

## INFORMATION TO ALL EHF MEMBER FEDERATIONS

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Dear NADR, Dear Handball Friends,

Thank you for participating in our new cooperation program.

Our goal is CLEAN HANDBALL, and to reach this goal we need – first – excellent education. The past has shown that most of the doping cases in handball were unintended cases. Cases based on lack of knowledge about the rules and especially how to deal with medicine and nutrition supplements.

Education and information must be the focus for 2024. There are always changes of the rules, especially concerning the PROHIBITED LIST. The 2024-list was published in October and will come into force January 1<sup>st</sup>, 2024.

There is one very important change. **TRAMADOL**, a substance very often used in sports and described for classic pain relieve. Please remind clubs and players that using Tramadol In-competition is forbidden. The typical wash-out period is 24h. If the use of Tramadol is necessary less than 24 hours before a game, a TUE is requested.

Inform or remind clubs and players that they should always check the medicine before taking it. All European NADOs have special apps to check the medicine and to get the answer whether it could be used, or it is forbidden in-competition or in- and out-of-competition.

Please remember that if you have any questions or unexpected problems related to anti-doping issues, you can always contact us for help!

We wish you Merry Christmas and a Happy Successful New Year!

Prof. Hans Holdhaus  
Head of EHF-EAU

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