

World Anti-Doping Agency (WADA)

2019 List of Prohibited Substances & Methods

The prohibited List designates what substances and methods are prohibited both in-competition and out-of-competition. It is updated annually. WADA has published the 2019 Prohibited List, which comes into effect on 1 January 2019.

For a substance or method to be added to the List, it must be determined that it meets two out of the following three criteria:

1. It has the potential to enhance or enhances sport performance
2. It represents an actual or potential health hazard
3. It violates the spirit of sport

Athletes who have a legitimate medical reason for using a prohibited substance or method that is on the List may be permitted to do so, if they meet the criteria outlined in the International Standard for Therapeutic Exemptions (ISTUE), through the TUE Application process which is outlined on the World Squash Federation website [here](#).

Summary of Major Modifications in 2019 Prohibited List:

A. Substances and Methods prohibited at all times (In- and Out-of-competition)

1. Class S1 – Anabolic Agents

When Anabolic Steroids are taken as a drug this is called exogenous administration. The human body naturally produces anabolic steroids in low levels, which are called endogenous steroids. Such anabolic steroids can be taken exogenously to artificially raise the level of the naturally occurring anabolic steroids.

There is a change to the wording to S1b to clarify that ALL endogenous anabolic steroids and their metabolites (the compounds into which the body breaks the drug down and gets rid of in the urine) are prohibited when administered exogenously.

Some of the endogenous substances are found in nutritional supplements or used as masking agents. Named examples of such endogenous substances are provided in the 2019 List.

Under 'Other Anabolic Steroids' - Ostarine is also listed by its International Non-Proprietary Name (INN) – enosarm

2. Class S2 – Peptide Hormones, Growth Factors, Related Substances, and Mimetics

There are more examples of Hypoxia-inducible factor (HIF) activating agents added, other changes to names of agents and an addition of a growth hormone secretagogue. Details of these are found in the 2019 List.

3. Class S3 – Beta-2-Agonists

Beta-2-Agonists are used in inhalers. Some are not prohibited if used in correct prescribed doses and a urine threshold level of the drug is not exceeded. Not all Beta-2-Agonists are accepted, some remain prohibited.

Tretoquinol (trimetoquinol) is added as an example to those Beta-2-Agonists that are prohibited. This is an ingredient in oral cold and flu medications, particularly in some countries in Asia.

The message for athletes who use Beta-2-Agonists, for asthma, is to make sure to check the one being used is acceptable. Otherwise, a drug test will be positive. If a prohibited one is necessary for medical reasons, then a TUE is required.

4. Class S4 – Hormone and Metabolic Modulators

One drug was moved from Category S1 to S4 to better reflect its biological activity. Some other additions were made.

5. Prohibited Methods – Class M3, Gene and Cell Doping

The title of this class was changed to 'Gene and Cell Doping.'
Stem cells are not prohibited for treating injuries as long as their use restores normal function of the affected area and does not enhance function.

B. Substances and Methods Prohibited In-Competition

The wording of the opening sentence was modified to harmonise with Article 4.2.2 of the World Anti-Doping Code as well as other sections of the List. The word 'categories' was replaced by 'classes'

1. Class S6 – Stimulants

There were some additions to the examples of drugs and changes to the chemical nomenclature for consistency

Remember, athletes are responsible for the substances in their bodies and the methods on the List and, anyone in an athlete's entourage, whether coach, manager, official, trainer, doctor or any support personnel are also liable for anti-doping rule violations if determined to be complicit. If an athlete has any doubt he or she should contact their respective anti-doping organization (World Squash Federation of National Anti-Doping Organisation (NADO) for advice

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