

## About The Prohibited List

The Prohibited List identifies substances and methods prohibited in-competition, at all times (i.e. in- and out-of-competition) and in particular sports. Substances and methods are classified by categories (e.g. steroids, stimulants, masking agents). The List is updated at least annually following an extensive consultation process facilitated by WADA.

It is each athlete's responsibility to ensure that no prohibited substance enters his/her body and that no prohibited method is used.

The List only contains the generic names of the pharmaceutical substances. The List does not contain brand names of the medications, which vary from country to country. Before taking any medication, an athlete should check with the prescribing physician that it does not contain a prohibited substance:

1. Check that the generic name or International Non-proprietary Name (INN) of any active ingredient is not prohibited ( "in-competition only" or at "all times" ).
2. Check that the medication does not contain any pharmaceutical substances that would fall within a general category that is prohibited. Many sections of the Prohibited List only contain a few examples and state that other substances with a similar chemical structure or similar biological effect(s) are also prohibited.

3. Be aware that intravenous infusions and/or injections of more than 50ml per 6-hour period are prohibited, regardless of the status of the substances.
4. Be aware that all glucocorticoids are prohibited when administered by any injectable, oral or rectal route during the in-competition period.
5. Be aware that as of 1 January 2024, the narcotic tramadol will be prohibited in-competition.
6. If you have any doubt, contact relevant IF/NADO.

An athlete will only be allowed to use a prohibited substance for medical reasons if the athlete has a valid Therapeutic Use Exemption (TUE) for the substance that the IF/NADO has granted or recognized.