



اللجنة السعودية للرقابة على المنشطات
Saudi Arabian Anti-Doping Committee

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VISION
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المملكة العربية السعودية
KINGDOM OF SAUDI ARABIA

THE PROHIBITED LIST



2020



WORLD
ANTI-DOPING
AGENCY



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THE WORLD ANTI-DOPING CODE
**INTERNATIONAL
STANDARD**

PROHIBITED LIST

JANUARY 2020



This List shall come into effect on 1 January 2020.

The official text of the Prohibited List shall be maintained by WADA
and shall be published in English and French.
In the event of any conflict between the English and French versions,
the English version shall prevail.

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PREFACE

The Saudi Arabian Anti-Doping Committee (SAADC), by preparing and publishing this booklet, helps providing athletes and Athlete's Support Personnel, with the required and important information about the prohibited substances and methods in sport. This kind of activity also falls within the program of awareness which represents one of the main pillars of the Saudi Anti-Doping program.

The list of prohibited substances and methods is one of the international standards emanating from the WADA Code and issued by the World Anti-Doping Agency WADA.

It is very important for all the staff of the sport community to know some facts about the List in order to get the maximum benefits. Such facts can be summarized as follows:

- 1- The list shall come into effect on 01/01/2020 until 31/12/2020 .
- 2- All athletes and Athletes' Support Personnel must refer to this list prior to using or prescribing any medications..
- 3- Names mentioned in the List refer to the scientific and chemical properties of pharmaceutical compounds which are different from the brand-names of medications in pharmacies, and stores selling medicine, dietary and food supplements.
- 4- The official text of the Prohibited List shall be maintained by WADA and shall be published in English and French. In the event of any conflict between the English and French versions, the English version shall prevail.
- 5- The World Anti-Doping Agency wishes to thank and appreciate the Saudi Arabian Anti-Doping Committee for its valuable contribution to the development of the Arabic version of the 2020 WADA Prohibited List. This shall enable the 2020 Prohibited List to be shared across countries in the region, so that the WADA, the Public Authorities, and the Sport Movement can work together to protect clean athletes, and true play. Our best wishes to all sport teams and clubs with success and for their contribution to keeping sport as a field of fair competition and maintaining the health of all athletes .

World Anti-Doping Agency "WADA"

The World Anti-Doping Agency is an independent international organization responsible for promoting, coordinating and monitoring the fight against doping in sport in all its aspects, pursuing doping-free sport. It was established in 1999, based in Canada.

Saudi Arabian Anti-Doping Committee "SAADC"

SAADC is a consultative, legislative and executive committee, attached to the Board of Directors of the Saudi Arabian National Olympic Committee. It is an independent distinct body with its own legal personality, in all anti-doping matters in the Kingdom of Saudi Arabia. It is the sole authority to represent Saudi Arabia at international anti-doping events. SAADC operates within the policies of Saudi Arabian National Olympic Committee under the supervision of the General Sports Authority in Saudi Arabia. It was established in 2004.

WADA CODE

The World Anti-Doping Code (Code) is the core document that harmonizes anti-doping policies, rules and regulations within sport organizations and among public authorities around the world. It works in conjunction with six International Standards which aim to foster consistency among anti-doping organizations in various areas: Prohibited List, Testing and Investigation, Laboratories, Therapeutic Use Exemptions (TUEs), Protection of Privacy and Personal Information, and Code Compliance by Signatories.

To date, more than 660 sport organizations have accepted the World Anti-Doping Code. Code acceptance means that a sport organization agrees to the principles of the Code and agrees to implement and comply with the Code. The implementation of the Code is the process that an anti-doping organization goes through to amend its rules and policies so that all mandatory articles and principles of the Code are included. WADA monitors implementation of and compliance with the Code.

"Prohibited List" International Standard

List of prohibited substances and methods (the Prohibited List) is one of the six international standards that determines what are the materials and methods prohibited in both IN and OUT of competition. It also refers to the list of prohibited substances in particular sports. The prohibited substances and methods on the List are classified by different classes (e.g., steroids, stimulants, gene doping). The list is updated annually.

How is the list updating?

The List is developed through a consultative and intensive process where it starts by circulating and sending a draft to more than 1,700 persons who are related in particular to the anti-doping and substances matters to get their comments and notes. All received comments are processed by the List Expert Group and Health, Medical and Research Committee, of the World Anti-Doping Agency that is composed of international anti-doping scientists and experts. The List Committee analyzes all these comments and consultations and reports last findings to the on WADA Medical and Research Committee, which in turn sends its final recommendations to the Executive Committee, to confirm the final draft in their annual meeting which is held in September every year. (Executive Committee, is the final decision-making body to approve all policies related to international standards).

The Saudi Anti-Doping Program:

The Saudi Anti-doping program seeks to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as "the spirit of sport"; it is the essence of Olympism; it is how we play true. The spirit of sport is the celebration of the human spirit, body and mind, and is characterized by the following values:

- 
- Ethics, fair play and honesty
 - Health
 - Excellence in performance
 - Character and education
 - Fun and joy
 - Teamwork
 - Dedication and commitment
 - Respect for rules and laws
 - Respect for self and other Participants
 - Courage
 - Community and solidarity

Doping is fundamentally contrary to the spirit of sport.

The Saudi Arabian National anti-doping Program is conducted according to the following main items:

Education, Training and Research.

- Therapeutic Use Exemption.
- Testing.
- Result Management.
- Sanctions.

Scope

These Anti-Doping Rules shall apply to the following:

- Saudi Arabian Olympics Committee
- Saudi Arabian Anti-Doping Committee (SAADC)
- Saudi Arabian Sports Federations and Organizations
- All participants in programs and activities supervised by Saudi Sports Federations and Organizations.

Any Person who is not a member of a Saudi Arabian National Federation and who fulfills the requirements to be part of SAADC Registered Testing Pool, must become a member of the Person's National Federation, and shall make himself or herself available for Testing, at least twelve months before participating in International Events or Events of his or her National Federation.

Athletes and Athlete Support Personnel are also bound by SAADC anti-doping rules. Each Saudi Sports Federation shall take the necessary steps to ensure that

all Athletes and Athlete Support Personnel within its authority and all affiliated associations are informed and bound by these rules.

These Anti-Doping Rules shall apply to all Doping Controls over which SAADC has jurisdiction.

ANTI-DOPING RULE VIOLATIONS

Doping is defined as the occurrence of one or more of the anti-doping rule violations shown below (athlete and other persons should be responsible for knowing what constitutes a violation of anti-doping rules, and the prohibited substances and methods):

- 1- Presence of a Prohibited Substance or its Metabolites or Markers in an Athlete's sample.
- 2- Use or Attempted Use by an Athlete of a Prohibited Substance or a Prohibited Method.
- 3- Refusing or failing without compelling justification to submit to Sample collection after notification as authorized in the Saudi Arabian Anti-Doping Rules, or otherwise evading Sample collection.
- 4- Violation of applicable requirements regarding Athlete availability for Out-of-Competition Testing set out in the International Standard for Testing, including failure to file whereabouts information.
- 5- Tampering or Attempted Tampering with any part of Doping Control.
- 6- Possession of Prohibited Substances and Methods.
- 7- Trafficking or Attempted Trafficking in any Prohibited Substance or Prohibited Method.
- 8- Administration or Attempted administration to any Athlete In-Competition of any Prohibited Method or Prohibited Substance, or administration or Attempted administration to any Athlete Out-of-Competition of any Prohibited Method or any Prohibited Substance that is prohibited in Out-of Competition Testing, 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.
- 9- Complicity
Assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity involving an anti-doping rule violation, Attempted anti-doping rule violation or violation of Article 10.12.1 by another Person.
- 10- Prohibited Association:
Every Athlete are responsible to ensure non-entry of any banned substance into his body.

Therapeutic Use exemption "TUE":

Many athletes suffer from medical issues, taking different types of drugs they need. Such drugs may contain prohibited substances which, upon using prior or during the In and Out-of-competition, may lead to one of the anti-doping violations. For this purpose, a Therapeutic Use Exemption Committee "TUEC" had been established. It is a Sub-Committee of the Saudi Arabian Anti-Doping Committee, the role of which is to review applications from athletes in various sports and to allow or deny the athlete's use of such therapeutic material In and Out-of-Competitions.

Goal of TUE committee is: to reach dope-free sport community allowing equal opportunities for everyone in various sports competitions.

Applications should be submitted to:

The Therapeutic Use Exemption Committee "**TUEC**" after filling up the required forms, along with an explanation of the pathological condition, indications and justifications for the request of the exemption.

Forms are available on the SAADC Committee's website:

WWW.SAADC.COM

Should be submitted either:

- 1 - By hand to SAADC's headquarters –3rd Floor, Prince Faisal bin Fahd Olympic Complex - Riyadh, or
- 2 - Email to: **tuec@saadc.org**, or
- 3 - Fax to: 011-4831279



PROHIBITED LIST 2020 SUBSTANCES & METHODS PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

IN ACCORDANCE WITH ARTICLE 4.2.2 OF THE WORLD ANTI-DOPING CODE AND THE SAUDI ANTI-DOPING RULES IN SPORT, ALL PROHIBITED SUBSTANCES SHALL BE CONSIDERED AS "SPECIFIED SUBSTANCES" EXCEPT SUBSTANCES IN CLASSES S-1, S-2, S-4.4, S-4.5, S-6.A, AND PROHIBITED METHODS M-1, M-2 AND M-3.

PROHIBITED SUBSTANCES

S-0 NON-APPROVED SUBSTANCES

Any pharmacological substance which is not addressed by any of the subsequent sections of the List and with no current approval by any governmental regulatory health authority for human therapeutic use (e.g. drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is prohibited at all times.

S-1 ANABOLIC AGENTS

Anabolic agents are prohibited.

1. ANABOLIC ANDROGENIC STEROIDS (AAS)

when administered exogenously, including but not limited to:

- 1-A androstenediol (5 α -androst-1-ene-3 β , 17 β -diol);
- 1-Androstenedione (5 α -androst-1-ene-3, 17-dione);
- 1-Androsterone (3 α -hydroxy-5 α -androst-1-ene-17-one);
- 1-Epiandrosterone (3 β -hydroxy-5 α -androst-1-ene-17-one);
- 1-Testosterone (17 β -hydroxy-5 α -androst-1-en-3-one);
- 4-A androstenediol (androst-4-ene-3 β , 17 β -diol);
- 4-Hydroxytestosterone (4, 17 β -dihydroxyandrost-4-en-3-one);
- 5-A androstenedione (androst-5-ene-3, 17-dione);
- 7 α -hydroxy-DHEA;
- 7 β -hydroxy-DHEA;

7-Keto-DHEA;

19-Norandrostenediol (estr-4-ene-3,17-diol);

19-Norandrostenedione (estr-4-ene-3,17-dione);

Androstanolone (5 α -dihydrotestosterone, 17 β -hydroxy-5 α -androstan-3-one);

Androstenediol (androst-5-ene-3 β ,17 β -diol);

Androstenedione (androst-4-ene-3,17-dione);

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 α -ol);

Dehydrochlormethyltestosterone (4-chloro-17 β -hydroxy-17 α -methylandrosta-1,4-dien-3-one);

Desoxymethyltestosterone (17 α -methyl-5 α -androst-2-en-17 β -ol and 17 α -methyl-5 α -androst-3-en-17 β -ol);

Drostanolone;

Epiandrosterone (3 β -hydroxy-5 α -androstan-17-one);

Epi-dihydrotestosterone (17 β -hydroxy-5 β -androstan-3-one);

Epitestosterone;

Ethylestrenol (19-norpregna-4-en-17 α -ol);

Fluoxymesterone;

Formebolone;

Furazabol (17 α -methyl [1,2,5]oxadiazolo[3',4':2,3]-5 α -androstan-17 β -ol);

Gestrinone;

Mestanolone;

Mesterolone;

Metandienone (17 β -hydroxy-17 α -methylandrosta-1,4-dien-3-one);

Metenolone;

Methandriol;

Methasterone (17 β -hydroxy-2 α ,17 α -dimethyl-5 α -androstan-3-one);

Methyl-1-testosterone (17 β -hydroxy-17 α -methyl-5 α -androst-1-en-3-one);

Methylclostebol;

Methyldienolone (17 β -hydroxy-17 α -methylestra-4,9-dien-3-one);

Methylnortestosterone (17 β -hydroxy-17 α -methylestr-4-en-3-one);

Methyltestosterone;

Metribolone (methyltrienolone, 17 β -hydroxy-17 α -methylestra-4,9,11-trien-3-one);

Mibolone;

Nandrolone (19-nortestosterone);

Norboletone;

Norclostebol (4-chloro-17 β -ol-estr-4-en-3-one);;

Norethandrolone;

Oxabolone;

Oxandrolone;

Oxymesterone;

Oxymetholone;

Prasterone (dehydroepiandrosterone, DHEA, 3 β -hydroxyandrost-5-en-17-one);

Prostanozolol (17 β -[(tetrahydropyran-2-yl)oxy]-17H-pyrazolo[3,4:2,3]-5 α -androstane);

Quinbolone;

Stanozolol;

Stenbolone;

Testosterone;

Tetrahydrogestrinone (17-hydroxy-18 α -homo-19-nor-17 α -pregna-4,9,11-trien-3-one);

Trenbolone (17 β -hydroxyestr-4,9,11-trien-3-one)

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

2. OTHER ANABOLIC AGENTS

Including, but not limited to:

- Clenbuterol;
- Selective androgen receptor modulators (SARMs, e.g. andarine, LGD-4033 (ligandrol), enobosarm (ostarine) and RAD140);
- Tibolone;
- Zeranol;
- Zilpaterol.

S-2 PEPTIDE HORMONES, GROWTH FACTORS, RELATED SUBSTANCES AND MIMETICS

The following substances, and other substances with similar chemical structure or similar biological effect(s), are prohibited:

1. Erythropoietins (EPO) and agents affecting erythropoiesis, including, but not limited to:

1.1 Erythropoietin-Receptor Agonists, e.g.

Darbepoietins (dEPO);

Erythropoietins (EPO);

EPO-based constructs [e.g. EPO-Fc, methoxy polyethylene glycol-epoetin beta (CERA)];

EPO-mimetic agents and their constructs (e.g. CNTO-530, peginesatide).

1.2 Hypoxia-inducible factor (HIF) activating agents, e.g.

Cobalt;
Daprodustat (GSK1278863);
Molidustat (BAY 85-3934);
Roxadustat (FG-4592);
Vadadustat (AKB-6548);
Xenon.

1.3 GATA inhibitors, e.g.
K-11706.

1.4 TGF-beta (TGF- β) signalling inhibitors, e.g.
Luspatercept;
Sotatercept.

1.5 Innate repair receptor agonists, e.g.
Asialo EPO;
Carbamylated EPO (CEPO).

2. Peptide Hormones and their Releasing Factors,

2.1 Chorionic Gonadotrophin (CG) and Luteinizing Hormone (LH) and their releasing factors in males, e.g. Buserelin, deslorelin, gonadorelin, goserelin, leuporelin, nafarelin and triptorelin;

2.2 Corticotrophins and their releasing factors, e.g. Corticorelin;

2.3 Growth Hormone (GH), its fragments and releasing factors, including, but not limited to:

Growth Hormone fragments, e.g. AOD-9604 and hGH 176-191;
Growth Hormone Releasing Hormone (GHRH) and its analogues, e.g. CJC-1293, CJC-1295, sermorelin and tesamorelin;
Growth Hormone Secretagogues (GHS), e.g. Lenomorelin (ghrelin) and its mimetics, e.g. Anamorelin, ipamorelin, macimorelin and tabimorelin;
GH-Releasing Peptides (GHRPs), e.g. Alexamorelin, GHRP-1, GHRP-2 (pralmorelin), GHRP-3, GHRP-4, GHRP-5, GHRP-6, and examorelin (hexarelin).

3. Growth Factors and Growth Factor Modulators, including, but not limited to:

Fibroblast Growth Factors (FGFs);
Hepatocyte Growth Factor (HGF);
Insulin-like Growth Factor-1 (IGF-1) and its analogues;
Mechano Growth Factors (MGFs);
Platelet-Derived Growth Factor (PDGF);
Thymosin- β 4 and its derivatives e.g. TB-500;
Vascular-Endothelial Growth Factor (VEGF);

and other growth factors or growth factor modulators affecting muscle, tendon or ligament protein synthesis/degradation, vascularisation, energy utilization, regenerative capacity or fibre type switching.

S-3 BETA-2 AGONISTS

All selective and non-selective beta-2 agonists, including all optical isomers, are prohibited, including, but not limited to:

Fenoterol;
Formoterol;
Higenamine;
Idacaterol;
Olodaterol;
Procaterol;
Reproterol;
Salbutamol;
Salmeterol;
Terbutaline;
Tretoquinol (trimetoquinol);
Tulobuterol;
Vilanterol.

Except:

- Inhaled salbutamol: maximum 1600 micrograms over 24 hours in divided doses not to exceed 800 micrograms over 12 hours starting from any dose;
- Inhaled formoterol: maximum delivered dose 54 micrograms over 24 hours;
- Inhaled salmeterol: maximum 200 micrograms over 24 hours.

The presence in urine of salbutamol in excess of 1000 ng/mL or formoterol in excess of 40 ng/mL is not consistent with therapeutic use of the substance and will be considered as an Adverse Analytical Finding (AAF) unless the Athlete proves, through a controlled pharmacokinetic study, that the abnormal result was the consequence of a therapeutic dose (by inhalation) up to the maximum dose indicated above..

S-4 HORMONE AND METABOLIC MODULATORS

The following hormone and metabolic modulators are prohibited:

1. Aromatase inhibitors including, but not limited to:

2-Androst-enol (5 α -androst-2-en-17-ol);
2-Androst-enone (5 α -androst-2-en-17-one);
3-Androst-enol (5 α -androst-3-en-17-ol);
3-Androst-enone (5 α -androst-3-en-17-one);
4-Androstene-3,6,17 trione (6-oxo);
Aminoglutethimide;
Anastrozole;
Androsta-1,4,6-triene-3,17-dione (androstatrienedione);
Androsta-3,5-triene-7,17-dione (arimistane);

Exemestane;
Formestane;
Letrozole;
Testolactone.

2. Selective estrogen receptor modulators (SERMs) including, but not limited to:

Bazedoxifene;
Ospemifene;
Raloxifene;
Tamoxifen;
Toremifene.

3. Other anti-estrogenic substances including, but not limited to:

Clomiphene;
Cyclofenil;
Fulvestrant.

4. Agents preventing activin receptor IIB activation including, but not limited, to:

Activin A-neutralizing antibodies;
Activin receptor IIB competitors such as:
Decoy activin receptors (e.g. ACE-031);
Anti-activin receptor IIB antibodies (e.g. Bimagrumab);
Myostatin inhibitors such as:
Agents reducing or ablating myostatin expression;
Myostatin-binding proteins (e.g. Follistatin, myostatin propeptide);
Myostatin-neutralizing antibodies (e.g. Domagrozumab, landogrozumab, stamulumab).

5. Metabolic modulators:

5.1 Activators of the AMP-activated protein kinase (AMPK), e.g. AICAR, SR9009; and Peroxisome Proliferator Activated Receptor δ (PPAR δ) agonists, e.g. 2-(2-methyl-4-((4-methyl-2-(4-trifluoromethyl)phenyl)thiazol-5-yl)methylthio)phenoxy)acetic acid (GW1516, GW501516);

5.2 Insulins and insulin-mimetics;

5.3 Meldonium;

5.4 Trimetazidine

S-5 DIURETICS AND MASKING AGENTS

The following diuretics and masking agents are prohibited, as are other substances with a similar chemical structure or similar biological effect(s). Including, but not limited to:

- Desmopressin; probenecid; plasma expanders, e.g. intravenous administration of albumin, dextran, hydroxyethyl starch and mannitol.
- Acetazolamide; amiloride; bumetanide; canrenone; chlortalidone; etacrynic acid; furosemide; indapamide; metolazone; spironolactone; thiazides, e.g. Bendroflu-methiazide, chlorothiazide and hydrochlorothiazide; triamterene and vaptans, e.g. Tolvaptan.

Except:

- Drospirenone; pamabrom; and ophthalmic use of carbonic anhydrase inhibitors (e.g. Dorzolamide, brinzolamide).
- Local administration of felypressin in dental anesthesia.

The detection in an Athlete's Sample at all times or In-Competition, as applicable, of any quantity of the following substances subject to threshold limits: formoterol, salbutamol, cathine, ephedrine, methylephedrine and pseudoephedrine, in conjunction with a diuretic or masking agent, will be considered as an Adverse Analytical Finding (AAF) unless the Athlete has an approved Therapeutic Use Exemption (TUE) for that substance in addition to the one granted for the diuretic or masking agent.

PROHIBITED METHODS

M-1 MANIPULATION OF BLOOD AND BLOOD COMPONENTS

The following are prohibited:

1. The Administration or reintroduction of any quantity of autologous, allogenic (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 and microencapsulated haemoglobin products, excluding supplemental oxygen by inhalation.
3. Any form of intravascular manipulation of the blood or blood components by physical or chemical means.

M-2 CHEMICAL AND PHYSICAL MANIPULATION

The following are prohibited:

1. Tampering, or Attempting to Tamper, to alter the integrity and validity of Samples collected during Doping Control. Including, but not limited to: Sample substitution and/or adulteration, e.g. Addition of proteases to Sample..
2. Intravenous infusions and/or injections of more than a total of 100 mL per 12 hour period except for those legitimately received in the course of hospital treatments, surgical procedures or clinical diagnostic investigations.

M-3 GENE AND CELL DOPING

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

1. The use of nucleic acids or nucleic acid analogues that may alter genome sequences and/or alter gene expression by any mechanism. This includes but is not limited to gene editing, gene silencing and gene transfer technologies.
2. The use of normal or genetically modified cells.

SUBSTANCES & METHODS PROHIBITED IN-COMPETITION

IN ADDITION TO THE Classes S0 TO S5 AND M1 TO M3 DEFINED ABOVE,
THE FOLLOWING CATEGORIES ARE PROHIBITED IN-COMPETITION:

PROHIBITED SUBSTANCES

S-6 STIMULANTS

All stimulants, including all optical isomers, e.g. d- and l- where relevant, are prohibited.

Stimulants include:

a: Non-Specified Stimulants:

A drafinil;	Fenproporex;
Amfepramone;	Fonturacetam [4-phenylpiracetam (carphedon)];
Amfetamine;	Furfenorex;
Amfetaminil;	L isdexamphetamine;
Amiphenazole;	M efenorex;
B enfluorex;	Mephentermine;
Benzylpiperazine;	Mesocarb;
Bromantan;	Metamphetamine(d-);
C lobenzorex;	p-methylamphetamine;
Cocaine;	Modafinil;
Cropropamide;	N orfenfluramine;
Crotetamide;	P hendimetrazine;
F encamine;	Phentermine;
Fenetylline;	Prenylamine;
Fenfluramine;	Prolintane.

A stimulant not expressly listed in this section is a Specified Substance.

b: Specified Stimulants.

Including, but not limited to:

3-Methylhexan-2-amine (1,2-dimethylpentylamine);
4-Methylhexan-2-amine (methylhexaneamine);
4-Methylpentan-2-amine (1,3-dimethylbutylamine);
5-Methylhexan-2-amine (1,4-dimethylpentylamine);
Benzfetamine;
Cathine**;
Cathinone and its analogues, e.g. mephedrone, methedrone, and a - pyrrolidinovalerophenone;
Dimetamfetamine (dimethylamphetamine);
Ephedrine***;
Epinephrine**** (adrenaline);
Etamivan;
Etilamfetamine;
Etilefrine;
Famprofazone;
Fenbutrazate;
Fencamfamin;
Heptaminol;
Hydroxyamfetamine (parahydroxyamphetamine);
Isometheptene;
Levmetamfetamine;
Meclofenoxate;
Methylenedioxyamphetamine;
Methylephedrine***;
Methylphenidate;
Nikethamide;
Norfenefrine;
Octodrine (1,5-dimethylhexylamine);
Octopamine;
Oxilofrine (methylsynephrine);
Pemoline;
Pentetrazol;
Phenethylamine and its derivatives;
Phenmetrazine;
Phenpromethamine;
Propylhexedrine;
Pseudoephedrine*****;
Selegiline;
Sibutramine;
Strychnine;
Tenamfetamine
(methylenedioxyamphetamine);
Tuaminoheptane;

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

Except:

- Clonidine
- Imidazole derivatives for dermatological, nasal or ophthalmic use and those stimulants included in the 2020 Monitoring Program*.
- * Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol, and synephrine: These substances are included in the 2020 Monitoring Program, and are not considered Prohibited Substances.
- ** Cathine: Prohibited when its concentration in urine is greater than 5 micrograms per milliliter.

- *** Ephedrine and methylephedrine: Prohibited when the concentration of either in urine is greater than 10 micrograms per milliliter.
- **** Epinephrine (adrenaline): Not prohibited in local administration, e.g. nasal, ophthalmologic, or co-administration with local anaesthetic agents.
- ***** Pseudoephedrine: Prohibited when its concentration in urine is greater than 150 micrograms per milliliter.

S-7 NARCOTICS

The following narcotics, including all optical isomers, e.g. d- and l- where relevant, are prohibited:

Buprenorphine;	Morphine;
Dextromoramide;	Nicomorphine
Diamorphine (heroin);	Oxycodone;
Fentanyl and its derivatives;	Oxymorphone;
Hydromorphone;	Pentazocine;
Methadone;	Pethidine

S-8 CANNABINOIDS

All natural and synthetic cannabinoids are prohibited, e.g.

- In cannabis (hashish, marijuana) and cannabis products
- Natural and synthetic tetrahydrocannabinols (THCs)
- synthetic cannabinoids that mimic the effects of THC

Except:

- Cannabidiol.

S-9 GLUCOCORTICOIDS

All glucocorticoids are prohibited when administered by oral, intravenous, intramuscular or rectal routes.

Including but not limited to:

Betamethasone;	Hydrocortisone;
Budesonide;	Methylprednisolone;
Cortisone;	Prednisolone;
Deflazacort;	Prednisone;
Dexamethasone;	Triamcinolone.
Fluticasone;	

SUBSTANCES PROHIBITED IN PARTICULAR SPORTS

P-1 BETA-BLOCKERS

Beta-blockers are prohibited In-Competition only, in the following sports, and also prohibited Out-of-Competition where indicated.

- Archery (WA)*
- Automobile (FIA)
- Billiards (all disciplines) (WCBS)
- Darts (WDF)
- Golf (IGF)
- Shooting (ISSF, IPC)*
- Skiing/Snowboarding (FIS) in ski jumping, freestyle aerials/halfpipe and snowboard halfpipe/big air
- Underwater sports (CMAS) in constant-weight apnoea with or without fins, dynamic apnoea with and without fins, free immersion apnoea, Jump Blue apnoea, spearfishing, static apnoea, target shooting and variable weight apnoea.

*Also prohibited Out-of-Competition

Including, but not limited to:

Acebutolol;
Alprenolol;
Atenolol;
Betaxolol;
Bisoprolol;
Bunolol;
Carteolol;
Carvedilol;
Celiprolol;
Esmolol;

Labetalol;
Metipranolol;
Metoprolol;
Nadolol;
Oxprenolol;
Pindolol;
Propranolol;
Sotalol;
Timolol.

SUMMARY OF MAJOR MODIFICATIONS AND EXPLANATORY NOTES 2020 PROHIBITED LIST

Substances and methods prohibited at all times
(In- and Out-of-Competition)

PROHIBITED SUBSTANCES

S-1 ANABOLIC AGENTS

1 Anabolic Androgenic Steroids (AAS)

- The sub-division of anabolic androgenic steroids (AAS) into 'a. exogenous' and 'b. endogenous' was removed and all AAS were joined into one class. The prohibited substances in S1 have not changed but two additional examples (methylclostebol and 1-epiandrosterone) were included. This change was made to reflect the fact that all anabolic agents when administered exogenously are prohibited and harmonizes the presentation of S1 with other classes of the List which do not distinguish endogenous from exogenous. The determination of the substances' origin (i.e. whether they are of endogenous or exogenous nature) is, as before, regulated in the corresponding technical document TD2019IRMS or any other applicable technical document (e.g. TD2019NA) or Technical Letter.

2 Other Anabolic Agents:

- LGD-4033 is now also listed by another commonly used name, ligandrol.

S-2 PEPTIDE HORMONES, GROWTHFACTORS, RELATED SUBSTANCESAND MIMETICS

- After re-evaluation, argon was removed from the Prohibited List because it is considered to no longer meet the criteria for inclusion.
- TGF- β inhibitors: The word "signalling" was added to better reflect the predominant mechanism of action of the listed substances. It now reads "TGF- β signalling inhibitors".

S-4 HORMONE AND METABOLIC MODULATORS

- Bazedoxifene and ospemifene were added as additional examples of selective estrogen receptor modulators.

PROHIBITED METHODS

M-2 CHEMICAL AND PHYSICAL MANIPULATION

- The wording was changed to clarify that the context of protease prohibition refers only to the tampering of samples. Topical and systemic therapeutic use of proteases are not prohibited.

M-3 GENE AND CELL DOPING

- Classes M3.1 and M3.2 were combined, since the effects of gene doping on gene expression can be produced by technologies other than gene editing.
- “Transcriptional, post-transcriptional or epigenetic regulation of gene expression” were changed to “gene expression by any mechanism” to encompass a wide range of mechanisms without exhaustively listing all steps at which gene expression may be altered.
- “Gene silencing” and “gene transfer” were added as further examples of gene doping methods.
- “Polymers of” was removed to reflect standard scientific terminology for nucleic acids.
- Regarding stem cells, reiterating the statement in the Prohibited List Q & A, non-transformed stem cells, used alone (with no growth factors or other hormones added) for healing injuries are not prohibited, as long as they return the function of the affected area to normal and do not enhance it.

SUBSTANCES AND METHODS PROHIBITED IN-COMPETITION

S-6 STIMULANTS

- Octodrine (1,5-dimethylhexylamine) was added as an example of Specified Stimulants. This substance was recently found in some dietary supplements.
- It is clarified that administration of imidazole derivatives is not prohibited when used by dermatological, nasal and ophthalmological routes.

S-7 NARCOTICS

- For clarity it was stated that all optical isomers are prohibited. This clarifies the prohibited status of optical isomers such as levomethadone.

S-8 CANNABINOIDS

- The wording of S-8 Cannabinoids was updated for greater clarity. The substances that are prohibited were not changed. All natural and synthetic cannabinoids are prohibited including any preparation from cannabis or any synthetic cannabinoid.
Natural Δ^9 -tetrahydrocannabinol (THC) and synthetic THC (e.g. dronabinol) are prohibited. All synthetic cannabinoids that mimic the effects of THC are prohibited.
- Cannabidiol (CBD) is not prohibited. However, athletes should be aware that some CBD products extracted from cannabis plants may also contain THC that could result in a positive test for a prohibited cannabinoid.

MONITORING PROGRAM

- Ecdysterone was included in the Monitoring Program to assess patterns and prevalence of misuse. While other ecdysteroids exist, most data (especially concerning effects on athletic performance) and stakeholder comments centre around ecdysterone, and consequently it was added to the Monitoring Program of 2020.
- For further information on previous modifications and clarifications please consult the Prohibited List Q & A at www.wada-ama.org/en/questions-answers/prohibited-list-qa

THE 2020 MONITORING PROGRAM*

The following substances are placed on the 2020 Monitoring Program:

1. **Anabolic agents:** In- and Out-of-Competition: ecdysterone
2. **Beta-2-agonists:** In- and Out-of-Competition: any combination of beta-2-agonists
3. **2-ethylsulfanyl-1H-benzimidazole(bemtilil):** In- and Out-of-Competition
4. **Stimulants:** In-Competition only: bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol and synephrine
5. **Narcotics:** In-Competition only: codeine, hydrocodone and tramadol
6. **Glucocorticoids:** In-Competition (by routes of administration other than oral, intravenous, intramuscular or rectal) and Out-of-Competition (all routes of administration)

* The World Anti-Doping Code (Article 4.5) states: "WADA, in consultation with Signatories and governments, shall establish a monitoring program regarding substances which are not on the Prohibited List, but which WADA wishes to monitor in order to detect patterns of misuse in sport."