



Athlete and Athlete Support Personnel Guide to the 2023 Prohibited List

What is the International Standard for the Prohibited List (List)?

This is the list of substances and methods that are banned in sport. The International Standard for the Prohibited List (List) is one of the eight International Standards under the World Anti-Doping Code (Code).

The List identifies the substances and methods banned (prohibited) in sport.

- Some substances and methods are banned only in-competition - the rest are banned at all times.
- Some substances and methods are banned above specific concentrations (decision limits).
- Some substances and methods are only banned in particular sports.

The substances and methods on the List are classified into categories (e.g., steroids, stimulants, gene doping).

The substances and methods included in each category is not the complete list. They are only examples of the types of substances that would be included in that category.

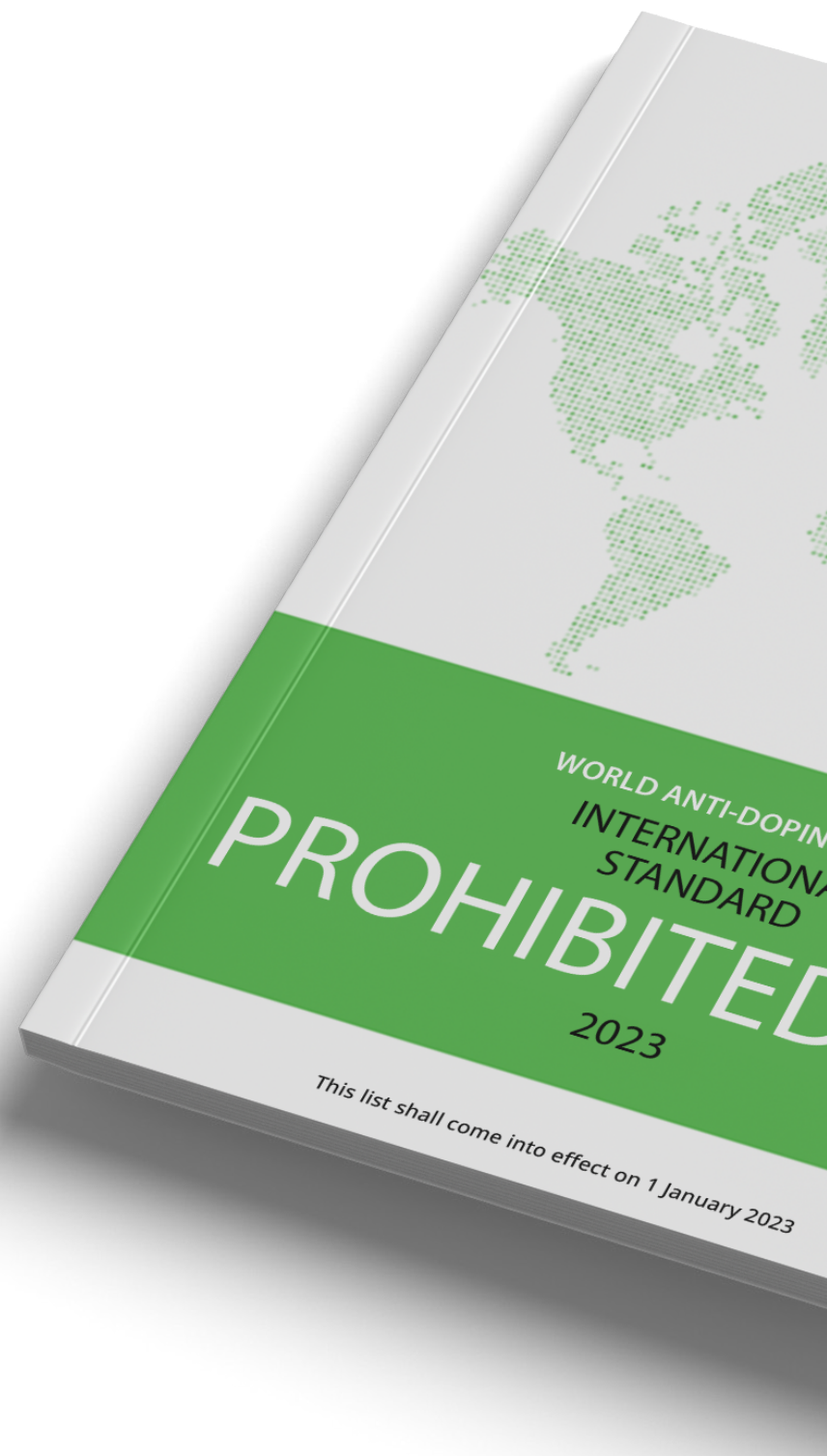




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Please note that the list of examples of medical conditions below is not inclusive.

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THE 2023 PROHIBITED LIST WORLD ANTI-DOPING PROGRAM VALID 1 JANUARY 2023

Introduction
The Prohibited List is a mandatory international Standard for the World Anti-Doping Program.
The List is updated annually following an extensive consultation process with WADA. The effective date of the List is 01 January 2023.
The official text of the Prohibited List shall be maintained by WADA, published in English and French. In the event of any conflict between the English and French versions, the English version shall prevail.
Below are some terms used in this List of Prohibited Substances and Methods.

Prohibited In-Competition
Subject to a different period having been approved by WADA for a given sport, the Prohibited List shall be the period commencing just before the start of the Competition period (at 11:59 p.m.) on the day before a Competition in which the Athlete is scheduled to participate until the end of the Competition and the Sample collection process.

Prohibited at all times
This means that the substance or method is prohibited In- and Out-of-Competition defined in the Code.

Specified and non-Specified
As per Article 4.2.2 of the World Anti-Doping Code, "for purposes of the application of Article 10, all Prohibited Substances shall be a Specified Method unless it is specifically identified as a Specified Method on the Prohibited List". As per the comment to the article, "The Specified Substances and Methods which are more likely to have performance-enhancing effects are simply substances and methods which are more likely to have been consumed or used by an Athlete for a purpose other than the enhancement of sport performance."

Substances of Abuse
Pursuant to Article 4.2.3 of the Code, Substances of Abuse are substances that are identified as such because they are frequently abused in society outside of the context of sport. The following are designated Substances of Abuse: cocaine, diazepam (heroin), methylenedioxymethamphetamine (MDMA/"ecstasy"), tetrahydrocannabinol (THC).

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How are substances and methods added to the List?

For a substance or method to be added to the List, it must meet two of the following three criteria:

- It has the potential to enhance or enhances sport performance.
- It represents an actual or potential health risk to the athletes.
- It violates the spirit of sport.

How often is the List updated?

The List is updated every year.

The new List is published on the World Anti-Doping Agency's (WADA) website (wada-ama.org) in October and will come into force on the 1 January the following year.

It is possible to make changes to the List more than once a year, but WADA will have 3 months to communicate these changes before they come into force.

S1 ANABOLIC AGENTS	S2 PEPTIDE HORMONES, GROWTH FACTORS, RELATED SUBSTANCES, AND MIMETICS
<p>PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)</p> <p>All prohibited substances in this class are non-Specified Substances.</p> <p>Anabolic agents are prohibited.</p> <p>1. ANABOLIC ANDROGENIC STEROIDS (AAS)</p> <p>When administered exogenously, including but not limited to:</p> <ul style="list-style-type: none"> 1-Androstenediol (5α-androst-1-ene-3β, 17β-diol) 1-Androstenedione (5α-androst-1-ene-3, 17-dione) 1-Androsterone (3α-hydroxy-5α-androst-1-ene-17-one) 1-Epiandrosterone (3β-hydroxy-5α-androst-1-ene-17-one) 1-Testosterone (17β-hydroxy-5α-androst-1-en-3-one) 4-Androstenediol (androst-4-ene-3β, 17β-diol) 4-Hydroxytestosterone (4,17β-dihydroxyandrost-4-en-3-one) 5-Androstenedione (androst-5-ene-3, 17-dione) 7α-hydroxy-DHEA 7β-hydroxy-DHEA 7-Keto-DHEA Bolasterone Boldenone Boldione (androsta-1,4-diene-3, 17-dione) Calusterone Clostellol Danazol (11,20-oxazolo[4,5':2,3]pregna-4-en-20-yn-17α-ol) Dehydrochloromethyltestosterone (4-chloro-17β-hydroxy-17α-methylandrosta-1,4-dien-3-one) Desoxymethyltestosterone (17α-methyl-5α-androst-2-en-17β-ol and 17α-methyl-5α-androst-3-en-17β-ol) Drostanolone Epiandrosterone (3β-hydroxy-5α-androst-17-one) Epi-dihydrotestosterone (17β-hydroxy-5β-androst-3-one) 	<p>PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)</p> <p>All prohibited substances in this class are non-Specified Substances.</p> <p>The following substances, and other substances with similar chemical structure or similar biological effect(s), are prohibited.</p> <p>1. ERYTHROPOIETINS (EPO) AND AGENTS AFFECTING ERYTHROPOIESIS</p> <p>Including, but not limited to:</p> <ul style="list-style-type: none"> 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); IOX2; molidustat (BAY 85-3934); roxadustat (FG-4592); vadadustat (AKB-6548); xenon. 1.3 GATA inhibitors, e.g. K-11706. 1.4 Transforming growth factor beta (TGF-β) signalling inhibitors, e.g. lusatercept; sotatercept. 1.5 Innate repair receptor agonists, e.g. asialo EPO; carbamylated EPO (CEPO).



What has changed in the 2023 List?

New examples of substances were added to the following List categories:

- Anabolic agents (S1) - **Androst-4-ene-3,11,17-trion, 17 α -methylepithiostanol**, were added as examples and two new examples have been added to the S1.2 category 2 (**Ractopamine and S-23 and YK-11**)
- Hormone and metabolic modulators (S4) –antibodies of precursors of myostatin (**apitegromab**) have been included in S4.3 category
- Diuretics and masking agents (S5) – **Torsemide** was added as an example
- Manipulation of blood and blood components (M1) – **Voxelotor** was added as an example of a banned method of artificially enhancing the uptake, transport or delivery of oxygen
- Glucocorticoids (S9) – it was clarified that otic administration of glucocorticoids is not prohibited. Otic administration refers to medication applied directly in the ears (i.e. ear drops)
- Stimulants (S6) – **Solriamfetol** was included in the S6b category. Other names for 4-methylhexan-2-amine were added (**1,3-dimethylamylamine and 1,3 DMAA**) and synonyms for the substance 5-methylhexan-2-amine were also included (**1,4-dimethylamylamine and 1,4-DMAA**). Example of Imidazoline derivatives (**Tetryzoline**) were added to the exceptions.

P1. Beta-Blockers – Sport specific changes

- Minigolf was added to the sports in which Beta-blockers are banned in-competition
- Beta-blockers are now banned at all times for Underwater sports (CMAS) in all disciplines (freediving, spearfishing and target shooting)

Important: Major modification planned for the 2024 List

- A **major change** to the status of tramadol will come into effect on 1 January 2024
- **From 1 January 2024 tramadol will be banned in-competition only**
- It is important for athletes and athlete support personnel to be aware of and prepare for this change and consider carefully how it might impact them. Check the educational resources available with WADA, your NADO or IF.

Why is it important to be familiar with the List?

- It is important to be familiar with the List and the changes coming into force to avoid inadvertent doping.
- Remember, athletes are ultimately responsible for any banned substance found in their system, regardless as to how it got there or if there was an intention to cheat. This is the principle of strict liability.
- Athlete support personnel can also be sanctioned if they:
 - Administer or attempt to administer a prohibited substance;
 - Administer or attempt to administer a prohibited method; or
 - Have a prohibited substance or method in their possession without any medical justification.
- Contact the relevant Anti-Doping Organization (ADO) if you are unsure of the status of a substance and/or method.
- Remember that athletes with a legitimate medical reason for using a prohibited substance or method may apply for a Therapeutic Use Exemption (TUE).

An athlete who needs a Therapeutic Use Exemption (TUE), can apply to one organization only. An athlete cannot have a TUE from more than one Anti-Doping Organization (ADO) for the same condition.



National Anti-Doping Organizations (NADOs) approve TUEs for national-level athletes. These are valid at any national-level event, in any country.

International Federations (IFs) approve TUEs for international-level athletes. These are valid at any international-level.

Things to do:

1. Athletes and athlete support personnel should start considering the impact of the changes to the in-competition status of **tramadol** that come into effect on 1 January 2024.
2. Athletes who take regular medication should recheck their medication against the 2023 List.
3. Athletes who occasionally need to use a medication should check these against the 2023 List.
4. Athletes who take a medication that has changed status (is now banned), should contact their Anti-Doping Organization (ADO) to see what they should do and if they can apply for a Therapeutic Use Exemption (TUE).
5. Athletes who have a TUE should check the expiry date and ensure that it is still valid, if not, they should apply for a new TUE.
6. Athlete support personnel should ensure they are familiar with the 2023 List and its changes.





WADA's regulatory documents are available on the Agency's website. The material that WADA provides on its ADEL platform is intended for educational and informational purposes only. Any content or language used within the ADEL material would not supersede the provisions of the World Anti-Doping Code and/or the International Standards.

ADEL and its education courses and information resources are managed by WADA and published by WADA in English as a minimum.

In any case of any discrepancies between the English version or any version sponsored by an Anti-Doping Organization, the English version shall prevail.

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