

A guide to the Prohibited List

Our aim is to guide you through the Prohibited List (List) so that you know:

- Where and when to look for the List.
- How to use the List to check medications for prohibited substances.
- What the main components of the List are.

By the end of this module you should be able to:

- ① Identify where to find the Prohibited List(List) and how to find List updates.
- ② Distinguish between categories on the List, including substances banned at all times and those only banned in-competition.
- ③ Explain how to determine if a medication contains prohibited ingredients.
- ④ Use the List to check medications for banned substances.

This module about the List is important to ensure you can **protect yourself.**

Lesson 1

The Prohibited List: the basics

The Prohibited List (List) is the core document that identifies the substances and methods that are banned in sport.

Where can I find the List?

You can find the List, which is one of the 8 International Standards, on WADA's website.

So, how does a substance or method end up on the List?

It must meet 2 of the following 3 criteria:

1

It improves sport performance or has the potential to.

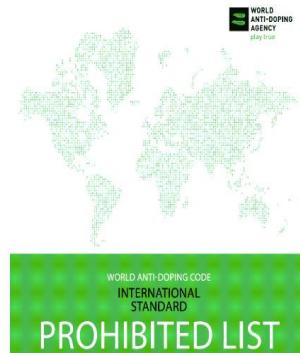
2

It presents a risk to your health.

3

It goes against the spirit of sport (i.e. the ethical pursuit of human excellence through the dedicated perfection of each athlete's natural talents).

Does the List change or get updated?



Yes! The List is updated every year.

Each year a group of scientific, medical and anti-doping experts review the List and update it according to scientific and medical evidence.

The revised draft of the List is then sent to stakeholders for consultation.

Important dates to remember

The List is **finalized in October** of that year but **comes into effect on January 1st** of the following year.

That means that if, for example, you are tested on January 2nd the laboratory will analyze your sample using the List that was published on January 1st.

Before the List comes into effect, **WADA publishes the changes on its website** so everyone has time to understand these changes. This is done **on 1st October each year**.

It is very important that you and your team (coaches, medical professionals, parents, teammates, etc.) are aware of any changes to the List.

You can check the updates on **WADA's website**.

So, the List is update every year. The list is **finalized in October** but **comes into effect on January 1st** of the following year.

Top Tip

Set a calendar reminder to check for the List update in October and one for January 1st when the revised List comes into effect.

Lesson 2

How is the List organized?

The List is divided into substances and methods that are:

- ① Banned at all times
- ② Banned in-competition only(The in-competition period starts at 11:59PM on the day before your athlete's competition and continues until the end of the competition and when all testing has finished. But note that in-competition periods can be defined differently in certain sports so it is important to always read up on the rules of the competition ahead of time.)
- ③ Banned in particular sports.

BANNED AT ALL TIMES

Substances and methods that are banned at all times means that you can be tested for these substances or methods at any time, not just at a competition.

Examples of substances banned at all times include:

- Steroids
- Beta-2 agonists(used to treat asthma)
- Hormones(e.g. Erythropoietin, growth hormone)
- Diuretics

Examples of methods banned at all times include:

- Blood transfusions
- Tampering
- Gene doping

BANNED IN-COMPETITION ONLY

Substances banned in-competition only means that they are not banned at other times. You can be tested for these substances during the **in-competition** period.

Examples of substances banned in-competition only include:

- Stimulants
- Narcotics
- All natural and synthetic cannabinoid
- Glucocorticoids(note that as of 2022 glucocorticoids are prohibited in competition when administered by any type of injection, Oral, intramuscular, rectal and intravenous routes of administration remain prohibited in-competition)

Be very careful if you take a substance that is only banned in-competition when it is not banned (out-of-competition).

It does not matter when you take a substance. If the substance is banned in-competition and is found in your sample, you may be sanctioned.

BANNED IN PARTICULAR SPORTS

Beta-blockers, which are used to treat conditions such as high blood pressure, arrhythmia or heart failure, are banned in-competition in the following sports:

- Archery(WA)
- Automobile(FIA)
- Billiards(all disciplines)(WCBS)
- Darts(WDF)
- Golf(IGF)
- Mini-Golf(WMF)
- Shooting(ISSF,IPC)
- Underwater sports(CMAS) in all subdisciplines of freediving, spearfishing and target shooting.

Beta-blockers are banned at all times in the following sports:

- Archery(WA)
- Shooting(ISSF, IPC)

❖ If you participates in these sports then it is essential you familiarize yourselves with the substances that are banned specifically in these sports and when they are banned.

Thresholds

One final point on banned substances...

Some substances are banned at a particular **threshold**. A threshold is the level of the substance that is detected in a urine sample. This means that these substances are ok to use **but** only at a dose that **will not exceed the threshold level** when they are tested for.

Remember, it does not matter when you take a substance—if it is banned in-competition and is found in your system you may be sanctioned.

Lesson 3

Using the List

Medications can contain **banned substances**.

This includes medications prescribed by a doctor or medical professional and the ones that you can buy over-the-counter in a supermarket or from a pharmacy.

Always check the List

- Taking a medication that contains a banned substance is risk that you need to be aware of.
- If you intend to use a medication then you must check that its ingredients do not contain any banned substances. This means all medications must be checked against the List before you take them.
- Do not assume that if it is prescribed by a medical professional that it is safe to take. You are ultimately responsible for what is found in your system (remember the principle of **strict liability**).

So, take action and **check the List**. Be sure the medication is safe to take. If you have any doubt, do not take the risk and **check with your Anti-Doping Organization (ADO)**

Checking the List

How do you use the List?

1. Find the label on the medication (note—some medications only contain full ingredient lists on the box rather than on the bottle).
2. Check the “active ingredients” it contains (note—the active ingredients can change from one country to the next so if you buy a familiar medication in a different country you need to check the active ingredients against the List again).
3. Go to the List and check to see if any of the medication’s active ingredients appear on the List.

Below is a simple way to find the substances in the List.

1. Open the PDF file of the List available.
2. Going to the **Index** section of the document
3. The substances are listed in alphabetical order, so go to the corresponding letter of the substance you are looking for.
4. If the substance appears there, go to the specific page or pages to find more information about the substance(such as if it’s banned in-competition only, banned at all times or is allowed below a certain dose).

Some important points to remember:

List content

The List only contains the generic name of ingredients contained in medications.

Active ingredients

When checking a medication against the List, look for the generic name of the active ingredient, for example **ibuprofen** instead of Advil, **acetaminophen** instead of Tylenol.

Brand names

The List does not contain brand names of medications e.g. Nurofen, which can vary from country to country.

Medication dose

Make sure you also check the dose of the medication you are taking, especially where the substance or ingredient is only permitted at a certain daily dosage.

! Remember, not all substances banned in sport are listed. The List says "including but not limited to..." and "or a similar chemical structure or biological effect".

This means that if you take a substance that is not specifically listed but is similar to ones that are, you could still receive a positive test and consequently a ban from sport.

When checking the List, if you don't find a substance or method, verify with your ADO.

Let's look at an example

Example 1

There is an asthma medication that can be bought over-the-counter in some countries and is used to treat colds too. It contains the following ingredients:

- Chlorpheniramine 3.00mg
- Trimetoquinol 2.00mg
- Guaifenesine 75.00mg
- Dextromethorphan 15.00mg

Is this medication safe to use?

You can work out, using the **List**, if any of these ingredients are banned.

Which of the medication's ingredients are banned?

- Chlorpheniramine 3.00mg
- Trimetoquinol 2.00mg
- Guaifenesine 75.00mg
- Dextromethorphan 15.00mg

Using the List, you will see that **Trimetoquinol**, one of the ingredients listed, is included on the List as part of the Beta-2 Agonists.

But when it is banned?

Beta-2 Agonists are banned at all times; therefore, it is not safe to use this product.

So, what if you have asthma and you need to use a medication that contains a banned substance?



Ok, well don't panic. Athletes who have a legitimate medical condition and who need to use a medication that contains a banned substance may apply for Therapeutic Use Exemption (TUE)

Let's look at an example

Example 2

A doctor is considering prescribing the inhaler Bricanyl for an athlete with asthma.

Bricanyl is the brand name of the medication and it contains the active ingredient **terbutaline**.

Can you look for the active ingredient terbutaline on the **List** to check if it is a banned substance?

Is this medication safe for the athlete to take?

Terbutaline is part of the Beta-2 Agonists; therefore, it is banned at all times.

If you use medications check them now against the List to make sure they are safe to take.

A quick 2-minute check could save you a 4-year ban!

Lesson 4

Checking medications abroad

There is only one List!

The List applies to all countries, but, not all countries have the same medical regulations or manufacturing processes.

A common medication bought in one country may have different ingredients in another country.

Equally, some substances are regulated differently per country.

Why is this important to know?

Consider the following:

You are participating in a competition outside your home country. You get a cold before the competition, so you consider taking a medication that you have taken in the past, one that your doctor has approved and that you have double checked against the List. You go to a local pharmacy and you find the medication, with the same name, over the counter.

Is it safe to use this medication?

No... even if it's the same brand, you must:

1. Identify the active ingredients of the medication.
2. Check the List and see if any of the active ingredients appear on the List.

Even if a medication is safe for use in one country, it does not mean that it is always safe to use. If you buy a branded medication in a different country you must always check it against the List.

Top Tip

Keep a record of all the medication you take. Include the name of the medication, the dose, the date and time you took it, and the place where you bought it, in case you're outside of your country.

If you are tested you will need to write down all the medications you have taken on your Doping Control Form (DCF) so keeping a record will help you do this accurately.

Specified and non-specified substances

The List identifies some groups of substances that are classified as specified and non-specified. This is important for sanctioning decisions.

A **specified substance** is a substance which may have been taken by an athlete for reasons other than doping.

Typically, this occurs when an athlete uses a common over-the-counter product. This may be an example of inadvertent doping (i.e. doping by accident).

Just because you took something by accident or that is classified as a specified substances does not mean you are not **accountable**.

You are **responsible** for all substances that enter your body.

This is the principle of **strict liability**.

You may still be sanctioned.

Lesson 5

Substances of abuse

A **key change** that was made in the **2021 Code** is the inclusion of "**substances of abuse**."

Substances currently identified as "substances of abuse"

- Cocaine
- Diamorphine (heroin)
- Methylenedioxymethamphetamine (MDMA)
- Tetrahydrocannabino (THC)

What you need to know about substances of abuse?



Some banned substances will be identified as "substances of abuse" in the Prohibited List (List)

If an athlete tests positive for a substance of abuse a 3-month sanction can be applied if the athlete can prove they used the substance out-of competition and that it was unrelated to sport performance.

The sanction can be reduced to one month if the athlete completes a rehabilitation therapy program approved by the Anti-Doping Organization (ADO).

Lesson 6

Final word

Here are some important things you need to remember to do:

“Keep track of all the medication you take. Include the name of the medication, the dose, the date and time you took it and the place you bought it, in case you’re outside of your country.”

“Add a reminder in your calendar for October of each year to check the List updates.”

“Add another reminder for the 1st of January when the new List comes into effect.”

“Remind your Athlete Support (ASP) that you are under the anti-doping rules and must not use banned substances.”

“Remind your ASP about checking the List.”

“And lastly, before taking any medication, check the List.”

And don't forget to check out the [Athletes'](#) and [ASP's Guide to the List](#) too!