

ANTI-DOPING FACT SHEET

The Prohibited List

What is the Prohibited List?

The Prohibited List is an International Standard identifying substances and methods prohibited in sport. The list includes substances prohibited during in-competition periods only, those prohibited in particular sports and those substances and methods prohibited at all times.

The Prohibited List is updated annually, following extensive consultation with stakeholders facilitated by WADA's Prohibited List Expert Group. An updated List comes into effect on 1 January each year, and in accordance with the Code is generally published three months before implementation.

Additions can be made to the Prohibited List at any time. For example the 'designer' steroid Tetrahydrogestrinone (THG), which was central to the BALCO Scandal, was added part-way through 2003.

At the end of some of the categories on the Prohibited List you will find the statement 'and other substances with a similar chemical structure or similar biological effect(s)'. This means that substances do not have to be specifically named to be included on the Prohibited List; if a substance has a similar chemical structure or biological effect to a named prohibited substance then it is also considered prohibited.

The 2013 Prohibited List can be found here:
<http://www.ukad.org.uk/resources/document/the-prohibited-list-2013>

What is on the Prohibited List?

The Prohibited List identifies substances and methods that athletes cannot take or use, and presents them in categories.

An anti-doping rule violation (ADRV) will occur if an athlete's sample contains a prohibited substance, or its metabolites or markers; some substances break down once inside the body, which is referred to as a 'metabolite' of a substance. A marker indicates the use of a substance.

Why are substances and methods on the Prohibited List?

A substance or method will be considered for inclusion on the Prohibited List if it meets at least two of the following criteria:

- The substance or method has the potential to enhance, or actually enhances, performance
- Use of the substance or method represents an actual or potential health risk to the athlete
- Use of the substance or method violates the spirit of sport.

A substance or method may also be included on the Prohibited List if it has the potential to mask a prohibited substance or method.

What is the difference between the in- and out- of-competition periods?

Some substance categories and all methods are prohibited during both the in- and out-of-competition periods, i.e. at all times. Other substance categories are prohibited during the in-competition period only. Substances which are prohibited at all times include masking agents and those substances which, when used in training, may have long-term performance enhancing effects, such as anabolic steroids.

Unless otherwise stated, the in-competition period begins twelve hours before a competition and finishes at the end of any associated testing. This means that an athlete should not have any substance that is prohibited in-competition, in their system during that time. Some events may declare a different in-competition period.

For the Olympic and Paralympic Games, the IOC/IPC declares that in-competition testing can take place from the opening of the athlete village to the end of the closing ceremony, which is a period of around a month.

Sport-specific additions

Some sports have additional prohibited substances. The substances prohibited in particular sports are alcohol and/or beta-blockers. Refer to page nine of the full Prohibited List [link] here to see which sports this applies to.

What is the difference between specified and non-specified substances?

Specified substances are those that are more susceptible to a credible, non-doping explanation. Examples include beta-2 agonists, some stimulants and narcotics. Non-specified substances and all methods, if found in an athlete's bodily sample, are less likely to have a credible, non-doping explanation. Examples include anabolic agents and human growth hormone. Whether a substance is specified or not can affect the sanctions given in the event of an anti-doping rule violation.

Further information

- <http://www.wada-ama.org/en/World-Anti-Doping-Program/Sports-and-Anti-Doping-Organizations/International-Standards/Prohibited-List/>