

SUMMARY OF MAJOR MODIFICATIONS FOR 2020 PROHIBITED LIST

The 2020 World Anti-Doping Agency (WADA) Prohibited List of substances and methods will come into effect 1 January 2020.

A. Substances and methods prohibited at all times (In-and Out-of-Competition):

1. ANABOLIC AGENTS

- The sub-division of anabolic steroids into a) exogenous (i.e. ingested or injected) and b) endogenous (i.e. naturally produced in one's own body) was removed and all anabolic steroids are joined into one class. The determination whether the origin of a substance was exogenous (therefore prohibited) or endogenous (not prohibited) is, as before, regulated in the WADA technical document.
- The substances in S1 have not been changed but two additional examples were added.

2. PEPTIDE HORMONES, GROWTH FACTORS, RELATED SUBSTANCES & MIMETICS

- Argon was removed from the List as it no longer meets the criteria for inclusion.
- For agents called TGF-beta-inhibitors - which are growth factors - the word 'signalling' was added to better reflect the predominant mechanism of action of these substances. Growth Factors may be suggested to help injury recovery but can be performance enhancing, so are prohibited.

3. HORMONE & METABOLIC AGENTS

- Two substances were added as additional examples of selective estrogen receptor modulators.

4. CHEMICAL & PHYSICAL MANIPULATION

- The wording has changed to clarify that the context of protease prohibition refers only to the tampering of samples. Proteases, often referred to as proteolytic enzymes, are used topically or orally to reduce inflammation and speed recovering after injury and are not prohibited.

5. GENE AND CELL DOPING

- Some of the technical wording regarding gene expression and gene doping was changed.
- Regarding stem cells, there is a reiteration of the statement in the Prohibited List Q & A that non-transformed stem cells, used alone (with no growth factors or other hormones added) for healing injuries is not prohibited, as long as they return the function of the affected area to normal and do not enhance it.

B. Substances and Methods Prohibited In-Competition:

1. STIMULANTS

- Octodrine (1,5-dimethylhexylamine) was added as an example of Specified Stimulants. This substance was recently found in some supplements.
- It is clarified that imidazole derivatives (e.g. miconazole, clotrimazole which are ointments used topically for fungal infections) are not prohibited when used topically for skin, nasal or eye infections.

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2. NARCOTICS

- For clarity it was stated that all optical isomers (which means there are two or more forms of a compound that have the same chemical structure but are mirror images of each other and typically differ in optical activity) are prohibited. This clarifies the prohibited status of optical isomers such as levomethadone.

3. CANNABINOIDS

- The wording of S8 Cannabinoids was updated for greater clarity. The substances that are prohibited are not changed. All natural and synthetic cannabinoids are prohibited including any preparation from cannabis or any synthetic cannabinoid.
- Natural tetrahydrocannabinol (THC) and synthetic THC (e.g. dronabinol) are prohibited. Also, all synthetic cannabinoids that mimic the effect of THC are prohibited.
- Cannabidiol (CBD) is not prohibited. **However, be aware that some CBD products extracted from cannabis plants may contain THC that could result in a positive test for a prohibited cannabinoid.**
- **Remember, cannabinoids can remain detectable for six (6) weeks to as long as three (3) months after use so, although not prohibited Out-of-Competition, may still be detected in an In-Competition test.**

C. **Monitoring Programme:**

- Each year substances, for which there is some concerns about their use for effects on athletic performance and athlete health, are monitored to assess patterns and prevalence of misuse.
- Ecdysterone was included in the 2020 Monitoring Programme.

D. **General Advice**

Remember, all athletes are responsible for what they ingest. Make sure you check any medication's status re being prohibited or not before taking it. Many physicians are unaware whether a particular medication is prohibited or not, apart from steroids. So, seek advice before taking anything apart from antibiotics or simple analgesics such as ibuprofen or acetaminophen.

Over-the-counter cough, cold, sinus medications have prohibited substances in them.

For those with asthma, many inhalers are fine to use, provided the prescribed dose is not exceeded, but some are still prohibited. Again, check the one you are given is not prohibited.

Say no to any supplements. There are no regulations around their production, the ingredients and what is actually put on the label. Contamination is also a problem during manufacture.

Submitted by:

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