17-dione (androstatrienedione), letrozole, aminoglutethimide, exemestane, formestane, testolactone.
2. Selective Estrogen Receptor Modulators (SERMs) including, but not limited to: raloxifene, tamoxifen, toremifene.
3. Other anti-estrogenic substances including, but not limited to: clomiphene, cyclofenil, fulvestrant.
4. Agents modifying myostatin function(s) including but not limited to: myostatin inhibitors.
5. Metabolic modulators: (a) Insulins; (b) Peroxisome Proliferator Activated Receptor  $\delta$  (PPAR $\delta$ ) agonists (e.g., GW 1516), PPAR $\delta$ -AMP-activated protein kinase (AMPK) axis agonists (e.g., AICAR).

## S4. DIURETICS AND OTHER MASKING AGENTS

Masking agents are prohibited. They include: Diuretics, desmopressin, probenecid, plasma expanders (e.g., glycerol; intravenous administration of albumin, dextran, hydroxyethyl starch and mannitol) and other substances with similar biological effect(s). Local administration of felypressin in dental anaesthesia is not prohibited.

Diuretics include:

Acetazolamide, amiloride, bumetanide, canrenone, chlorthalidone, etacrynic acid, furosemide, indapamide, metolazone, spironolactone, thiazides (e.g., bendroflumethiazide, chlorothiazide, hydrochlorothiazide), triamterene, and other substances with a similar chemical structure or similar biological effect(s) (except drosperinone, pamabrom and topical dorzolamide and brinzolamide, which are not prohibited).

The use of any quantity of a substance subject to threshold limits (i.e., cathine, ephedrine, methylephedrine and pseudoephedrine) in conjunction with a diuretic or other masking agent requires the deliverance of a specific Therapeutic Use Exemption for that substance in addition to the one granted for the diuretic or other masking agent.

## S5. DRUGS OF ABUSE

Natural (e.g., cannabis, hashish, marijuana) or synthetic delta 9-tetrahydrocannabinol (THC) and cannabimimetics (e.g., "Spice" (JWHO18, JWH, HU, 210)), cocaine, methylenedioxymethamphetamine (ecstasy), phencyclidine (PCP), dimethylamphetamine (DMA), benzylpiperazine (BZP), and amphetamine, methamphetamine (D-), methylenedioxyamphetamine, p-methylamphetamine, and the following narcotics: Buprenorphine (Suboxone), Dextromoramide, diamorphine (heroin), Fentanyl (Fentora, Duragesic) and derivatives, hydromorphone (Dilaudid), methadone, morphine (Avinza, Kadian, MS Contin, MSIR), oxycodone (Percocet, Roxicet, Tylox), oxymorphone (Opana, OpanaER), pentazocine (Talwin, Talacen), pethidine.

Metabolites of *Drugs of Abuse* and their D and L optical isomers where relevant are prohibited.



# PGA TOUR PROHIBITED SUBSTANCES AND METHODS

## S6. STIMULANTS

All stimulants (including all optical isomers (e.g., d- and l-) where relevant) are prohibited, except imidazole derivatives for topical use and those stimulants included in the 2014 PGA TOUR Monitoring List<sup>4</sup>.

Stimulants include:

Adrafinil, adrenaline, amfepramone, amiphenazole, amphetaminil, benfluorex, benzphetamine, benzylpiperazine, bromantan, cathine<sup>5</sup>, clobenzorex, cropropamide, crotetamide, dimethylamphetamine; ephedrine<sup>6</sup>, etamivan, etilamphetamine, etilefrine, famprofazone, fenbutrazate, fencamfamin, fencamine, fenetylline, fenfluramine, fenproporex, furfenorex, heptaminol, isometheptene, levmetamfetamine, meclofenoxate, mefenorex, mephentermine, mesocarb, methamphetamine(D-), p-methylamphetamine, methylenedioxyamphetamine, methylenedioxymethamphetamine, methylhexanamine (dimethylpentylamine), methylephedrine<sup>6</sup>, methylphenidate, modafinil, nikethamide, norfenefrine, norfenfluramine, octopamine, oxilofrine, methylsynephrine, parahydroxyamphetamine, pemoline, pentetrazol, phendimetrazine, phenmetrazine, phenpromethamine, phentermine, 4-phenylpiracetam (carphedon), prenylamine, prolintane, propylhexedrine, selegiline, sibutramine, strychnine, tuaminoheptane and other substances with a similar chemical structure or similar biological effect(s).

<sup>4</sup> The following substances included on the 2014 PGA TOUR Monitoring List are not considered Prohibited Substances: (bupropion, caffeine, phenylephrine, phenylpropanolamine, pipradol, pseudoephedrine, synephrine).

<sup>5</sup> Cathine is prohibited when its concentration in urine is greater than 5 micrograms per milliliter.

<sup>6</sup> Ephedrine and methylephedrine are prohibited at concentrations in urine greater than 10 micrograms per milliliter.

## S7. BETA BLOCKERS

The entire class of Beta Blockers, including but not limited to the following:

Acebutolol HCL (Sectral), alprenolol, atenolol (Tenormin), bendroflumethiazide-nadolol (Corzide), betaxolol (Kerlone), bisoprolol fumarate (CEVETA, Zebeta, Ziag), bunolol, carteolol (Teoptic), carvedilol (Coreg CR), celiprolol (Cardem, Celecol, Celipres, Celipro, Selectol), esmolol (Brevibloc), labetalol (Trandate, Normodyne), levobunolol (Betagan), metipranolol (OptiPranolol), metoprolol tartate, metoprolol succinate (Lopressor, Lopressor HCT, Toprol XL), nadolol (Corgaard), oxprenolol, pindolol (Visken, Betapindol, Calvisken, Decreten, Durapindol), propranolol (Inderal, Inderal LA, Innopran XL), sotalol (Betapace, Sotalax, Sotacor, timolol maleate).

## Prohibited Methods

### **M1. BLOOD AND BLOOD COMPONENTS**

The following are prohibited:

1. The administration or reintroduction of any quantity of autologous, homologous or heterologous blood or red blood cell products of any origin into the circulatory system.
2. Artificially enhancing the uptake, transport or delivery of oxygen, including but not limited to: perfluorochemicals, efaproxiral (RSR13) and modified haemoglobin products (e.g., haemoglobin-based blood substitutes, microencapsulated haemoglobin products), excluding supplemental oxygen.
3. Any form of intravascular manipulation of the blood or blood components by physical or chemical means.

### **M2. CHEMICAL AND PHYSICAL MANIPULATION**

The following are prohibited:

1. *Tampering, or Attempting to Tamper*, in order to alter the integrity and validity of samples collected during Doping Control. These include but are not limited to urine substitution and/or adulteration (e.g., proteases).
2. Intravenous infusions and/or injections of more than 50mL per 6 hour period, except for those legitimately received in the course of hospital admissions or clinical investigations.

### **M3. GENE DOPING**

The following, with the potential to enhance athletic performance, are prohibited:

1. The transfer of polymers of nucleic acids or nucleic acid analogues
2. The use of normal or genetically modified cells

## SECTION 5

### Player Guide to Prohibited Substances

#### **Introduction:**

This Guide to Prohibited Substances is designed to help players understand why certain substances are banned under the PGA TOUR Anti-Doping Program. This Guide is only a summary of the Prohibited Substances and Methods List found in Section 4. In case of any conflict between this Guide and the actual PGA TOUR Prohibited List, the PGA TOUR Prohibited List governs. The PGA TOUR Prohibited List adheres to the approved International Standard for substances prohibited in sport but is tailored to golf in a couple of ways that are helpful to players. For example, the TOUR allows and does not ban certain allergy and asthma medications.

If a player has a legitimate medical need for a banned substance, he can apply for a Therapeutic Use Exemption (TUE). The TUE process is explained in detail in Section 6 of the Anti-Doping Program Manual and posted online at [www.pgatourlinks.com](http://www.pgatourlinks.com) and [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec). Players or player representatives can also contact Andy Levinson, Program Administrator, at (904) 280-2487 with any questions about prohibited substances or other aspects of the Program.

### Anabolic Agents

(Also called steroids, anabolic androgenic steroids)

#### **What are they?**

This prohibited class is made up of the male hormone testosterone, substances which can be metabolized to testosterone in the body, and substances with a similar activity or chemical structure. Natural testosterone regulates, promotes, and maintains physical and sexual development, primarily in the male, but with effects in the female as well. Anabolic agents assist in recovery from injury and tissue repair. Also, in combination with training, muscular size and strength may increase from the use of anabolic agents. As these drugs are hormones, they interfere with normal hormonal balance, thereby producing detrimental and sometimes permanent side effects.

#### **Examples:**

- Methyltestosterone (Android)
- 19-norandrostenedione (nandrolone and 19-norandrostenedione are prohibited at concentrations greater than 20 nanograms per milliliter)
- prostanazol (Anabolic Xtreme)
- stanozolol (Winstrol, Winstrol Depo (intra-muscular))
- tetrahydrogestrinone (THG or The Clear)
- testosterone (Axiron, Testim, Striant, Androderm, AndroGel)
- Clenbuterol
- DHEA (Prastera, Fidelin)
- epitestosterone

# PLAYER GUIDE TO PROHIBITED SUBSTANCES

## Medical Uses:

- For weight gain in wasting (as in burn injury, HIV-infection or muscular dystrophy)
- Decreased or absent gonadal function
- Delayed puberty
- Relief of bone pain from osteoporosis
- Severe anemia
- Hereditary angioedema
- Clenbuterol is used to treat asthma

## How are they obtained?

Anabolic steroids are obtained by prescription or illegal methods. DHEA (noted above) is not obtained illegally or by prescription, and is available in many forms of over the counter products. Some health food or “smoothie” restaurants offer to add DHEA supplements or powder to shakes. Athletes should ensure that any shakes they order do not have supplement additives such as DHEA.

## How could anabolic agents be used to enhance performance in golf?

These products are known to aid in tissue repair and injury recovery. They also reduce fatigue. Additionally, there may be a beneficial application of testosterone and anabolic steroids in golf due to the potential to increase driving distance. Driving distance is contingent upon club head speed, a component of golf swing mechanics and the body. If the body is able to generate more power within the biomechanics of the golf swing, it will increase club head speed. Further, injury recovery and reduction in tissue breakdown could allow an athlete to train longer, more intensely, and return to tournament competition faster.

# Hormones and Related Substances

## What are they?

Hormones are chemicals that send signals to parts of the body and control certain functions. They are made of peptides, which are chains of amino acids. Human growth hormone or “HGH” is a polypeptide hormone synthesized and secreted by the anterior pituitary gland, which stimulates growth and cell production.

## Examples:

- Human growth hormone (HGH) (Nutropin, Humatrope, Genotropin, Norditropin, Saizen, Jintropin)
- Erythropoietin (EPO) (Epogen, Procrit, Eprex and aranesp)
- Hypoxia-inducible Factor (HIF) stabilizers
- Peginesatide (Hematide)
- Insulin-like Growth Factors (e.g., IGF-1)
- Mechano Growth Factors (MGFs)
- Gonadotrophins (FSH, LH, hCG)
- Insulin (Glulisine, Apidra, Exubera, Humalog, Humulin, Lantus, Levemir, Novolin, Novolog)
- Corticotrophins (ACTH, Acthar, Cortrosyn, Cortrophin, Tetracosactide)

# PLAYER GUIDE TO PROHIBITED SUBSTANCES

## **Medical Uses:**

Gonadotrophins (hCG) are used medically to produce male changes or male characteristics. Human growth hormone is sometimes prescribed for growth-deficient children.

## **How are they obtained?**

By prescription or illegally.

## **How could hormones be used to enhance performance in golf?**

Athletes have been known to take HGH to increase muscle growth and the hormone EPO to stimulate the production of oxygen-carrying red blood cells. Other hormones such as chorionic gonadotrophin (hCG) increase testosterone production. Insulin is a normal substance within the human body and has reportedly been used by athletes to increase muscle levels of glycogen and reduce protein breakdown.

These banned hormones could help an athlete recover from injury more quickly, increase energy and reduce fatigue. There could also be a beneficial application for golf due to the potential to increase driving distance, which is contingent upon club head speed, a component of golf swing mechanics and the body. If the body is able to generate more power within the biomechanics of the golf swing, it will increase club head speed. Further, injury recovery and reduction in tissue breakdown could allow an athlete to train longer, more intensely, and return to tournament competition faster.

## Hormone Antagonists and Modulators

### **What are they?**

Hormone antagonists and modulators work to change the very sensitive balance of the sex hormones in the body and can cause serious side effects and changes in the body of both males and females.

### **Examples:**

- Aromatase inhibitors: anastrozole (Arimidex)
- letrozole (Femara)
- aminoglutethimide
- exemestane (Aromasin)
- selective estrogen receptor modulators (SERMs)

### **Medical Uses:**

Some agents with anti-estrogenic activity are used to treat cancer.

### **How are they obtained?**

Anti-estrogens are obtained by prescription.

### **Why would an athlete use hormone antagonists and modulators?**

Athletes have taken anti-estrogens to reduce the unwanted side effects of anabolic steroids (such as growth of breast tissue) and to make as much testosterone available for anabolic effects as possible (i.e., minimizing the ability of testosterone in the body to be used for other purposes).

## Diuretics and Other Masking Agents

### **What are they?**

Diuretics are drugs that help the body to eliminate fluids (water and salts) by increasing the rate of urine formation. Masking agents may interfere with the detection of prohibited substances.

### **Examples:**

- diuretics
- probenecid (Benemid)
- furosemide (Lasix)
- hydrochlorothiazide
- acetazolamide (Diamox)

### **Medical Uses:**

Diuretics have therapeutic uses for the elimination of excess fluid from the body for certain diseases such as congestive heart failure and for management of high blood pressure. Probenecid (Benemid) is used to treat gout. Diamox is used to treat high altitude sickness.

### **How are they obtained?**

Diuretics are obtained by prescription.

### **Why would an athlete use diuretics and masking agents?**

Athletes have used diuretics to speed up the rate that other prohibited substances are passed out of their bodies, or to mask the presence of other drugs in their bodies.

## Stimulants

### **What are they?**

Stimulants are a class of drugs that act on the central nervous system by speeding up parts of the brain and the body's reactions. This class includes common street drugs such as cocaine, amphetamines (speed), ephedrine, and ecstasy. This also includes stimulants used to treat Attention Deficit (Hyperactivity) Disorder (ADD/ADHD).

Stimulants are also found in a few, limited cold and hay fever remedies and in herbal and nutritional substances that can be bought without a prescription.

# PLAYER GUIDE TO PROHIBITED SUBSTANCES

## **Examples:**

- adrafinil
- amphetamine-dextroamphetamine (Adderall)
- ephedrine (Bronkaid and Primatene tablets, Rentamine, Rynatuss, Tuss Tan)
- epinephrine (Primatene Mist, EpiPen)
- levmetamfetamine (Vicks Inhaler)
- methylhexanamine/geranium plant parts
- methylphenidate (Ritalin, Concerta, Attenta, Metadate, Penid, methylin, Focalin, Daytrana and Rubifen)
- modafinil (Provigil)
- Isometheptene (Midrin) is used to treat headaches. This is a prescription medication.
- Ma Huang

## **How are they obtained?**

Prescription stimulants are easily obtained from a local physician for ADD/ADHD, narcolepsy, sleep apnea, and depression. Certain, specific over the counter medicines for weight loss and head colds contain stimulants. Cocaine and ecstasy are obtained illegally.

## **How could stimulants be used to enhance performance in golf?**

Stimulants can make an athlete feel more competitive, alert and allow better concentration and focus. These substances have been reported to increase concentration, focus, and assist athletes to “enter the zone” during key points of a competition. Athletes might also use stimulants to help them exercise for longer. While tremors or shakiness may be a risk associated with certain stimulants, these can be controlled by adjusting the dosage level.

# PLAYER GUIDE TO PROHIBITED SUBSTANCES

## Frequently Asked Questions about Stimulants:

### **What About ADD and ADHD Medications?**

As stated above, these medications are considered performance enhancing and are banned in professional golf. If a player has been diagnosed with ADD or ADHD by a psychiatrist based on medically-recognized diagnostic criteria, a TUE may be granted. The TUE process is discussed in Section 6 of the Anti-Doping Program Manual. The most commonly prescribed medications to treat ADD and ADHD are Ritalin, Adderall, Focalin, and Concerta, all of which are prohibited stimulants.

### **Do Over the Counter Products Contain Stimulants?**

Prohibited stimulants are sometimes present in over-the-counter substances such as cold medications, dietary supplements, diet aids and headache remedies. The U.S. Food and Drug Administration (FDA) has placed control on the sales of ephedrine. There are still substances that require caution, such as the presence of levmetamfetamine in Vicks Vapor Inhaler, ephedrine in Bronkaid and Primatene tablets, and epinephrine in Primatene Mist. Over-the-counter medications that contain prohibited substances continue to be available.

### **Why is Vicks Vapor Inhaler Prohibited?**

Vicks Vapor Inhaler contains traces of a chemical structurally related to the banned stimulant levmetamfetamine.

### **What if I Have a Cold or the Flu? Can I Take Permitted Medicine to Get Well?**

If an athlete has a cold, flu, or hay fever, there are many permitted medications. Antihistamines, in general, are permitted, as are many decongestants commonly found in over-the-counter cold medications. You can take the many medications listed in the paragraph below, which are also listed in the wallet card. If you have any questions, please feel free to contact the Program Administrator or Medical Advisor.

### **What are Some Permitted Medications for Colds/Allergies?**

Permitted medications include: *Antihistamines/Decongestants*: Allegra, Allegra-D, Benadryl-D, cetirizine, chlorpheniramine, Clarinex, Claritin, Claritin-D, diphenhydramine, fexofenadine, loratadine, phenylephrine, pseudoephedrine, Zyrtec, Zyrtec-D. *Combination Cold Medications*: Advil cold & sinus, Alka-Seltzer Plus (cold & cough, cold & sinus, cold & flu), Chlor-Trimeton (-D, allergy), Comtrex, Coricidin (-D, HBP, cold, flu & sinus, cough & cold), Drixoral (cold & allergy, allergy sinus), Robitussin (severe congestion, cold & cough, CF, PE, DM), Sudafed (-PE, sinus, cold & allergy, maximum strength sinus), TheraFlu (flu, cold & cough, severe cold and congestion, flu & cold), Triaminic (cold & cough, allergy congestion, cold, allergy & sinus), Tylenol (allergy sinus, flu, cold, sinus, multi-symptom), *Cough preparations*: Codeine, dextromethorphan, hydrocodone, Expectorant: Guaifenesin

### **What about Use of Injected Epinephrine (EpiPen)**

Systemic epinephrine is prohibited. If a player requires use of an epinephrine injector due to allergic reactions (i.e., peanut allergies) the player should apply for a TUE in advance of tournament play.



## Beta Blockers

### What are they?

Beta blockers are drugs that are used for the treatment of cardiac arrhythmias, cardio-protection after myocardial infarction, hypertension and the prophylaxis of migraine headaches.

### Examples:

- nadolol (Corgaard)
- carvedilol (Coreg CR)
- bendroflumethiazide-nadolol (Corzide)
- propranolol (Inderal, Inderal LA, Innopran XL)

### How are they obtained?

Beta blockers are obtained by prescription.

### How could Beta Blockers be used to enhance performance in golf?

Athletes may misuse beta blockers to decrease heart rate, steady nerves, and stop muscle tremor. Beta blockers can decrease anxiety to help control various fine motor skills.

## Frequently Asked Questions about Beta Blockers:

### What if I Need a Beta-Blocker to Treat High Blood Pressure?

There are a number of permitted medications to treat hypertension (high blood pressure). If a player has a diagnosed medical need for a banned beta-blocker, a TUE may be granted.

### What are Examples of Permitted High Blood Pressure Medications?

Permitted Medications Include: Ace Inhibitors, Calcium Channel Blockers, Angiotensin II Receptor Blockers, Alpha Blockers, Central Alpha Agonist, Combination Calcium Channel Blocker/Angiotensin II Receptor Blocker, Combination Ace Inhibitor/Calcium Channel Blocker

## Drugs of Abuse

### **What are they?**

*Drugs of abuse* are recreational drugs that are often times obtained illegally.

### **Examples:**

- Cannabinoids (hashish and marijuana)
- cocaine
- methylenedioxymethamphetamine (Ecstasy)
- phencyclidine (PCP)
- dimethylamphetamine (DMA)
- benzylpiperazine (BZP)
- amphetamine
- methamphetamine (D-)
- methylenedioxyamphetamine
- p-methylamphetamine

## Cannabinoids (*Drugs of Abuse*)

Natural and synthetic Cannabinoids are prohibited. Cannabinoids are also called marijuana, hashish or cannabis. Natural cannabinoids are made from the dried flowers, leaves or resin of the cannabis plant. The active chemical in cannabinoids is THC (delta-9-tetrahydrocannabinol) and this causes a series of reactions in the brain that lead to feelings of relaxation and reduced inhibition.

### **How could cannabinoids be used to enhance performance in golf?**

Athletes are unlikely to use cannabinoids to improve their performance; however, some athletes have used cannabinoids to decrease anxiety before a competition. They are more likely to be used as a recreational drug.

# PLAYER GUIDE TO PROHIBITED SUBSTANCES

## Frequently Asked Questions about Marijuana:

### **Why is Marijuana Prohibited?**

Marijuana is illegal under federal law and in most other countries. Involvement with illegal substances goes against the spirit of our sport.

### **What are the Risks Associated with Using Marijuana?**

In small amounts, cannabinoids can distort perception of time and space and can impair an athlete's coordination, perception and thinking skills. It also increases the heart rate and reduces the oxygen-carrying capacity of the blood. Long term use of cannabinoids has been found to be even more dangerous than smoking tobacco, and can lead to addiction for some users. Marijuana smoke contains 50% more carcinogens (cancer causing chemicals) than tobacco smoke and regular users are more likely to suffer from chest illnesses and breathing problems. Its adverse affect on memory, attention and learning lasts for weeks after the drug is last taken. Long term use can also cause severe chronic debilitating mental illness. Users should be aware that detectable traces of cannabinoids can remain in the blood stream for many weeks after use.

### **If I am Around a Person who is Smoking Marijuana will I have a Positive Test?**

The testing threshold is set at a high level to avoid detection of second-hand marijuana smoke. A number of studies have been completed to determine if passive (second-hand) inhalation will produce a positive test. According to the United States Anti-Doping Agency (USADA), even in studies where the marijuana smoke was so thick the participants had to wear goggles to protect their eyes, the testing threshold prevented a positive test for marijuana. USADA reports that inadvertent exposure to marijuana smoke by passive inhalation is not going to cause the test result to exceed the threshold.

### **How Long does Marijuana Stay in the Body?**

THC (the active substance in marijuana) can accumulate in fatty tissues of the user during long periods of heavy use. Thus, the clearance of marijuana is more variable than for many other drugs. The clearance depends on the individual metabolism, body fat, THC content of the marijuana, and how frequently and how heavily the marijuana was used. Thus, there is not a way to predict how long THC metabolite can be detected in a given individual athlete.

# PLAYER GUIDE TO PROHIBITED SUBSTANCES

## Narcotics (*Drugs of Abuse*) (Also called painkillers and analgesics)

### What are they?

Narcotics are strong painkillers used for the treatment of chronic and acute painful conditions; they are made from opiates taken from the poppy plant. Narcotics work by reducing the amount of pain that is registered by the brain and some narcotics can give the user a feeling of euphoria, powerfulness and fearlessness.

### Examples:

- buprenorphine (Suboxone)
- dextromoramide
- diamorphine (Heroin)
- fentanyl (Fentora, Duragesic) and derivatives
- hydromorphone (Dilaudid)
- methadone
- morphine (Avinza, Kadian, MS Contin, MSIR)
- oxycodone (Percocet, Oxycontin, Roxicet, Tylox)
- oxymorphone (Opana, OpanaER)
- pentazocine (Talwin, Talacen)

### How are they obtained?

Narcotics are obtained by prescription or illegally.

### Why do some athletes use narcotics?

Athletes may need to use painkillers to treat an injury. However, it may be tempting for an athlete to continue to train or play with an injury and use a narcotic to mask the pain. This could make the original injury worse.

## Frequently Asked Questions about Narcotics:

### What If the Athlete Needs a Painkiller for an Injury?

Slight to moderate pain can be effectively treated using non-narcotic drugs. For example, most non-steroidal anti-inflammatory drugs (NSAIDs: aspirin, naproxen, ibuprofen, Advil, Aleve, Motrin and acetaminophen) are permitted. NSAIDs have anti-inflammatory and analgesic (pain-killing) actions. For management of more severe pain, there are a number of substances that are permitted, such as codeine, propoxyphene, Tramadol and hydrocodone. For other narcotics, the athlete should ensure the medication considered is not specifically listed on the Prohibited List. TUEs may be available in certain circumstances.

# THERAPEUTIC USE EXEMPTIONS

## SECTION 6

### PGA TOUR Anti-Doping Program Therapeutic Use Exemptions (TUE)

#### A. DEFINITION OF A THERAPEUTIC USE EXEMPTION

Players, like anyone else, may have illnesses or conditions that require the use of a substance on the *PGA TOUR Prohibited List* as treatment. In such a case, a Therapeutic Use Exemption (TUE) may, under strict conditions, provide a player with the authorization to take the needed medicine while continuing to play.

#### B. OVERVIEW OF A TUE

A Therapeutic Use Exemption (TUE) is an authorization to take a *Prohibited Substance* or use a *Prohibited Method* under well defined and restricted conditions.

A TUE must be obtained from the PGA TOUR's TUE Committee for the use of any *Prohibited Substance* or *Prohibited Method* on the *PGA TOUR Prohibited List*. In order to obtain an approval for a TUE, a player must have a well documented medical condition supported by reliable and relevant medical data.

##### 1. Application

Application (including all requested medical information) for a TUE shall be made to the PGA TOUR's Anti-Doping Program Administrator ("Program Administrator") at least thirty (30) days prior to participation in a PGA TOUR co-sponsored, approved or coordinated tournament for which the TUE is sought. The application will be considered by a TUE Committee consisting of the PGA TOUR's medical advisor and one or more specialists designated by the PGA TOUR's medical advisor.

The TUE application may be obtained from [pgatourlinks.com](http://pgatourlinks.com), Player Relations Representatives, or the Program Administrator.

##### 2. Approval Procedure

TUE applications will be reviewed by the TUE Committee after all requested medical documentation is submitted by the player. Normally, the Program Administrator will notify the player of the decision taken by the TUE Committee within twenty-one (21) days of receipt by the TUE Committee of all requested documentation.

##### 3. Commencement of Medical Treatment

Except in emergency situations as defined in Section 6 (D) (1), players should not begin treatment with a *Prohibited Substance* or *Prohibited Method* until after a TUE has been granted. Treatment in advance of a decision would constitute an *Anti-Doping Rule Violation* in the event that the TUE is denied by the TUE Committee.

# THERAPEUTIC USE EXEMPTIONS

## C. CRITERIA FOR GRANTING A TUE

The four criteria that must be fulfilled to grant a TUE are stated in Section F of the Program:

1. The player 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. (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.)
2. 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.
3. There is no reasonable therapeutic alternative to the use of the otherwise *Prohibited Substance* or *Prohibited Method*.
4. The necessity for the use of the otherwise *Prohibited Substance* or *Prohibited Method* is not a consequence, wholly or in part, of a prior non-therapeutic use of any substance on the *PGA TOUR Prohibited List*.

A TUE can only be granted if all four criteria are fulfilled.

## D. RETROACTIVE TUE APPLICATIONS

### 1. Emergency Situations

A TUE application may be submitted retroactively where emergency treatment or treatment of an acute medical condition was required. The TUE Committee shall exercise its sole discretion to determine whether the circumstances constituted an emergency situation. In the event that the TUE Committee determines that an emergency situation did not exist, then the application shall be treated as a non-emergency retroactive TUE application as set forth below.

### 2. Non-Emergency Retroactive Applications

Outside of emergency circumstances, retroactive TUEs may be granted only where the player undergoes, at his expense, all testing procedures required by the TUE Committee and where, in the opinion of the TUE Committee, the medical justification for the TUE is clear. Non-emergency retroactive TUE applications shall be accompanied by a filing fee of \$10,000.

# THERAPEUTIC USE EXEMPTIONS

## E. DOCUMENTATION REQUIRED

The TUE application questions must be answered completely and the information submitted should be sufficient to allow the TUE Committee to render a reasoned decision.

The following documents must be provided in support of a TUE request:

- All condition-specific requested records
- All evidence confirming the diagnosis
- Copies of the original reports or letters
- A comprehensive medical history and the results of all relevant examinations, laboratory investigations and imaging studies relevant to the application (Any additional relevant investigations, examinations or imaging studies requested by TUE Committee or the Program Administrator will be undertaken at the expense of the applicant)
- A statement by a qualified physician attesting to the necessity of the otherwise *Prohibited Substance* or *Prohibited Method* in the treatment of the player and describing why an alternative permitted medication cannot, or could not, be used to treat this condition
- In the case of non-demonstrable conditions, independent supporting medical opinion may be required in support of the application

The data provided should be up-to-date and accurate in form and substance.

## F. DETERMINATION OF SUFFICIENCY

The TUE Committee will decide if the application presents sufficient justification for the granting of a TUE. The TUE Committee is authorized to request through the Program Administrator more information at any time if it is needed to render a decision.

## G. METHODS OF SUBMISSION OF A TUE APPLICATION

TUE applications may be submitted online or in paper form to the Program Administrator. Applications and/or supporting documents may also be submitted by email or fax, provided that an e-mail or fax application is followed by delivery of the hard copy of the complete application.

## H. TUE COMMITTEE CONSTITUTION

The TUE Committee shall be chaired by the PGA TOUR's medical advisor and may include one or more specialists from a standing list of medical experts in those medical specialties most relevant to anticipated TUE applications.

Routine Matters. The TUE Committee, through the Program Administrator, will provide a response to the player (which may include a request for more information necessary to evaluate the application) within twenty-one (21) days. In emergency circumstances, the Committee will respond as quickly as possible.

All members of the TUE Committee will sign an appropriate confidentiality agreement and all information received by the TUE Committee shall be maintained in strict confidence.

# THERAPEUTIC USE EXEMPTIONS

## **I. RENEWING A TUE**

TUEs will typically only be granted for a limited period of time. In the TUE application, the player's physician should recommend a specific duration for the TUE requested. TUEs cannot be renewed after expiration without a new medical consultation and confirmation of the request by the player's physician with appropriate supporting documentation.

## **J. TUE APPEAL**

A player whose TUE application is denied may appeal within seven (7) days of being notified of the denial. The player must submit a written intent to appeal to the Program Administrator. The case will then be submitted to an independent panel administered by the American Arbitration Association. A hearing shall take place within 45 days of the formation of the panel unless exceptional circumstances warrant a delay. Further details regarding the Appeal Process can be found in Section 2.

## **K. RECOGNITION**

The PGA TOUR may in its sole discretion recognize TUEs granted by other golf organizations provided the medical waiver was granted in a manner consistent with the PGA TOUR's Program.



# EXAMPLES OF PERMITTED MEDICATIONS

## SECTION 7

### PGA TOUR Anti-Doping Program Examples of Permitted Medications

- ADD/ADHD: Strattera
- Allergy/Anti-Inflammatories: *Corticosteroids*, including Decadron, Depo-Medrol, Entocort, Solu-Medrol, Prednisone and Prednisolone are permitted but will be monitored.
- Anesthetics: All locals and locals with epinephrine permitted
- Antacids: Di-Gel, Gaviscon, Maalox, Mylanta, Tums
- Anti-Anxiety: Atarax, Ativan, Buspar, Librium, Valium, Vistaril, Xanax
- Antibiotics: All are permitted
- Anti-Depressants: All *SSRIs* (Prozac, Paxil, Zoloft, Lexapro, etc.), all *SNRIs* (Wellbutrin, Cymbalta, Effexor), all *tricyclics*
- Anti-Diabetics: All oral anti-diabetic medications
- Anti-Diarrheals: Diphenoxylate w/atropine, Imodium, kaolin w/pectin, Kaopectate, Lomotil, Lonox, loperamide, Pepto Bismol
- Topical Antifungals: Cruex, Desenex, Lamisil, Lotrimin, Micatin, Monistat, Mycostatin, Tinactin
- Anti-Nausea/Anti-Vertigo: Antivert, Bonine, Bucladin S, Compazine, diphenhydramine, Dramamine, Emetrol, Motion Aid, Tigan
- Antiviral: Acyclovir, didanosine, Famvir, Relenza, Stavudine, Tamiflu, Valtrex
- Asthma: Accolate, cromolyn sodium, Intal, ipratropium, nedocromil sodium, Singulair, Spiriva, theophylline, Tilade, and Beta-2 Agonists (*use will be monitored*) including Advair, Advair HFA, albuterol, albuterol HFA, bambuterol, bitolterol, Brethaire, Combivent, fenoterol, Foradil, formoterol, Maxair, metaproterenol, orciprenaline, pibuterol, Proventil, Proventil HFA, reproterol, salbutamol, salmeterol, Serevent, terbutaline, Ventolin, Ventolin HFA, Xopenex, Xopenex HFA
- Cold/Allergy Medications: *Antihistamines/Decongestants*: Allegra, Allegra-D, Benadryl, Benadryl-D, cetirizine, chlorpheniramine, clastamine, Clarinex, Claritin, Claritin-D, diphenhydramine, fexofenadine, loratadine, naphazoline, oxymetazoline, phenylephrine, pseudoephedrine, tetrahydrozoline, xylometazoline, Zyrtec, Zyrtec-D. CAUTION: Vicks Vapor Inhaler is prohibited. *Combination Cold Medications*: Actifed cold & sinus, Advil cold & sinus, Alka-Seltzer Plus (cold & cough, cold & sinus, cold & flu), Chlor-Trimeton (-D, allergy), Comtrex, Coricidin (-D, HBP, cold, flu & sinus, cough & cold), Drixoral (cold & allergy, allergy sinus), Robitussin (severe congestion, cold & cough, CF, PE, DM), Sudafed (-PE, sinus, cold & allergy, maximum strength sinus), TheraFlu (flu, cold & cough, severe cold and congestion, flu & cold), Triaminic (cold & cough, allergy congestion, cold, allergy & sinus), Tylenol (allergy sinus, flu, cold, sinus, multi-symptom), Vicks (44D, Dayquil, Nyquil); *Cough preparations*: Codeine, dextromethorphan, hydrocodone; Expectorant: Guaifenesin.
- Ear Preparations: Auralgan, Auro Ear Drops, Cerumenex, Ciprodex Otic, Cipro HC Otic, Cortisporin Otic, Debrox, Murine Ear Drops, Otic Domeboro
- Erectile Dysfunction: Levitra, Viagra, Cialis
- Eye Preparations: Alrex, Artificial Tears, Blephamide, Cortisporin Ophthalmic, Maxitrol, Murine Plus, Mycitracin, Naphcon-A, Neo-Synephrine, Ocu-Pred, Patanol, Pred-Forte, oxymetazoline, Relief, tetrahydrozoline, Vasocon-A, Visine
- Hair Loss or Prostate: Propecia, Proscar, Avodart

# EXAMPLES OF PERMITTED MEDICATIONS

- Hemorrhoidals: Anusol, Preparation H. External creams or ointments containing corticosteroids are allowed
- Hypertension: *Ace Inhibitors*: Accupril (quinapril), Aceon (perindopril erbumine), Altace (Ramipril), Capoten (Captopril), Lotensin (Benazepril), Mavik (Trandolapril), Monopril (Fosinopril), Prinivil (Lisinopril), Univas (Moexipril), Vasotec (Enalapril), Zestril (Lisinopril) *Calcium Channel Blockers*: Adalat CC (dihydropyridine), Calan (verapamil), Cardizem (benzothiazepine), Covera HS (Verapamil), Dilacor XR (benzothiazepine), Dynacirc CR (Isradipine), Tiazac (Diltiazem), Norvasc (Norvasc), Plendil (Felodipine), Nicardipine (Nicardipine), Cardene SR (nicardipine), Procardia XL (Nifedipine), Sular (Nisoldipine), Isoptin SR (Verapamil), Verelan (Verapamil), Verelan PM (Verapamil) *Angiotensin II Receptor Blockers*: Atacand (Candesartan), Avapro (Irebesartan), Benicar (Olmesartan), Cozaar (Losartan), Diovan (Valsartan), Micardis (Telmisartan), Teveten (Eprosartan), *Alpha Blockers*: Cardura (Doxazosin), Hytrin (Terazosin) Central Alpha Agonist: Catapres (Clonidine), Tenex (Guanfacine) *Combination Calcium Channel Blocker/Angiotensin II Receptor Blocker*: Exforge (Amlodipine/Valsartan), *Combination Ace Inhibitor/Calcium Channel Blocker*: Lexxel (Enalapril Maleate/Felodipine), Lotrel (Amlodipine/Benazepril)
- Laxatives: Colace, Correctol, Dulcolax, Ex-Lax, Fibercon, Fleet Enema, Metamucil, Miralax
- Liniments/Topicals: Aspercreme, Ben-Gay, Biofreeze, capsaicin, Flex-All 454, Icy Hot Balm, Myoflex Cream, Sportscreme, Vicks Vaporub, Zostrix, Zovirax, topical skin corticosteroids
- Muscle Relaxants: Baclofen, Cyclobenzaprine, Flexeril, Norflex, Skefaxin, Soma, Zanaflex
- Pain/Anti-Inflammatory: Acetaminophen, Aleve, aspirin, Bufferin, Celebrex, Dolobid, Ecotrin, hydrocodone, ibuprofen, Lyrica, naproxen, Neurontin, piroxicam, propoxyphene, tramadol, Tylenol (plain, ex-strength), Ultram. Non-steroidal anti-inflammatory agents (NSAIDS): All are permitted (except famprofazone) Permitted Narcotics: Hydrocodone (Vicodin, Norco, Lortab, Maxidone, Xodol, Zydone) Codeine (Tylenol with Codeine)
- Sedatives/Sleep Aids: Ambien, Ambein CR, Antivert, Ativan, Compiz, Dalmane diphenhydramine, Halcion, Lunesta, Nytol, Restoril, Rozerem, Sominex, Sonata, Unisom, Valium, Xanax
- Ulcer Medications: Aciphex, Acid, Carafate, Nexium, Pepcid, Prevacid, Prilosec, Protonix, Tagamet, Zantac

## Dietary Supplement Warning

Some dietary or nutritional supplements (homeopathic remedies, herbs, botanicals, energy bars, additives to fruit shakes or smoothies), that are sold over the counter or through the Internet, contain substances that are prohibited under the PGA TOUR Anti-Doping Program. This may not be indicated on the list of ingredients. These products are not licensed and are not subject to the same strict manufacturing and labeling requirements as licensed medications.

## SECTION 8

### PGA TOUR Anti-Doping Program

#### Player Resources

**Andy Levinson, Executive Director and Program Administrator**

Anti-Doping Program  
112 PGA TOUR Blvd  
Ponte Vedra Beach, FL 32082

Email: [andylevinson@pgatourhq.com](mailto:andylevinson@pgatourhq.com)  
Direct Phone: (904) 280-2487  
Direct Fax: (904) 543-2329  
Mobile: (904) 315-8448

Available 24 hours a day, seven days a week to answer questions regarding the Program.

**Thomas G. Hospel, MD, MBA**

PGA TOUR Medical Director/ TUE Committee Chairman  
6955 Hospital Drive  
Dublin, OH 43016

Email: [tomhospel@pgatourmail.com](mailto:tomhospel@pgatourmail.com)  
Office Phone: (614) 566-1420  
Office Fax: (614) 467-2292  
Mobile: (614) 537-3000

**National Center for Drug Free Sport**

Resource Exchange Center (REC)

Email: [pgatour@drugfreesport.com](mailto:pgatour@drugfreesport.com)  
Toll Free Phone: (877) 285-1430  
Website: [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec) (password: pgatour)

The REC is an on-line and telephone service that provides athletes with up-to-date, confidential and accurate information on dietary supplements and dangerous or prohibited substances. The REC is available by calling 1-877-285-1430 or by logging into: [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec), and entering the password pgatour. Telephone correspondence with the REC can be done anonymously, and will be kept confidential. Questions received by the REC will be answered within 24 hours of submission during regular business hours. The PGA TOUR Program Administrator (above) may be contacted 24 hours a day.

REC Business hours: 8:00 a.m. - 4:30 p.m. Monday-Friday (Central Standard Time)

## SECTION 9

### Playing Outside the United States

The PGA TOUR's List of Prohibited Substances is based on the World Anti-Doping Agency List, with a few differences. The PGA TOUR does not ban the following:

1) Asthma

Beta-2 agonists, including: Advair, Advair HFA, albuterol, albuterol bambuterol, Combivent, formoterol, Maxair, Proventil, Serevent, salbuterol, Ventolin and Xopenex.

When playing on The European Tour, a TUE is required for all Beta-2 agonists with the exception of inhaled Salbutamol, formoterol or Salmeterol. Inhaled Salbutamol, formoterol and Salmeterol should be declared on your *doping control* form which you will complete after you are notified that you have been selected for testing. The maximum dosage of Salbutamol allowed is 1600 mcg per 24 hour period. The maximum dosage of formoterol is 36 mcg over 24 hour period. Salmeterol may be taken by inhalation only.

2) Allergy/Anti-Inflammatories

Corticosteroids, including: Decadron, Depo-Medrol, Entocort, Solu-Medrol, Prednisone and Prednisolone.

When playing on The European Tour, a TUE for Corticosteroids will be required when administered by oral, intravenous, intramuscular or rectal routes.

3) Pseudoephedrine

Pseudoephedrine is not banned under the PGA TOUR Anti-Doping Program. When playing on The European Tour, concentrations of pseudoephedrine greater than 150 micrograms per milliliter in urine is prohibited. It is recommended that players contact the PGA TOUR Program Administrator to determine whether a TUE can be obtained for the use of pseudoephedrine when competing outside of the PGA TOUR.

Beta-2 agonists and Corticosteroids are permitted under the PGA TOUR's Program. The WADA List prohibits the use, without a prior TUE, of all Beta-2 agonists (except Salbutamol and Salmeterol by inhalation, Salbutamol not to exceed 1600 micrograms over 24 hours and formoterol not to exceed 36mcg over 24 hours) and Corticosteroids when administered by oral, intravenous, intramuscular or rectal routes. While WADA bans these substances when recorded above published threshold levels, the PGA TOUR does not ban these substances at any level because, with the assistance of our medical experts, we concluded that these substances do not provide a significant performance-enhancing or masking effect. Including these substances would significantly increase the administrative burden on players to apply for medical waivers since these substances are widely used for legitimate purposes. The PGA TOUR will monitor the usage levels of these medications to ensure they are not being abused.

# PLAYING OUTSIDE THE UNITED STATES

The athlete should contact the PGA TOUR Anti-Doping Administrator if he is taking a Beta Agonist (exception: Salmeterol by inhalation, Salbutamol less than 1600 mcg per 24 hour period, and formoterol less than 36mcg per 24 hour period) and would like to request information on obtaining a TUE from the European Tour or other organizations.

The PGA TOUR Anti-Doping Administrator should be contacted for athletes taking corticosteroids by oral, intravenous, intramuscular, and rectal routes to request information on obtaining a TUE from the European Tour or other organizations.

The PGA TOUR Anti-Doping Administrator should be contacted for athletes taking pseudoephedrine in dosages that would exceed a urine concentration greater than 150mcg per milliliter to request information on obtaining a TUE from the European Tour or other organizations.

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PGA TOUR  
Anti-Doping  
Wallet Card

(please tear, fold and  
keep in your wallet)



ANTI-DOPING PROGRAM

This wallet card lists examples of prohibited substances and methods, and is not complete or exhaustive. The complete prohibited substances and methods list is contained in the most current PGA TOUR Anti-Doping Program Manual. Not all substances belonging to the prohibited classes are specifically listed below. Trade names for medications within the prohibited classes are printed in bold typeface.

Note: many nutritional and/or dietary supplements may contain substances prohibited under the PGA TOUR Anti-Doping Program. The U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore, the purity and safety of nutritional and/or dietary supplements cannot be guaranteed. Impure and/or contaminated supplements may lead to a positive drug test. Ingesting a supplement that is contaminated with a prohibited substance is not a defense to a violation of the Program.

declared on your doping control form), a Corticosteroid, or pseudoephedrine for a medical condition, you should contact the PGA TOUR Program Administrator to assist you in obtaining a TUE from The European Tour.

FOR ADDITIONAL QUESTIONS

**Andy Levinson,**  
**Executive Director and Program Administrator**  
Available 24 hours a day, seven days a week to answer questions regarding the Program  
Direct Phone: 904-280-2487  
Mobile: 904-315-9448  
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**Tom Hospel, M.D.**  
**PGA TOUR Medical Director/TUE Committee Chairman**  
Direct Phone: 614-537-3000  
Email: tomhospel@pgatourmail.com

**National Center for Drug Free Sport  
Resource Exchange Center (REC)**  
All inquiries are confidential and will be answered within one business day  
Toll Free Phone: 877-285-1430  
Email: pgatour@drugfreesport.com  
Website: www.drugfreesport.com/rec (password: pgatour)

FOLD #3  
Revised September 2013

*steroidal anti-inflammatory agents (NSAIDs):* All are permitted (except famprazole). *Permitted Narcotics:* Hydrocodone, Codeine (Tylenol with Codeine), Propoxyphene (Darvocet)

• **Sedatives/Sleep Aids:** Ambien, Antivert, Ativan, Compoz, Dalmane, diphenhydramine, Halcion, Lunesta, Nyrol, Restoril, Rozerem, Somnex, Sonata

• **Ulcer Medications:** Aciphex, Acid, Carafate, Nexium, Pepcid, Prevacid, Prilosec, Protonix, Tagamet, Zantac

COMPETING OUTSIDE OF THE PGA TOUR

The following medications are permitted on the PGA TOUR, but are banned on The European Tour:

• **Allergy/Anti-Inflammatories:** Corticosteroids, including: Decadron, Depo-Medrol, Solu-Medrol, Prednisone and Prednisolone

• **Asthma:** Beta-2 agonists (use will be monitored), including: Advair, albuterol, Combivent, Maxair, Serevent, Ventolin, Xopenex

• **Pseudoephedrine**  
If you use a Beta-2 agonist (other than Salbutamol, formoterol or Salmeterol by inhalation - which should be

FOLD #2

- **Ear Preparations:** Cerumenex, Cortisporin Otic
- **Erectile Dysfunction:** Levitra, Viagra, Cialis
- **Eye Preparations:** Artificial Tears, Naphcon-A, Neo-Synephrine, Ocu-Pred, Patanol, Pred-Forte, Visine
- **Hair Loss or Prostate:** Propecia, Proscar, Avodart
- **Hemorrhoidals:** Anusol, Preparation H

• **Hypertension:** *Ace Inhibitors, Calcium Channel Blockers, Angiotensin II Receptor Blockers, Alpha Blockers, Central Alpha Agonist, Combination Calcium Channel Blocker/Angiotensin II Receptor Blocker, Combination Ace Inhibitor/Calcium Channel Blocker*

• **Laxatives:** Colace, Dulcolax, Ex-Lax, Fibercon, Metamucil, Miralax

• **Liniments/Topicals:** Aspercreme, Ben-Gay, Biofreeze, capsaicin, Icy Hot Balm, topical skin corticosteroids

• **Muscle Relaxants:** Baclofen, Cyclobenzaprine, Flexeril, Norflex, Skelaxin, Soma, Zanaflex

• **Pain/Anti-Inflammatory:** Acetaminophen, Aleve, aspirin, Celebrex, codeine, ibuprofen, Lyrica, Neurontin, tramadol, Tylenol (plain, ex-strength), Ultram, Non-

FOLD #1

# PGA TOUR Anti-Doping Wallet Card

(please tear, fold and  
keep in your wallet)

**NSF International's Certified for Sport Program** tests and certifies select supplements as free from banned substances. If players desire to use supplements, the PGA TOUR recommends NSF's Certified for Sport Products. These supplements are available for purchase by PGA TOUR players. The full list of certified supplements can be found at: [www.nsfisport.com/listings/certified\\_products.asp](http://www.nsfisport.com/listings/certified_products.asp)

**EXAMPLES OF PROHIBITED SUBSTANCES**

- **ANABOLIC AGENTS**  
Androstenedione (**Andro**), Bolandiol (**Anabiol**), Boldenone (**Equipoise**, **Ganabol**, **Ultragan**), Dehydroepiandrosterone (**DHEA**), Dianabol (**DBOL**), Nandrolone (**Deca Durabolin**), Stanozol (**Winstrol**), Tetrahydrogestrinone (**THG, The Clear**), Testosterone (**Testim, Axiron, Androgel, Androderm, Stribant**)
- **HORMONES AND RELATED SUBSTANCES**  
Erythropoietin (**EPO, Procrit, Aranesp**), Gonadotrophins (**FSH, LH, HCG**), Human Growth Hormone (**HGH, Humatrope, Nutropin, Genotropin**), IGF-1 (**Insulin like Growth Factor**), Insulin
- **HORMONE ANTAGONISTS AND MODULATORS**  
Aromatase inhibitors (**Arimidex, Femara, Teslac**), Clomiphene (**Clomid**), Selective Estrogen Receptor Modulators (**SERM**) (**Evista, Tamoxifen**)

- **DIURETICS AND OTHER MASKING AGENTS**  
Acetazolamide (**Diamox**), Furosemide (**Lasix**), Hydrochlorothiazide (**HCT**), Probenecid (**Benemid**), Spironolactone (**Aldactone**)

- **DRUGS OF ABUSE**  
Marijuana, Cocaine, Fentanyl, Hydromorphone, Methadone, Methamphetamine, Morphine, Oxycodone (**Percocet, Roxicet**)

- **STIMULANTS**  
Amphetamine-dextroamphetamine (**Adderall, Vyvanse**), Ephedrine, Famprofazone, Heptaminol Isomethopene (**Mildrin**), Levmetamfetamine (**Vicks Inhaler**), Mefenorex (**Rondimen, Pondinil**), Methylphenidate (**Ritalin, Concerta**), Sibutramine (**Meridia**)

- **BETA BLOCKERS**  
Atenolol (**Tenormin**), Bisoprolol (**Zebeta**), Carvedilol (**Coreg**), Metoprolol (**Toprol**), Nadolol (**Corgaard**), Propranolol (**Inderal**)

**PROHIBITED METHODS**

The PGA TOUR prohibits the use of substances and methods that alter the integrity and/or validity of urine samples provided during drug testing. Examples of banned methods are catheterization, urine substitution and/or urine tampering, or modification of renal excretion by the use of diuretic and/or masking agents.

**EXAMPLES OF PERMITTED MEDICATIONS**

- **ADD/ADHD:** Strattera
- **Allergy/Anti-Inflammatories:** *Corticosteroids*, including Decadron, Depo-Medrol, Solu-Medrol, Prednisone and Prednisolone
- **Anesthetics:** All locals and locals with epinephrine permitted
- **Antacids:** Maalox, Mylanta, Tums
- **Anti-Anxiety:** Ativan, Valium, Xanax
- **Antibiotics:** All are permitted
- **Anti-Depressants:** All *SSRIs* (Prozac, Paxil, Zoloft, Lexapro and etc.) all *SVRIs* (Wellbutrin, Cymbalta, Effexor and all *tricyclics*)
- **Anti-Diabetics:** All oral anti-diabetic medications
- **Anti-Diarrheals:** Imodium, Lomotil, loperamide, Pepto Bismol
- **Topical Antifungals:** Desenex, Lamisil, Lotrimin, Mycostatin, Tinactin

- **Anti-Nausea/Anti-Vertigo:** Antivert, Compazine, diphenhydramine, Dramamine, Tigan
- **Antiviral:** Acyclovir, Famvir, Tamiflu, Valtrex
- **Asthma:** Accolate, cromolyn sodium, ipratropium, Singulair, Spiriva, and *Beta-2 Agonists* (*use will be monitored*) including Advair, albuterol, Combivent, formoterol, Maxair, Proventil, Serevent, Ventolin, Xopenex
- **Cold/Allergy Medications:** *Antihistamines/Decongestants* Allegra, Allegra-D, Benadryl-D, cetirizine, chlorpheniramine, Clarinex, Claritin, Claritin-D, diphenhydramine, fexofenadine, loratadine, phenylephrine, pseudoephedrine, Zyrtec, Zyrtec-D. *Combination Cold Medications:* Advil cold & sinus, Alka-Seltzer Plus (cold & cough, cold & sinus, cold & flu), Chlor-Trimeton (-D, allergy), Corrix, Coricidin (-D, HBP, cold, flu & sinus, cough & cold), Drixoral (cold & allergy, allergy sinus), Robitussin (severe congestion, cold & cough, CF, PE, DM), Sudafed (PE, sinus, cold & allergy, maximum strength sinus), Theraflu (flu, cold & cough, severe cold and congestion, flu & cold), Triaminic (cold & cough, allergy congestion, cold, allergy & sinus), Tylenol (allergy sinus, flu, cold, sinus, multi-symptom), *Cough preparations:* Codeine, dextromethorphan, hydrocodone, Expectorant: Guaifenesin