THE PROHIBITED LIST EXPLAINED

How to use this guide

The Prohibited List identifies substances and methods that athletes cannot take or use, and presents them in fifteen categories. This guide aims to help you understand the categories, but it does not replace the Prohibited List, which you must also refer to. The Prohibited List is updated annually, coming into effect on 1 January of each year but additions can be made at any time. The most up-to-date Prohibited List can be found here.

Use of some substances and all methods is prohibited at all times (in- and out-of-competition). Other substance categories are prohibited only during the in-competition period. Unless otherwise stated, the in-competition period begins twelve hours before a competition, and finishes at the end of related doping control. An athlete should not have a substance that is prohibited in-competition in their system during that time, irrespective of when it was taken.

If you need to use a prescribed prohibited substance or method for the treatment of a legitimate medical condition, you may need to apply for a Therapeutic Use Exemption (TUE).

Prohibited substances in- and out-of-competition

S0. NON-APPROVED SUBSTANCES – 'in the lab'

These are substances that have not yet been approved or substances that are no longer permitted for human use. These may be products undergoing clinical trials, ones that have failed at the clinical trial stage or substances that are no longer permitted for human use.

S1. ANABOLIC AGENTS – 'muscle builders'

These are mainly anabolic steroids, which may be abused by athletes to develop their speed or strength by increasing their muscle mass. Some steroids are produced naturally such as testosterone, but the use of all steroids is prohibited. Steroids that are produced naturally in the body are referred to as *endogenous*, and those made artificially in a lab are referred to as *exogenous*.

One way to look out for substances that *may* be anabolic agents is how the word ends. Some anabolic agents end with 'one' or 'ol' – such as testosterone, clenbuterol and nandrolone – so if you come across a product containing ingredients like this, you should be very careful.

S2. PEPTIDE HORMONES, GROWTH FACTORS AND RELATED SUBSTANCES – 'Mimickers'

Some of these can be produced artificially, to mimic what we produce naturally, and abused to enhance performance. Examples include Erythropoietin (EPO), Growth Hormone and Insulin.

Injecting EPO can increase endurance performance by increasing the amount of oxygen delivered to the muscles. Human growth hormone (hGH) stimulates the growth of muscle, cartilage and bone, so athletes may abuse hGH in sports that require explosive power, speed or fast recovery. Insulin may be abused for building strength or recovery.

S3. BETA–2 AGONISTS – 'Helping you breathe more easily'

Beta-2 Agonists are common ingredients in asthma inhalers that can relieve tightness of the airways which asthma sufferers can experience.

S4. HORMONE ANTAGONISTS AND MODULATORS – 'Increase in strength'

Some substances in this group may be abused by athletes to increase muscle size, while others may maximise strength by preventing testosterone breakdown. Oestrogen modulators may be used in conjunction with anabolic steroids to prevent some of the unwanted side-effects such as increased breast tissue.

S5. DIURETICS AND OTHER MASKING AGENTS - 'Weight loss and cover-up'

Using a diuretic increases urination, which may assist with rapid weight loss, so athletes may abuse them to qualify for weight categories for competition. Athletes should be wary of slimming products that claim weight loss as they may contain diuretics.

A masking agent may be used to cover up the use of another substance so that an athlete doesn't test positive.

Prohibited substances in-competition

S6. STIMULANTS – 'Fight or flight and weight loss'

Stimulants can increase your heart rate and blood pressure, which is a similar effect to adrenaline, making you feel more alert and ready for action. Another use of stimulants can be for weight loss. If a supplement product claims to aid rapid weight loss, it may contain stimulants.

Some prohibited stimulants like ephedrine and pseudoephedrine are common ingredients in cold and flu remedies so you need to be careful in checking the ingredients of any medications before you take them. Other prohibited stimulants include social drugs like cocaine and ecstasy.

S7. NARCOTICS – 'Painkiller'

Narcotics are painkillers, mostly commonly used to treat moderate to severe pain, for example morphine.

S8. CANNABINOIDS– 'Relaxant'

Cannabinoids refer to all forms and types of cannabis including hashish and marijuana. People may react in different ways to the drug and it has been known to stay in the system for months. Cannabis might be used to enhance performance for its relaxant effects, but most positive tests for cannabinoids relate to social use.

S9. GLUCOCORTICOSTEROIDS – 'Reduce inflammation'

Glucocorticosteroids (or GCs) are steroid hormones that may be used to treat inflammation and may be abused for performance enhancement. Athletes are allowed to use GCs via inhalers, injections into joints or as creams rubbed onto skin. Athletes cannot inject GCs directly into muscles or veins.

Sport-specific additions

Some sports additionally prohibit the use of alcohol and/or beta-blockers. Refer to page nine of the full Prohibited List here to see if this applies to your sport.

1. ALCOHOL – 'Calming and safety'

Alcohol use is prohibited in some sports involving weaponry or vehicles – archery and motorsports, for example – due to anti-anxiety effects or for safety reasons.

2. BETA-BLOCKERS – 'Steadying'

Beta blockers can regulate heart rate and blood pressure so may be abused in sport to calm nerves and give an athlete a steady hand. They are banned in several sports including target sports.

Prohibited Methods

M1. ENHANCEMENT OF OXYGEN TRANSFER – 'increase endurance'

The main example is blood doping, which involves storing and re-injecting blood (your own or others) to increase the number of red blood cells and enhance performance by increasing oxygen-carrying capacity. Athletes may abuse this method to enhance performance in endurance sports.

M2. CHEMICAL AND PHYSICAL MANIPULATION – 'tampering or infusing'

Tampering, which affects the validity or integrity of doping control, is prohibited. Examples include adding something to a sample, purposefully knocking over the equipment or using other devices to provide urine.

The act of withdrawing, altering and re-injecting blood is also prohibited. Athletes are allowed to donate blood, for medicinal purposes, as that does not involve them re-injecting blood.

Athletes' use of intravenous (IV) infusions, which means supplying fluids through a vein, is also prohibited, unless in medical emergency. IV infusions might be used to cheat in sport to rehydrate quickly or to cover up other prohibited substances.

M3. GENE DOPING – 'the future of doping?'

Gene doping involves modifying genetic make-up to alter characteristics, for example to make an athlete stronger, to increase endurance or to aid recovery. The long-term risks of gene doping are unknown as it is a new technology, but use by athletes is undoubtedly dangerous as it requires specialist support.