

# PROHIBITED LIST



The Prohibited List is an International Standard that identifies the substances and methods prohibited in- and out-of-competition, and in particular sports.

The most up-to-date Prohibited List, including an iPhone application, can be found here [Prohibited List | World Anti Doping Agency](#)

# What Is On the Prohibited List?

- ❖ The substances and methods on the Prohibited List are classified by different categories, for example steroids, stimulants, narcotics, diuretics, blood manipulation.
- ❖ The Prohibited List contains the 12 categories of substances and the three categories of methods that are banned in sport.
- ❖ The Prohibited List is updated at least annually, following an extensive consultation process with stakeholders facilitated by WADA's List Expert Group
- ❖ An updated list comes into effect on 1 January of 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.



# 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, sport 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.



Some sports have additional prohibited substances. Examples of substances prohibited in particular sports are alcohol and/or beta-blockers.

# Difference Between the In- and Out-of-Competition Periods



Some substance categories and all prescribed methods are prohibited during both the in- and out-of-competition periods (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.



In-Competition period shall in principle be the period commencing just before midnight (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. Some events may declare a different in-competition period. For example, for the Olympic Games,



Athletes should still be extremely careful with the out-of-competition use of substances that are only prohibited in-competition. It does not matter when the athlete took the substance: it is the presence of it in their sample that could result in an ADRV.



Athletes should bear in mind that different substances will stay in their system for varying amounts of time, which may range from hours to months. The time it takes for a substance to get out of their system will also differ from athlete to athlete.

# 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 sample, are less likely to have a credible, non-doping explanation. Examples include steroids and human growth hormone.



Whether a substance is specified or not affects the sanctions given in the event of an ADRV.



Neither type of substance eliminates the requirement for Strict Liability, so athletes should be no less concerned about the use of a specified substance than any other non-specified substance.



All prohibited substances are considered as 'specified substances', with the exception of substances in classes S1, S2.1 to S2.5, S.4.4 and S6.a, and prohibited methods M1, M2 and M3.