


TRAMADOL


Factsheet for athletes & athlete support personnel

From 1 January 2024, **tramadol** will be added to the Prohibited List.
It will only be prohibited during the in-competition period.


What is tramadol?

 **Tramadol** is a type of medication that is used to relieve and treat moderate to severe pain.


What is changing?

 From 1 January 2024, **tramadol** has been added to the S7 category (narcotics) of the Prohibited List, which are banned in competition only.


Why is this news important?

 Monitoring data shows that tramadol is being used in certain sports. Athletes, coaches, medical professionals and wider support personnel need to be aware of this change to avoid athletes testing positive inadvertently.

Why is tramadol banned?

 **Tramadol** is an opioid used as a treatment for moderate to severe pain. **Tramadol** can also cause negative side effects, such as physical dependence, opiate addiction, and overdose issues, which poses a health risk to athletes. In addition, some studies suggest that **tramadol** may enhance physical performance in certain sports.

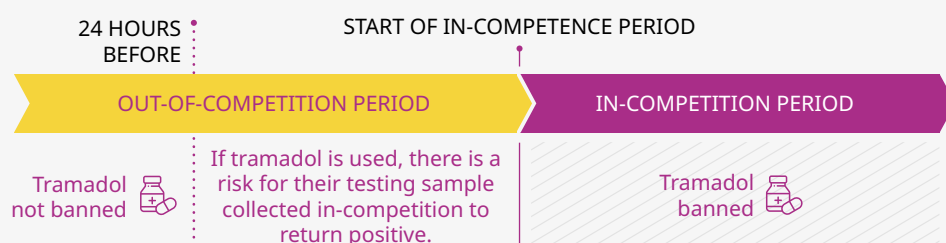
What is the in-competition period?

 The in-competition period usually begins at 11:59 PM the day before the competition starts. Athletes should check with their International Federation (IF) to see if the in-competition period is different for their sport.

What if an athlete is prescribed tramadol?

If an athlete needs to use **tramadol** during the in-competition period to treat a diagnosed medical condition, they must apply for a therapeutic use exemption (TUE). Athletes and athlete support personnel (ASP) should contact their National Anti-Doping Organization (NADO), International Federation (IF) or the Major Event Organization (MEO) for more information on how and when to apply.

If **tramadol** is used within 24 hours before the start of the in-competition period, athletes should be aware that there is a risk for their testing sample collected in-competition to return positive. The athlete, with the help of their physician, should prepare their medical file in case a retroactive TUE application is necessary.



Important: Athletes and their medical professionals must have the necessary medical documentation to support their TUE application. For more information, please consult the [Checklist for a TUE application: Pain Management](#).

If the TUE is not approved and the athlete tests positive in-competition, the athlete may face a sanction, regardless of when they used tramadol.

If an athlete uses tramadol more than 24 hours before the in-competition period, it is unlikely that an in-competition test result will be positive.

What do athletes need to do?

- **Be aware** of and understand the risks of inadvertent doping related to **tramadol** usage
- **Speak** with their medical professional and athlete support personnel to ensure they are aware of the change in status for **tramadol**
- **Explore** the options for a non-prohibited alternative with their medical professional
- **Check** the competition and the IF rules to understand when the in-competition period begins
- **Prepare** a complete medical file in case a TUE is needed and check with their NADO, RADO, IF or MEO for the TUE application process
- **Learn** more about the Prohibited List and TUEs on ADEL