



Attention Deficit Hyperactivity Disorder (ADHD) World Athletics TUE Application Guidelines

Supporting Medical Evidence Checklist

ADHD is diagnosed after a patient has demonstrated specific symptoms of the condition, upon a regular basis and within multiple contexts. TUE applications must be supported by medical evidence that confirms the diagnosis of ADHD in accordance with DSM-5 or ICD-11 criteria.

The following documents must be submitted:

1. Two independent assessment reports* carried out by:
 - a paediatrician, child psychologist/psychiatrist (in case of diagnosis made before the age of 18), an adult psychiatrist or other physician who specialises in the diagnosis and pharmacological treatment of ADHD **
 - another physician with demonstrated experience in ADHD diagnosis and treatment**

The reports should clearly state the type of presentation (predominantly inattentive, predominantly hyperactive, or combined), the age of onset, and the pervasiveness and severity of symptoms. Diagnosis made only on the basis of the impact on sport performance will not be accepted.

Nota Bene:

** at least one of the assessments should be performed no more than 6 months prior to TUE application*

*** as per formal declaration by the assessor for recent reports*

2. A copy of the diagnostic schedule conducted (DIVA 5.0, CAADID or ACE +)
3. A copy of the rating scale performed (ADHD-RS, AISRS, ASRS, Barkley or CAARS)
4. A description of treatment plan (see Medication Information paragraph)

First diagnosis made in childhood or adolescence

For those diagnosed with ADHD before the age of 18 years, a copy of previous assessments from educational psychologists, school records, or collateral history by parents, reporting the presence of ADHD symptoms since childhood might be requested by the TUE-SC.

Initial applications will be granted for one year while subsequent applications might be granted up to 4 years at a time, based on the TUE-SC decision. TUE renewals must be submitted with a recent (no more than 6 months old) opinion form.

First diagnosis made after the age of 18 years

For diagnosis made in adulthood, the medical review should also pay special attention to any co-occurring mental health or physical disorders, e.g. depression or other psychiatric disorder.

Initial applications will be granted for one year while subsequent applications might be granted up to 4 years at a time, based on the TUE-SC decision. TUE renewals must be submitted with a recent (no more than 6 months old) opinion form.

Medication information

FDA approved amphetamine-derived stimulants are most commonly used for the treatment of ADHD. The precise dosage is determined on an individual basis and there must be constant monitoring of the symptoms and side effects of the chosen medication by a specialist physician. This is particularly true in the case of newly diagnosed patients, who may initially be prescribed a range of dose, in order to identify the optimal dosage to stabilise symptoms. World Athletics must be immediately advised of any changes in medication or of any modification of the dosage (titration), as this could entail a re-submission of the application. Information on prescribed medication should include the brand name, formulation (short-, medium-, long-acting), dosage (specific amount, number, and frequency of doses over a specific period of time) and route of administration.

