



What do Athletes
and Athlete
Support Personnel
need to know
about the 2021
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 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.

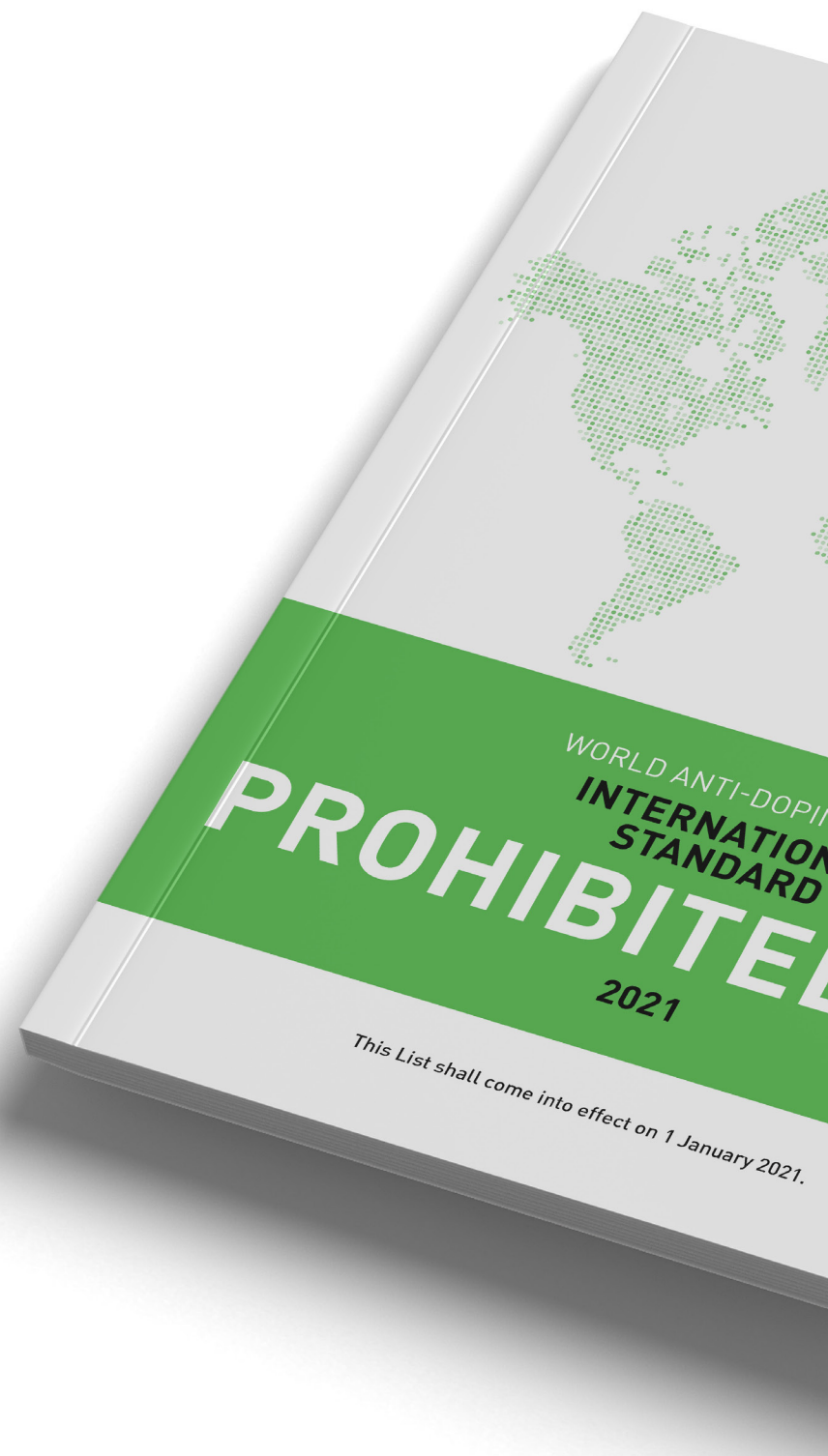


TABLE OF CONTENTS

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

SUBSTANCES & METHODS PROHIBITED AT ALL TIMES

S0 Non-approved substances.....	4
S1 Anabolic agents.....	5
Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. male hypogonadism.	
S2 Peptide hormones, growth factors, related substances, and mimetics.....	7
Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. anaemia, male hypogonadism, growth hormone deficiency.	
S3 Beta-2 agonists.....	9
Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. asthma and other respiratory disorders.	
S4 Hormone and metabolic modulators.....	10
Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. breast cancer, diabetes, infertility (female), polycystic ovarian syndrome.	
Diuretics and masking agents.....	12
Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. heart failure, hypertension.	
- M2 - M3 Prohibited Methods.....	13

SUBSTANCES & METHODS PROHIBITED IN-COMPETITION

Stimulants.....	14
Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. anaphylaxis, attention deficit hyperactivity disorders (ADHD), cold and influenza symptoms.	
Narcotics.....	16
Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. pain, including from musculoskeletal injuries.	
Hallucinogens.....	17
Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. allergy, anaphylaxis, asthma, inflammatory bowel disease.	
Corticosteroids.....	18
Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. heart failure, hypertension.	

SUBSTANCES PROHIBITED IN PARTICULAR SPORTS

Performance enhancing substances.....	19
Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. heart failure, hypertension.	

THE 2021 PROHIBITED SUBSTANCES LIST VALID 1 JANUARY 2021

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. The official text of the Prohibited List shall be maintained by WADA. The effective date of the List is 01 January 2021. 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 Competition period shall in principle be the period commencing just before the start of the Competition (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 period.

Prohibited at all times

This means that the substance or method is prohibited In- and Out-of-Competition.

Specified and non-Specified

As per Article 4.2.2 of the World Anti-Doping Code, "for purposes of the application of the Prohibited List, all Prohibited Substances shall be a Specified Substance unless it is specifically identified as a Specified Substance in the Prohibited List". As per the comment to the article, "the Specified Substances and Methods identified in Article 4.2.2 should not in any way be considered less important or less dangerous than other doping substances or methods. Rather, they 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 frequently abused in society outside of sport. The following are designated Substances of Abuse: cocaine, diuretics (furosemide, frusemide, etc.), heroin, methylenedioxymethamphetamine (MDMA/"ecstasy"), testosterone (THC).

Published by:
World Anti-Doping Agency
800 Place Victoria Tower
PO Box 120
Montreal, Quebec
Canada H4Z 1B7

URL: www.wada-ama.org
Tel: +1 514 944 7000
Fax: +1 514 944 7001
Email: info@wada-ama.org

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

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited substances in this class are non-Specified Substances.

Anabolic agents are prohibited.

1. ANABOLIC ANDROGENIC STEROIDS (AAS)

When administered exogenously, including but not limited to:

- 1-Androstenediol (5 α -androst-1-ene-3 β ,17 β -diol)
- 1-Androstenedione (5 α -androst-1-ene-3,17-dione)
- 1-Androstereone (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-Androstenediol (androst-4-ene-3 β ,17 β -diol)
- 4-Hydroxytestosterone (4,17 β -dihydroxyandrost-4-en-3-one)
- 5-Androstenedione (androst-5-ene-3,17-dione)
- 7 α -hydroxy-DHEA
- 7 β -hydroxy-DHEA
- 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)
- Dehydrochloromethyltestosterone (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 -androst-17-one)
- Epi-dihydrotestosterone (17 β -hydroxy-5 β -

S2 PEPTIDE HORMONES, GROWTH FACTORS, RELATED SUBSTANCES, AND MIMETICS

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited substances in this class are non-Specified Substances.

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); 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. luspaterecept; 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





What has changed in the 2021 List?

Substances of Abuse

- Some substances on the List have been identified as 'Substances of Abuse' by World Anti-Doping Agency's (WADA) List Expert Group.
- These are substances that frequently abused in society outside of the context of sport.
- The following substances were identified as 'Substances of Abuse' in the 2021 List:
 - Cocaine;
 - Diamorphine (heroin);
 - Methylenedioxymethamphetamine (MDMA/'ecstasy'); and
 - Tetrahydrocannabinol (THC).



If an athlete can prove they used the substance out-of-competition and that it was unrelated to sport performance, a three-month sanction can be applied.

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

Prohibited Method M2.2: Chemical and physical manipulation

- It is now possible for WADA's List Expert Group to identify a prohibited method as 'specified'.
- 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, have been classified as 'specified'.
- This means that an athlete may receive a reduced sanction if they can be proven that this method was not used for doping purposes.



*Substances on the List are classified as '**specified**' or '**non-specified**'.*

Specified substances are more likely to have a reason for appearing in an athlete's sample as these banned substances may be in medications easily available over the counter.



Important: Major modification planned for the 2022 List

- A **major change** to the status of glucocorticoids will come into effect on 1 January 2022.
- **From 1 January 2022, all glucocorticoids administered by injection will be banned in-competition.**

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 who take regular medication should recheck their medication against the 2021 List.
2. Athletes who occasionally need to use a medication should check these against the 2021 List.
3. 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).
4. 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.
5. Athlete support personnel should ensure they are familiar with the 2021 List and its changes.
6. Athletes and athlete support personnel should start considering the impact of the changes to the in-competition status of injectable glucocorticoids that come into effect in 2022.



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.

HEAD OFFICE

800 Place Victoria, Suite 1700
P.O. Box 120
Montreal, Quebec, Canada H4Z 1B7
T +1.514.904.9232
F +1.514.904.8650

AFRICA

Protea Assurance Building
8th Floor, Greenmarket Square
Cape Town, 8001, South Africa
T +27.21.483.9790
F +27.21.483.9791

ASIA / OCEANIA

C/O Japan Institute of Sports Sciences
3-15-1 Nishigaoka, Kita-Ku
Tokyo, 115-0056, Japan
T +81.3.5963.4321
F +81.3.5963.4320

EUROPE

Maison du Sport International
Avenue de Rhodanie 54
1007 Lausanne, Switzerland
T +41.21.343.43.40
F +41.21.343.43.41

LATIN AMERICA

World Trade Center Montevideo
Tower II, Unit 712
Calle Luis A de Herrera 1248
Montevideo, Uruguay
T +598.2.623.5206
F +598.2.623.5207

-  wada-ama.org
-  twitter.com/wada_ama
-  facebook.com/wada.ama
-  wada_ama
-  linkedin.com/company/wada/
-  info@wada-ama.org