

भारतीय भारोत्तोलन संघ Indian Weightlifting Federation



Affiliated to: International Weightlifting Federation, Asian Weightlifting Federation,
Commonwealth Weightlifting Federation and Indian Olympic Association
Recognised by: Ministry of Youth Affairs & Sports, Govt. of India

File No.: IWLF-2024-25-Nagrota-YJSWLC

Date: 19 July 2024

*All affiliated States & Departmental Boards
and Executive Committee of Indian Weightlifting Federation*

Sub.: Invitation for participation of your teams during IWLF National Senior (Men & Women), Junior (Men & Women) and Youth (Sub-Junior Boys & Girls) National Weightlifting Championships-2024-25 at Rainbow International School, Nagrota Bagwan, Himachal Pradesh w.e.f. 6-13 October 2024.

Dear All,

We are pleased to invite you to participate during IWLF National Senior (Men & Women), Junior (Men & Women) and Youth (Sub-Junior Boys & Girls) National Weightlifting Championships-2024-25 being held at Rainbow International School, Nagrota Bagwan, Himachal Pradesh w.e.f. 6-13 October 2024.

Terms and conditions for participation, Undertaking Form, WADA list of prohibited substances and other relevant documents are appended separately. Entries are to be submitted online using State registration link by enrolling with calendar of events.

Please note that Boarding & Lodging facilities at Nagrota Bagwan will be borne by participating athletes and team officials themselves. In case you require any assistance in finding the local Hotels, please contact **the Organizers of the Event Shri Pardeep Sharma, Mobile No. +918219113796.**

Kindly go through the terms and conditions carefully. Entries of those States and Departmental Boards where lifters have not paid the administrative dope penalty / other dues (including Annual affiliation fee) to the Federation will not be allowed to participate in the National Championships.

Only those athletes are eligible to participate in the subject Championships who have successfully obtained ADeL certificate (from WADA) and also submitted Whereabout Information via google form (open till 6th September 2024 - 4 p.m.).

Yours Sincerely,



Gp. Capt. Ranjib Sahoo (Retd.)
Chief Executive Officer

Encl. as above.

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TERMS AND CONDITIONS FOR PARTICIPATION OF TEAMS DURING IWLF NATIONAL SENIOR (MEN & WOMEN), JUNIOR (MEN & WOMEN) AND YOUTH (SUB-JUNIOR BOYS & GIRLS) WEIGHTLIFTING CHAMPIONSHIPS-2024-25 - NAGROTA BAGWAN, HIMACHAL PRADESH W.E.F. 6-13 OCTOBER 2024

1	Dates of Competition	6th to 13th October 2024
2	Arrival at Nagrota Bagwan	As per scheduled time table
3	Departure from Nagrota Bagwan	As per scheduled time table No Boarding & Lodging will be provided to the athletes and team officials of participating teams by the Organizers.
4	Distribution of verification forms	25th September 2024 The Federation will send the verification form, to be filled in by participating States and Departmental Boards
5	Verification of Final entries meeting (Online)	26th September 2024 All States and Departments will sent back the verification forms to Federation office by email upto 4 pm.
6	Publication of Start Book with Time Table	27th September 2024
7	Technical Officials Meeting	6th October 2024 at 5:00 p.m.
8	Last date of receipt of entries (in excel file soft copy only)	Upto 17th September 2024 with normal fee Upto 23rd September 2024 with late fee
9	Entry fee (normal)	
	Senior Athletes	Rs. 1,500/- per athlete for State(s) and Union Territories & Rs. 2,500/- per athlete for DEPARTMENTAL BOARDS upto 17.9.2024
	Junior Athletes	Rs. 1,000/- per athlete upto 17.9.2024.
	Youth Athletes	Rs. 1,000/- per athlete upto 17.9.2024.
	Team Officials	Rs. 1,500/- per person for State(s) and Union Territories & Rs. 2,500/- per person for DEPARTMENTAL BOARDS upto 17.9.2024
10	Entry fee (late charges)	
	Senior Athletes	Rs. 3,000/- per athlete for State(s) and Union Territories and Rs. 5,000/- per athlete for DEPARTMENTAL BOARDS wef 18.9.2024 to 23.9.2024
	Junior Athletes	Rs. 2,000/- per athlete for State(s) and Union Territories wef 18.9.2024 to 23.9.2024
	Youth Athletes	Rs. 2,000/- per athlete for State(s) and Union Territories wef 18.9.2024 to 23.9.2024
	Team Officials	Rs. 3,000/- per person for State(s) and Union Territories and Rs. 5,000/- per person for DEPARTMENTAL BOARDS wef 18.9.2024 to 23.9.2024
11	ID Cards	Online mode only
12	Anti-Doping Fee	Rs. 500/- per athlete
13	Inter-State transfer Fee	Rs. 200/- per athlete
14	Annual Renewal Fee	Rs. 15,000/- + GST for States upto 30-6-2024, additional surcharge of Rs. 500/- + GST per month will be levied, w.e.f. 1-7-2024 onwards Rs. 50,000/- + GST for Departmental Boards upto 30-6-2024, additional surcharge of Rs. 500/- + GST per month will be levied, w.e.f. 1-7-2024 onwards



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15	Weight Categories										
	Senior & Junior Men			55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 kg, 109 kg and +109 kg							
	Senior & Junior Women			45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg, 87 kg and +87 kg							
	Youth (Sub-Junior Boys)			49 kg, 55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 and +102 kg							
	Youth (Sub-Junior Girls)			40 kg, 45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg and +81 kg							
16	Athlete's Age for participation										
	Senior (Men & Women)			Born on or before 31-12-2009 (15 years)							
	Junior (Men & Women)			Born between 1-1-2004 to 31-12-2009 (15 to 20 years)							
	Youth (Sub-Junior Boys & Girls)			Born between 1-1-2007 to 31-12-2011 (13 to 17 years)							
17	Minimum qualifying weights / standards										
	Senior Men	55	61	67	73	81	89	96	102	109	+109
	Snatch	92	99	112	114	120	125	123	127	129	132
	Clean & Jerk	120	125	140	145	150	160	152	162	155	160
	Total	212	224	252	259	270	285	275	289	284	292
	Senior Women	45	49	55	59	64	71	76	81	87	+87
	Snatch	57	62	68	70	72	74	76	77	79	77
	Clean & Jerk	75	80	85	90	92	93	97	95	98	96
	Total	132	142	153	160	164	167	173	172	177	173
	Junior Men	55	61	67	73	81	89	96	102	109	+109
	Snatch	85	90	98	102	110	112	113	110	105	110
	Clean & Jerk	110	115	123	130	135	136	140	135	130	140
	Total	195	205	221	232	245	248	253	245	235	250
	Junior Women	45	49	55	59	64	71	76	81	87	+87
	Snatch	45	50	55	60	62	65	67	65	55	50
	Clean & Jerk	60	65	75	80	82	85	85	85	75	70
	Total	105	115	130	140	144	150	152	150	130	120
	Youth Boys	49	55	61	67	73	81	89	96	102	+102
	Snatch	65	75	82	90	92	93	95	90	98	95
	Clean & Jerk	80	95	105	115	118	120	122	110	124	120
	Total	145	170	187	205	210	213	217	200	222	215
	Youth Girls	40	45	49	55	59	64	71	76	81	+81
	Snatch	30	40	50	53	56	57	58	60	55	50
	Clean & Jerk	40	50	60	65	70	74	75	75	65	60
	Total	70	90	110	118	126	131	133	135	120	110

Please note that 20 kg Rule will be applicable above the minimum qualifying weights / standard in each body weight category.

18	Maximum number of entries from a participating State / Department	
	Senior Men	10 athletes + 2 reserves (not more than 2 in a weight category)
	Senior Women	10 athletes + 2 reserves (not more than 2 in a weight category)
	Junior Men	10 athletes + 2 reserves (not more than 2 in a weight category)
	Junior Women	10 athletes + 2 reserves (not more than 2 in a weight category)
	Youth (Sub-Junior Boys)	10 athletes + 2 reserves (not more than 2 in a weight category)
	Youth (Sub-Junior Girls)	10 athletes + 2 reserves (not more than 2 in a weight category)



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	Wild Card entries	Those States who do not qualify with minimum standards can enter with 1 wild card from the State, with a maximum of 6 wild cards - 1 in Senior Men, 1 in Senior Women, 1, in Junior Men, 1 in Junior Women, 1 in Youth Boys and 1 in Youth Girls
19	Venue of the Championships	Rainbow International School, Nagrota Bagwan, Himachal Pradesh
20	Whereabout Information deadline	6th September 2024
21	ID Cards	Possession of ONLINE ID cards are mandatory to participate
22	Dope Test	The dope tests will be carried out by National Anti-Doping Agency, New Delhi as per norms
23	WADA Prohibited Substances	List of WADA Prohibited Substances for the year 2024 attached
24	Undertaking (Dope Declaration Form)	Form to be completed in all respects and to be submitted by athlete at the time of body weight during the competition. The signature and stamp/seal of the State Association / Departmental Board is mandatory.
25	Weather Climate	The average temperature will be 25 maximum and 18 minimum. Will be pleasant.
26	How to reach Nagrota Bagwan	By Air from Delhi to Dharamshala, By Train upto Pathankot / Amb Andaura, By Road from Pathankot to Nagrota Bagwan (90 kms) and from Amb Andaura to Nagrota Bagwan (85 kms). Regular buses will also be available from New Delhi / Chandigarh
27	Ineligible Athletes	List attached separately
28	Entry Forms	Online through website portal placed in the State / Department registration
29	Name of Coach in entry forms	The word SELF / SELF TRAINING is prohibited
30	Athletes participating in all 3 events (Senior, Junior & Youth)	Minimum qualifying standard of Senior will apply
31	Athletes participating in all 2 events (Junior & Youth)	Minimum qualifying standard of Junior will apply
32	Education on banned substances and WADA prohibited List published	It is solely the responsibility of Secretary of State Association / Coach to educate athletes about the WADA / NADA code and list of prohibited substances published from time to time
33	Re-admission in weightlifting activities after expiry of BAN period	Athletes completing suspension are only eligible to participate if they have provided the Whereabout Information on online google form closed on 6-9-2024
34	Medals	Medals will be distributed for TOTAL event. Athlete has to pass 1 lift each in Snatch and 1 lift in Clean & Jerk for obtaining Medals
35	Diploma	For first 3 places will be issued to athletes, after receipt of dope test results from National Anti-Doping Agency, New Delhi. Those athletes who gets eliminated in Snatch will not be allowed to compete in Clean & Jerk event.
36	Participation Certificate	Only those athletes will be issued Participation Certificates who will pass atleast 1 lift in Snatch and 1 lift Clean & Jerk event. Eliminated athletes in either snatch or clean & jerk will not be issued any Participation Certificate means a total weight is mandatory to obtain Participation Certificate by athletes.



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37	Inter-State Transfers	Inter-state transfers will only be allowed in case of an athlete residing from the participating state for a period of 6 months prior to start of the competition along with proof of address, and in possession of NOC from the old state. In case any athlete is not participating from the earlier registered State for a period of 2 years or more, then NOC is not required, only address proof is required. Possession of ID card is mandatory for participation of athletes.
38	Reasons for rejection of entries by the Federation	Missing Whereabout Information, Pending dope penalty and other dues of the States/Departments, Disciplinary grounds, Athlete ID Cards missing,
39	Transfer of payment for participation	To be made online through website portal
40	Additional Registration for Athletes, Coaches and support staff	Registration of Khelo India portal is mandatory for all athletes participation in the National Championships. It is mandatory to write KID no. of the Undertaking Form by participating athletes and Coaches.

ENTRIES WILL NOT BE ACCEPTED OFFLINE. ALL STATES / DEPARTMENTS HAVE TO APPLY ONLINE THROUGH WEBSITE PORTAL userid and password created by themselves.



[GP. CAPT. RANJIB SAHOO (RETD.)
CHIEF EXECUTIVE OFFICER
INDIAN WEIGHTLIFTING FEDERATION

DATE: 19-7-2024
PLACE - NOIDA

Ineligible athletes for participation during IWLF Junior (Men & Women) National Weightlifting Championships-2024-25 - proposed to be held at Nagrota Bagwan (Himachal Pradesh)

S.NO.	SECTION	NAME OF ATHLETE	STATE	DOB	AGE IN 2024
1	MEN	SHANKAR LAPUNG	ARN	22-09-2004	20
2	MEN	MARKIO TARIO	ARN	01-01-2004	20
3	MEN	SIDDHANTA GOGOI	ASM	08-04-2004	20
4	MEN	VALLURI AJAYA BABU	M.P.	22-11-2004	20
5	MEN	T. MADHAVAN	TND	03-12-2004	20
6	MEN	S. MUTHIAMINYAN	TND	03-06-2004	20
7	MEN	BENGIA TANI	ARN	26-02-2004	20
8	MEN	S. LOKESHWARAN	TND	17-05-2005	19
9	MEN	SUDITYA BARUAH	ASM	16-12-2004	20
10	MEN	A. KOMAL KARTEEK	A.P.	29-05-2004	20
11	MEN	SUVANSH THAKUR	H.P.	14-02-2005	19
12	WOMEN	APEKSHA DHONE	MHR	01-01-2004	20
13	WOMEN	PANCHAMI SONOWAL	ASM	05-05-2005	19
14	WOMEN	L. NILAM DEVI	MNP	10-06-2004	20
15	WOMEN	SAGUN RAV	U.P.	24-02-2005	19
16	WOMEN	CHELSI	DEL	25-03-2006	18
17	WOMEN	ICCHHA PATEL	U.P.	08-09-2004	20
18	WOMEN	CH. SRI LAKSHMI	A.P.	19-10-2004	20
19	WOMEN	BONI MANGKHYA	ARN	04-06-2004	20
20	WOMEN	BHAWNA	HRN	20-07-2005	20
21	WOMEN	JYOTI YADAV	HRN	16-01-2004	20
22	WOMEN	SONAM SINGH	U.P.	18-12-2004	20

(Signature)



Gp. Capt. Ranjib Sahoo (Retd.)
 Chief Executive Officer
 Indian Weightlifting Federation

TIME TABLE
IWLF NATIONAL YOUTH (SUB-JUNIOR BOYS & GIRLS), JUNIOR (MEN & WOMEN) AND SENIOR (MEN & WOMEN) WEIGHTLIFTING CHAMPIONSHIPS-2024-25 AT RAINBOW INTERNATIONAL SCHOOL, NAGROTA BAGWAN-HIMACHAL PRADESH - 6-13 OCTOBER 2024

Day	Date	Program
0	26-09-2024	Verification of final entries meeting ONLINE
1	06-10-2024	Technical Officials Meeting
		Opening Ceremony
Weight Categories and Groups		
2	07-10-2024	40 kg Youth Girls Group A
		49 kg Youth Boys Group A
		45 kg Youth, Junior & Senior Women Group B
		45 kg Youth, Junior & Senior Women Group A
		55 kg Youth, Junior & Senior Men Group B
		55 kg Youth, Junior & Senior Men Group A
3	08-10-2024	49 kg Youth, Junior & Senior Women Group B
		49 kg Youth, Junior & Senior Women Group A
		61 kg Youth, Junior & Senior Men Group B
		61 kg Youth, Junior & Senior Men Group A
		55 kg Youth, Junior & Senior Women Group B
		55 kg Youth, Junior & Senior Women Group A
4	09-10-2024	67 kg Youth, Junior & Senior Men Group B
		67 kg Youth, Junior & Senior Men Group A
		59 kg Youth, Junior & Senior Women Group B
		59 kg Youth, Junior & Senior Women Group A
		73 kg Youth, Junior & Senior Men Group B
		73 kg Youth, Junior & Senior Men Group A
5	10-10-2024	64 kg Youth, Junior & Senior Women Group B
		64 kg Youth, Junior & Senior Women Group A
		81 kg Youth, Junior & Senior Men Group B
		81 kg Youth, Junior & Senior Men Group A
		71 kg Youth, Junior & Senior Women Group B
		71 kg Youth, Junior & Senior Women Group A
6	11-10-2024	89 kg Youth, Junior & Senior Men Group B
		89 kg Youth, Junior & Senior Men Group A
		76 kg Youth, Junior & Senior Women Group B
		76 kg Youth, Junior & Senior Women Group A
		96 kg Youth, Junior & Senior Men Group B
		96 kg Youth, Junior & Senior Men Group A
7	12-10-2024	102 kg Youth, Junior & Senior Men Group B
		102 kg Youth, Junior & Senior Men Group A
		81 kg Youth, Junior & Senior Women Group B
		81 kg Youth, Junior & Senior Women Group A
		+102 kg Youth Boys Group A
		+81 kg Youth Girls Group A
8	13-10-2024	87 kg Junior & Senior Women Group A
		+87 kg Junior & Senior Women Group A
		109 kg Junior & Senior Men Group A
		+109 kg Junior & Senior Men Group A

NOTE:- TIME OF BODY WEIGHT, COMPETITION AND NO. OF COMPETITORS WILL BE PUBLISHED ON 27-9-2024 AFTER VERIFICATION OF FINAL ENTRIES



UNDERTAKING DOPE DECLARATION FORM

I, _____ representing _____
participating in _____ kg weight category in **IWLF National Youth (Boys & Girls), Junior (Men & Women) and Senior (Men & Women) Weightlifting Championships-2024-25 held at Nagrota Bagwan (Himachal Pradesh) from 6-13 October 2024** hereby declare and certify on oath that I am aware of names of banned drugs under LATEST WADA / NADA code and state with full responsibility that I have not consumed any banned substance and that I am absolutely free from banned drugs.

In case of my positive dope test at the above Championships I shall solely be responsible for the same and shall be liable for all consequences arising out of my positive dope test as provided in the Anti-Doping Rules / Policy of Indian Weightlifting Federation and National Anti-Doping Agency.

It is my personal duty to ensure that no Prohibited Substance enters my body. I am responsible for any Prohibited Substance or its Metabolites or Markers found to be present in my sample. Accordingly, it is not necessary that intent, fault, negligence or knowing Use on my part be demonstrated in order to establish an anti-doping violation.

I certify that I understand the contents of this undertaking which has been explained to me by my Coach / Manager / Secretary of my State Association in the language known to me.

Name (in CAPITAL letters)	
Father's Name	
Address	
IWLF ID Card No. & Khelo India ID No.	
Mobile no.	
Email id	

Aadhar Card no. _____

Signature of Athlete:

(Enclose copy)

State / Unit:

Certified by COACH:-

I. _____, coach of above athlete agree to abide by rules and regulations of Anti-Doping Policy of Indian Weightlifting Federation / National Anti-Doping Agency and is aware of the consequences of use of banned drug(s) by my above trainee. I support and abide by the sanctions imposed on me by Indian Weightlifting Federation / National Anti-Doping Agency in case of above athlete being testing positive.

Countersigned:

Name of Coach:

Mobile no.

Aadhar Card No. (Enclose copy)

Verified & Certified by STATE ASSOCIATION / DEPARTMENTAL BOARD:-

I hereby certify that information provided in this Undertaking / Dope Declaration form is true and correct. I will be responsible for any discrepancy found in this form and actions thereof.

I undertake to pay the administrative dope penalty charges as per Anti-Doping Policy of Indian Weightlifting Federation within 30 days and accept the suspension of the State Association / forfeiture of participation in any future Championship(s) as an affiliate Unit / as individual lifter till such time this financial outstanding is cleared.

Name of Secretary: _____

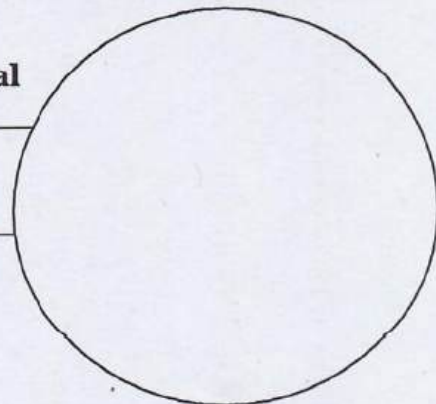
.....
[Signature]

State / Unit / Department

Dated:

With seal

**Enclose copy of Aadhar card of Athlete & Coach,
ADEL certificate of Athlete & Coach**



आशीष भार्गव, भा.प्र.से.
महानिदेशक
ASHISH BHARGAVA, I.A.S.
Director General



भारत सरकार
Government of India
राष्ट्रीय डोप रोधी एजेंसी
(युवा कार्यक्रम और खेल मंत्रालय, भारत सरकार)
National Anti Doping Agency
(Ministry of Youth Affairs & Sports, Govt. of India)
हॉल नं० 104, प्रथम तल, जेएलएन स्टेडियम,
नई दिल्ली-110003, भारत
Hall No. 104, First Floor, JLN Stadium, Lodhi Road,
New Delhi-110003, INDIA
दूरभाष / Phone : +91- 011- 24368249
ईमेल / E-mail : dg-nadaindia@gov.in

D.O. No. J/17/2023-NADA

Dated.27.12.2023

Dear Sir/Madam,

I hope this letter finds you in good health and high spirits. As part of our ongoing commitment to maintaining the integrity of sports and ensuring fair competition, I am writing to inform you about the upcoming enforcement of the 2024 Prohibited List, a mandatory International Standard under the World Anti-Doping Program.

The Prohibited List represents a comprehensive compilation of substances and methods that are strictly forbidden in sports to uphold the principles of fair play, health, and safety of athletes. This list is a crucial component of the global effort to eradicate doping in sports and maintain a level playing field for all competitors.

The 2024 Prohibited List will come into force on 1 January 2024, and it is imperative that all stakeholders, including athletes, coaches, medical personnel, and relevant officials, are aware of the updates and changes introduced in this edition. The World Anti-Doping Agency (WADA) has meticulously revised the list to reflect the latest advancements in scientific knowledge and emerging trends in doping practices.

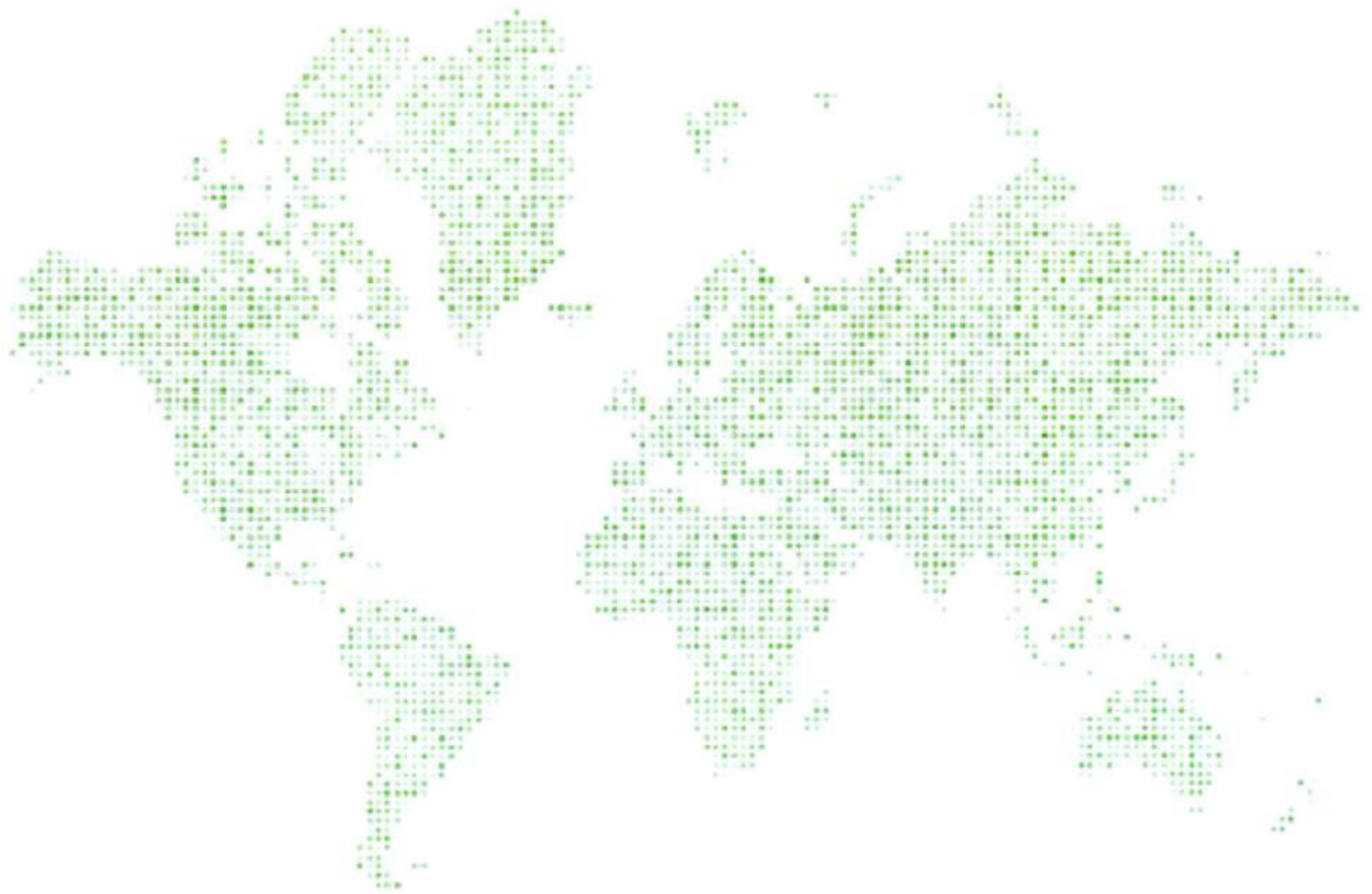
To facilitate a smooth transition and ensure compliance with the new regulations, we encourage all stakeholders to review the 2024 Prohibited List, which will be made available on the official WADA website and also on NADA India's website <https://nadaindia.yas.gov.in/>. **The 2024 Prohibited List is also attached along with this mail and the major modifications for 2024 as Annexure 1.** It is essential that everyone involved in sports takes the time to familiarize themselves with the updated list to avoid inadvertent violations and potential consequences.

We remain committed to promoting clean and ethical competition and appreciate your ongoing support in upholding the values of fair play within our sporting community. If you have any questions or require further information regarding the 2024 Prohibited List, please do not hesitate to contact us at info.nada@nic.in.

Thank you for your cooperation and dedication to maintaining the highest standards of sportsmanship.

Yours sincerely,


(Ashish Bhargava)



WORLD ANTI-DOPING CODE
INTERNATIONAL STANDARD
**PROHIBITED
LIST**
2024

This List shall come into effect on 1 January 2024.



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Please note that the list of examples of medical conditions below is not inclusive.

SUBSTANCES & METHODS PROHIBITED AT ALL TIMES

S0 Non-approved substances	4
S1 Anabolic agents	5
Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. male hypogonadism.	
S2 Peptide hormones, growth factors, related substances, and mimetics	7
Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. anaemia, male hypogonadism, growth hormone deficiency.	
S3 Beta-2 agonists	9
Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. asthma and other respiratory disorders.	
S4 Hormone and metabolic modulators	10
Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. breast cancer, diabetes, infertility (female), polycystic ovarian syndrome.	
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SUBSTANCES & METHODS PROHIBITED IN-COMPETITION

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Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. anaphylaxis, attention deficit hyperactivity disorders (ADHD), cold and influenza symptoms.	
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Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. pain, including from musculoskeletal injuries.	
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Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. allergy, anaphylaxis, asthma, inflammatory bowel disease.	

SUBSTANCES PROHIBITED IN PARTICULAR SPORTS

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Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. heart failure, hypertension.	
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THE 2024 PROHIBITED LIST WORLD ANTI-DOPING CODE

VALID 1 JANUARY 2024

Introduction

The *Prohibited List* is a mandatory *International Standard* as part of the World Anti-Doping Program.

The *List* is updated annually following an extensive consultation process facilitated by WADA. The effective date of the *List* is 01 January 2024.

The official text of the *Prohibited List* shall be maintained by WADA and shall be published in English and French. In the event of any conflict between the English and French versions, the English version shall prevail.

Below are some terms used in this *List of Prohibited Substances and Prohibited Methods*.

Prohibited In-Competition

Subject to a different period having been approved by WADA for a given sport, the *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.

Prohibited at all times

This means that the substance or method is prohibited *In-* and *Out-of-Competition* as defined in the *Code*.

Specified and non-***Specified***

As per Article 4.2.2 of the *World Anti-Doping Code*, "for purposes of the application of Article 10, all *Prohibited Substances* shall be *Specified Substances* except as identified on the *Prohibited List*. No *Prohibited Method* shall be a *Specified Method* unless it is specifically identified as a *Specified Method* on the *Prohibited List*". As per the comment to the article, "the *Specified Substances* and *Methods* identified in Article 4.2.2 should not in any way be considered less important or less dangerous than other doping substances or methods. Rather, they are simply substances and methods which are more likely to have been consumed or used by an *Athlete* for a purpose other than the enhancement of sport performance."

Substances of Abuse

Pursuant to Article 4.2.3 of the *Code*, *Substances of Abuse* are substances that are identified as such because they are frequently abused in society outside of the context of sport. The following are designated *Substances of Abuse*: cocaine, diamorphine (heroin), methylenedioxymethamphetamine (MDMA/"ecstasy"), tetrahydrocannabinol (THC).

Published by:
World Anti-Doping Agency
Stock Exchange Tower
800 Place Victoria (Suite 1700)
PO Box 120
Montreal, Quebec
Canada H4Z 1B7

URL: www.wada-ama.org
Tel: +1 514 904 9232
Fax: +1 514 904 8650
E-mail: code@wada-ama.org

S0 NON-APPROVED SUBSTANCES

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited substances in this class are *Specified Substances*.

Any pharmacological substance which is not addressed by any of the subsequent sections of the *List* and with no current approval by any governmental regulatory health authority for human therapeutic use (e.g. drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is prohibited at all times.

This class covers many different substances including but not limited to BPC-157, 2,4-Dinitrophenol (DNP) and Troponin Activators (e.g. Reldesemtiv and Tirasektiv).

S1 ANABOLIC AGENTS

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited substances in this class are non-*Specified Substances*.

Anabolic agents are prohibited.

S1.1. ANABOLIC ANDROGENIC STEROIDS (AAS)

When administered exogenously, including but not limited to:

- 1-Androstenediol (5 α -androst-1-ene-3 β , 17 β -diol)
- 1-Androstenedione (5 α -androst-1-ene-3, 17-dione)
- 1-Androsterone (3 α -hydroxy-5 α -androst-1-ene-17-one)
- 1-Epiandrosterone (3 β -hydroxy-5 α -androst-1-ene-17-one)
- 1-Testosterone (17 β -hydroxy-5 α -androst-1-en-3-one)
- 4-Androstenediol (androst-4-ene-3 β , 17 β -diol)
- 4-Hydroxytestosterone (4,17 β -dihydroxyandrost-4-en-3-one)
- 5-Androstenedione (androst-5-ene-3,17-dione)
- 7 α -Hydroxy-DHEA
- 7 β -Hydroxy-DHEA
- 7-Keto-DHEA
- 11 β -Methyl-19-nortestosterone
- 17 α -Methylepithiostanol (epistane)
- 19-Norandrostenediol (estr-4-ene-3,17-diol)
- 19-Norandrostenedione (estr-4-ene-3,17-dione)
- Androst-4-ene-3,11,17- trione (11-ketoandrostenedione, adrenosterone)
- Androstanolone (5 α -dihydrotestosterone, 17 β -hydroxy-5 α -androstan-3-one)
- Androstenediol (androst-5-ene-3 β ,17 β -diol)
- Androstenedione (androst-4-ene-3,17-dione)
- Bolasterone
- Boldenone
- Boldione (androsta-1,4-diene-3,17-dione)
- Calusterone
- Clostebol
- Danazol ([1,2]oxazolo[4',5':2,3]pregna-4-en-20-yn-17 α -ol)
- Dehydrochlormethyltestosterone (4-chloro-17 β -hydroxy-17 α -methylandrosta-1,4-dien-3-one)
- Desoxymethyltestosterone (17 α -methyl-5 α -androst-2-en-17 β -ol and 17 α -methyl-5 α -androst-3-en-17 β -ol)
- Dimethandrolone (7 α ,11 β -Dimethyl-19-nortestosterone)
- Drostanolone
- Epiandrosterone (3 β -hydroxy-5 α -androstan-17-one)
- Epi-dihydrotestosterone (17 β -hydroxy-5 β -androstan-3-one)
- Epitestosterone
- Ethylestrenol (19-norpregna-4-en-17 α -ol)
- Fluoxymesterone
- Formebolone
- Furazabol (17 α -methyl [1,2,5]oxadiazolo[3',4':2,3]-5 α -androstan-17 β -ol)

S1 ANABOLIC AGENTS (continued)

S1.1. ANABOLIC ANDROGENIC STEROIDS (AAS) (continued)

- Gestrinone
- Mestanolone
- Mesterolone
- Metandienone (17 β -hydroxy-17 α -methylandrosta-1,4-dien-3-one)
- Metenolone
- Methandriol
- Methasterone (17 β -hydroxy-2 α ,17 α -dimethyl-5 α -androstan-3-one)
- Methyl-1-testosterone (17 β -hydroxy-17 α -methyl-5 α -androst-1-en-3-one)
- Methylclostebol
- Methyldienolone (17 β -hydroxy-17 α -methylestra-4,9-dien-3-one)
- Methylnortestosterone (17 β -hydroxy-17 α -methylestr-4-en-3-one)
- Methyltestosterone
- Metribolone (methyltrienolone, 17 β -hydroxy-17 α -methylestra-4,9,11-trien-3-one)
- Mibolerone
- Nandrolone (19-nortestosterone)
- Norboletone
- Norclostebol (4-chloro-17 β -ol-estr-4-en-3-one)
- Norethandrolone
- Oxabolone
- Oxandrolone
- Oxymesterone
- Oxymetholone
- Prasterone (dehydroepiandrosterone, DHEA, 3 β -hydroxyandrost-5-en-17-one)
- Prostanazol (17 β -[(tetrahydropyran-2-yl)oxy]-1'H-pyrazolo[3,4:2,3]-5 α -androstane)
- Quinbolone
- Stanozolol
- Stenbolone
- Testosterone
- Tetrahydrogestrinone (17-hydroxy-18 α -homo-19-nor-17 α -pregna-4,9,11-trien-3-one)
- Tibolone
- Trenbolone (17 β -hydroxyestr-4,9,11-trien-3-one)
- Trestolone (7 α -Methyl-19-nortestosterone, MENT)

and other substances with a similar chemical structure or similar biological effect(s).

S1.2. OTHER ANABOLIC AGENTS

Including, but not limited to:

Clenbuterol, osilodrostat, ractopamine, selective androgen receptor modulators [SARMs, e.g. andarine, enobosarm (ostarine), LGD-4033 (ligandrol), RAD140, S-23 and YK-11], zeranol and zilpaterol.

S2

PEPTIDE HORMONES, GROWTH FACTORS, RELATED SUBSTANCES, AND MIMETICS

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited substances in this class are non-*Specified Substances*.

The following substances, and other substances with similar chemical structure or similar biological effect(s), are prohibited.

S2.1. ERYTHROPOIETINS (EPO) AND AGENTS AFFECTING ERYTHROPOIESIS

Including, but not limited to:

S2.1.1 Erythropoietin receptor agonists, e.g. darbepoetins (dEPO); erythropoietins (EPO); EPO-based constructs [e.g. EPO-Fc, methoxy polyethylene glycol-epoetin beta (CERA)]; EPO-mimetic agents and their constructs (e.g. CNTO-530, peginesatide).

S2.1.2 Hypoxia-inducible factor (HIF) activating agents, e.g. cobalt; daprodustat (GSK1278863); IOX2; molidustat (BAY 85-3934); roxadustat (FG-4592); vadadustat (AKB-6548); xenon.

S2.1.3 GATA inhibitors, e.g. K-11706.

S2.1.4 Transforming growth factor beta (TGF- β) signalling inhibitors, e.g. luspatercept; sotatercept.

S2.1.5 Innate repair receptor agonists, e.g. asialo EPO; carbamylated EPO (CEPO).

S2 PEPTIDE HORMONES, GROWTH FACTORS, RELATED SUBSTANCES, AND MIMETICS (continued)

S2.2. PEPTIDE HORMONES AND THEIR RELEASING FACTORS

S2.2.1 Testosterone-stimulating peptides in males including, but not limited to:

- chorionic gonadotrophin (CG),
- luteinizing hormone (LH),
- gonadotrophin-releasing hormone (GnRH, gonadorelin) and its agonist analogues (e.g. buserelin, deslorelin, goserelin, histrelin, leuprorelin, nafarelin and triptorelin),
- kisspeptin and its agonist analogues

S2.2.2 Corticotrophins and their releasing factors, e.g. corticorelin and tetracosactide

S2.2.3 Growth hormone (GH), its analogues and fragments including, but not limited to:

- growth hormone analogues, e.g. lonapegsomatropin, somapacitan and somatrogon
- growth hormone fragments, e.g. AOD-9604 and hGH 176-191

S2.2.4 Growth hormone releasing factors, including, but not limited to:

- growth hormone-releasing hormone (GHRH) and its analogues (e.g. CJC-1293, CJC-1295, sermorelin and tesamorelin)
- growth hormone secretagogues (GHS) and their mimetics [e.g. anamorelin, capromorelin, ibutamoren (MK-677), ipamorelin, lenomorelin (ghrelin), macimorelin and tabimorelin]
- GH-releasing peptides (GHRPs) [e.g. alexamorelin, examorelin (hexarelin), GHRP-1, GHRP-2 (pralmorelin), GHRP-3, GHRP-4, GHRP-5 and GHRP-6]

S2.3. GROWTH FACTORS AND GROWTH FACTOR MODULATORS

Including, but not limited to:

- Fibroblast growth factors (FGFs)
- Hepatocyte growth factor (HGF)
- Insulin-like growth factor 1 (IGF-1, mecasermin) and its analogues
- Mechano growth factors (MGFs)
- Platelet-derived growth factor (PDGF)
- Thymosin- β 4 and its derivatives e.g. TB-500
- Vascular endothelial growth factor (VEGF)

and other growth factors or growth factor modulators affecting muscle, tendon or ligament protein synthesis/degradation, vascularisation, energy utilization, regenerative capacity or fibre type switching.

S3 BETA-2 AGONISTS

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited substances in this class are *Specified Substances*.

All selective and non-selective beta-2 agonists, including all optical isomers, are prohibited.

Including, but not limited to:

- Arformoterol
- Fenoterol
- Formoterol
- Higenamine
- Indacaterol
- Levosalbutamol
- Olodaterol
- Procaterol
- Reproterol
- Salbutamol
- Salmeterol
- Terbutaline
- Tretoquinol (trimetoquinol)
- Tulobuterol
- Vilanterol

EXCEPTIONS

- Inhaled salbutamol: maximum 1600 micrograms over 24 hours in divided doses not to exceed 600 micrograms over 8 hours starting from any dose;
- Inhaled formoterol: maximum delivered dose of 54 micrograms over 24 hours;
- Inhaled salmeterol: maximum 200 micrograms over 24 hours;
- Inhaled vilanterol: maximum 25 micrograms over 24 hours.

NOTE

The presence in urine of salbutamol in excess of 1000 ng/mL or formoterol in excess of 40 ng/mL is not consistent with therapeutic use of the substance and will be considered as an *Adverse Analytical Finding (AAF)* unless the *Athlete* proves, through a controlled pharmacokinetic study, that the abnormal result was the consequence of a therapeutic dose (by inhalation) up to the maximum dose indicated above.

S4 HORMONE AND METABOLIC MODULATORS

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

Prohibited substances in classes S4.1 and S4.2 are *Specified Substances*. Those in classes S4.3 and S4.4 are non-*Specified Substances*.

The following hormone and metabolic modulators are prohibited.

S4.1. AROMATASE INHIBITORS

Including, but not limited to:

- 2-Androstenol (5 α -androst-2-en-17-ol)
- 2-Androstenone (5 α -androst-2-en-17-one)
- 3-Androstenol (5 α -androst-3-en-17-ol)
- 3-Androstenone (5 α -androst-3-en-17-one)
- 4-Androstene-3,6,17 trione (6-oxo)
- Aminoglutethimide
- Anastrozole
- Androsta-1,4,6-triene-3,17-dione (androstatrienedione)
- Androsta-3,5-diene-7,17-dione (arimistane)
- Exemestane
- Formestane
- Letrozole
- Testolactone

S4.2. ANTI-ESTROGENIC SUBSTANCES [ANTI-ESTROGENS AND SELECTIVE ESTROGEN RECEPTOR MODULATORS (SERMS)]

Including, but not limited to:

- Bazedoxifene
- Clomifene
- Cyclofenil
- Fulvestrant
- Ospemifene
- Raloxifene
- Tamoxifen
- Toremifene

S4 HORMONE AND METABOLIC MODULATORS

(continued)

S4.3. AGENTS PREVENTING ACTIVIN RECEPTOR IIB ACTIVATION

Including, but not limited to:

- Activin A-neutralizing antibodies
- Activin receptor IIB competitors such as:
 - Decoy activin receptors (e.g. ACE-031)
- Anti-activin receptor IIB antibodies (e.g. bimagrumab)
- Myostatin inhibitors such as:
 - Agents reducing or ablating myostatin expression
 - Myostatin-binding proteins (e.g. follistatin, myostatin propeptide)
 - Myostatin- or precursor-neutralizing antibodies (e.g. apitegromab, domagrozumab, landogrozumab, stamulumab)

S4.4. METABOLIC MODULATORS

S4.4.1 Activators of the AMP-activated protein kinase (AMPK), e.g. AICAR, peroxisome proliferator-activated receptor delta (PPAR δ) agonists, e.g. 2-(2-methyl-4-((4-methyl-2-(4-(trifluoromethyl)phenyl)thiazol-5-yl)methylthio)phenoxy) acetic acid (GW1516, GW501516) and Rev-erba agonists, e.g. SR9009, SR9011

S4.4.2 Insulins and insulin-mimetics

S4.4.3 Meldonium

S4.4.4 Trimetazidine

S5 DIURETICS AND MASKING AGENTS

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited substances in this class are *Specified Substances*.

All diuretics and masking agents, including all optical isomers, e.g. *d*- and *l*- where relevant, are prohibited.

Including, but not limited to:

- Diuretics such as:
Acetazolamide; amiloride; bumetanide; canrenone; chlortalidone; etacrynic acid; furosemide; indapamide; metolazone; spironolactone; thiazides, e.g. bendroflumethiazide, chlorothiazide and hydrochlorothiazide; torasemide; triamterene;
 - Vaptans, e.g. conivaptan, mozavaptan, tolvaptan;
 - Plasma expanders by intravenous administration such as:
Albumin, dextran, hydroxyethyl starch, mannitol;
 - Desmopressin;
 - Probenecid;
- and other substances with a similar chemical structure or similar biological effect(s).

EXCEPTIONS

- Drospirenone; pamabrom; and topical ophthalmic administration of carbonic anhydrase inhibitors (e.g. dorzolamide, brinzolamide);
- Local administration of felypressin in dental anaesthesia.

NOTE

The detection in an *Athlete's Sample* at all times or *In-Competition*, as applicable, of any quantity of the following substances subject to threshold limits: formoterol, salbutamol, cathine, ephedrine, methylephedrine and pseudoephedrine, in conjunction with a diuretic or masking agent (except topical ophthalmic administration of a carbonic anhydrase inhibitor or local administration of felypressin in dental anaesthesia), will be considered as an *Adverse Analytical Finding (AAF)* unless the *Athlete* has an approved *Therapeutic Use Exemption (TUE)* for that substance in addition to the one granted for the diuretic or masking agent.

PROHIBITED METHODS

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited methods in this class are non-*Specified* except methods in M2.2. which are *Specified Methods*.

M1. MANIPULATION OF BLOOD AND BLOOD COMPONENTS

The following are prohibited:

- M1.1.** The *Administration* or reintroduction of any quantity of autologous, allogenic (homologous) or heterologous blood, or red blood cell products of any origin into the circulatory system except donation by *Athletes* of plasma or plasma components by plasmapheresis performed in a registered collection center.
- M1.2.** Artificially enhancing the uptake, transport or delivery of oxygen.
Including, but not limited to:
Perfluorochemicals; efaproxiral (RSR13); voxelotor and modified haemoglobin products, e.g. haemoglobin-based blood substitutes and microencapsulated haemoglobin products, excluding supplemental oxygen by inhalation.
- M1.3.** Any form of intravascular manipulation of the blood or blood components by physical or chemical means.

M2. CHEMICAL AND PHYSICAL MANIPULATION

The following are prohibited:

- M2.1.** *Tampering, or Attempting to Tamper*, to alter the integrity and validity of *Samples* collected during *Doping Control*.
Including, but not limited to:
Sample substitution and/or adulteration, e.g. addition of proteases to *Sample*.
- M2.2.** Intravenous infusions and/or injections of more than a total of 100 mL per 12-hour period except for those legitimately received in the course of hospital treatments, surgical procedures or clinical diagnostic investigations.

M3. GENE AND CELL DOPING

The following, with the potential to enhance sport performance, are prohibited:

- M3.1.** The use of nucleic acids or nucleic acid analogues that may alter genome sequences and/or alter gene expression by any mechanism. This includes but is not limited to gene editing, gene silencing and gene transfer technologies.
- M3.2.** The use of normal or genetically modified cells.

S6 STIMULANTS

PROHIBITED IN-COMPETITION

All prohibited substances in this class are *Specified Substances* except those in S6.A, which are *non-Specified Substances*.

Substances of Abuse in this section: cocaine and methylenedioxymethamphetamine (MDMA / "ecstasy")

All stimulants, including all optical isomers, e.g. *d*- and *l*- where relevant, are prohibited.

Stimulants include:

S6.A: NON-SPECIFIED STIMULANTS

- Adrafinil
- Amfepramone
- Amfetamine
- Amfetaminil
- Amiphenazole
- Benfluorex
- Benzylpiperazine
- Bromantan
- Clobenzorex
- Cocaine
- Cropropamide
- Crotetamide
- Fencamine
- Fenetylline
- Fenfluramine
- Fenproporex
- Fonturacetam [4-phenylpiracetam (carphedon)]
- Furfenorex
- Lisdexamfetamine
- Mefenorex
- Mephentermine
- Mesocarb
- Metamfetamine(*d*-)
- *p*-methyldamfetamine
- Modafinil
- Norfenfluramine
- Phendimetrazine
- Phentermine
- Prenylamine
- Prolintane

A stimulant not expressly listed in this section is a *Specified Substance*.

S6 STIMULANTS (continued)

S6.B: SPECIFIED STIMULANTS

Including, but not limited to:

- 2-phenylpropan-1-amine (β -methylphenylethylamine, BMPEA)
- 3-Methylhexan-2-amine (1,2-dimethylpentylamine)
- 4-Fluoromethylphenidate
- 4-Methylhexan-2-amine (1,3-dimethylamylamine, 1,3 DMAA, methylhexanamine)
- 4-Methylpentan-2-amine (1,3-dimethylbutylamine)
- 5-Methylhexan-2-amine (1,4-dimethylamylamine, 1,4-dimethylpentylamine, 1,4-DMAA)
- Benzfetamine
- Cathine**
- Cathinone and its analogues, e.g. mephedrone, methedrone, and α -pyrrolidinovalerophenone
- Dimetamfetamine (dimethylamphetamine)
- Ephedrine***
- Epinephrine**** (adrenaline)
- Etamivan
- Ethylphenidate
- Etilamfetamine
- Etilefrine
- Famprofazone
- Fenbutrazate
- Fencamfamin
- Heptaminol
- Hydrafinit (fluorenol)
- Hydroxyamfetamine (parahydroxyamphetamine)
- Isometheptene
- Levmetamfetamine
- Meclofenoxate
- Methylenedioxyamphetamine
- Methylephedrine***
- Methylnaphthidate [(\pm)-methyl-2-(naphthalen-2-yl)-2-(piperidin-2-yl)acetate]
- Methylphenidate
- Nikethamide
- Norfenefrine
- Octodrine (1,5-dimethylhexylamine)
- Octopamine
- Oxilofrine (methylsynephrine)
- Pemoline
- Pentetrazol
- Phenethylamine and its derivatives
- Phenmetrazine
- Phenpromethamine
- Propylhexedrine
- Pseudoephedrine*****
- Selegiline
- Sibutramine
- Solriamfetol
- Strychnine
- Tenamfetamine (methylenedioxyamphetamine)
- Tuaminoheptane

and other substances with a similar chemical structure or similar biological effect(s).

i EXCEPTIONS

- Clonidine;
- Imidazoline derivatives for dermatological, nasal, ophthalmic or otic use (e.g. brimonidine, clonazoline, fenoxazoline, indanazoline, naphazoline, oxymetazoline, tetrazyline, tramazoline, xylometazoline) and those stimulants included in the 2024 Monitoring Program*.

* Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol, and synephrine: These substances are included in the 2024 Monitoring Program and are not considered *Prohibited Substances*.

** Cathine (d-norpseudoephedrine) and its l-isomer: Prohibited when its concentration in urine is greater than 5 micrograms per millilitre.

*** Ephedrine and methylephedrine: Prohibited when the concentration of either in urine is greater than 10 micrograms per millilitre.

**** Epinephrine (adrenaline): Not prohibited in local administration, e.g. nasal, ophthalmologic, or co-administration with local anaesthetic agents.

***** Pseudoephedrine: Prohibited when its concentration in urine is greater than 150 micrograms per millilitre.

S7 NARCOTICS

PROHIBITED IN-COMPETITION

All prohibited substances in this class are *Specified Substances*.

Substance of Abuse in this section: diamorphine (heroin)

The following narcotics, including all optical isomers, e.g. *d*- and *l*- where relevant, are prohibited.

- Buprenorphine
- Dextromoramide
- Diamorphine (heroin)
- Fentanyl and its derivatives
- Hydromorphone
- Methadone
- Morphine
- Nicomorphine
- Oxycodone
- Oxymorphone
- Pentazocine
- Pethidine
- Tramadol

S8 CANNABINOIDS

PROHIBITED IN-COMPETITION

All prohibited substances in this class are *Specified Substances*.

Substance of Abuse in this section: tetrahydrocannabinol (THC)

All natural and synthetic cannabinoids are prohibited, e.g.

- In cannabis (hashish, marijuana) and cannabis products
- Natural and synthetic tetrahydrocannabinols (THCs)
- Synthetic cannabinoids that mimic the effects of THC

EXCEPTIONS

- Cannabidiol

S9 GLUCOCORTICOIDS

PROHIBITED IN-COMPETITION

All prohibited substances in this class are *Specified Substances*.

All glucocorticoids are prohibited when administered by any injectable, oral [including oromucosal (e.g. buccal, gingival, sublingual)] or rectal route.

Including, but not limited to:

- Beclometasone
- Betamethasone
- Budesonide
- Ciclesonide
- Cortisone
- Deflazacort
- Dexamethasone
- Flunisolide
- Fluocortolone
- Fluticasone
- Hydrocortisone
- Methylprednisolone
- Mometasone
- Prednisolone
- Prednisone
- Triamcinolone acetonide

NOTE

- Other routes of administration (including inhaled, and topical: dental-intracanal, dermal, intranasal, ophthalmological, otic and perianal) are not prohibited when used within the manufacturer's licensed doses and therapeutic indications.

P1 BETA-BLOCKERS

PROHIBITED IN PARTICULAR SPORTS

All prohibited substances in this class are *Specified Substances*.

Beta-blockers are prohibited *In-Competition* only, in the following sports, and also prohibited *Out-of-Competition* where indicated (*).

- Archery (WA)*
- Automobile (FIA)
- Billiards (all disciplines) (WCBS)
- Darts (WDF)
- Golf (IGF)
- Mini-Golf (WMF)
- Shooting (ISSF, IPC)*
- Skiing/Snowboarding (FIS) in ski jumping, freestyle aerials/halfpipe and snowboard halfpipe/big air
- Underwater sports (CMAS)* in all subdisciplines of freediving, spearfishing and target shooting

*Also prohibited *Out-of-Competition*

Including, but not limited to:

- | | | | |
|--------------|--------------|----------------|---------------|
| • Acebutolol | • Bunolol | • Labetalol | • Oxprenolol |
| • Alprenolol | • Carteolol | • Metipranolol | • Pindolol |
| • Atenolol | • Carvedilol | • Metoprolol | • Propranolol |
| • Betaxolol | • Celiprolol | • Nadolol | • Sotalol |
| • Bisoprolol | • Esmolol | • Nebivolol | • Timolol |

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- 17 α -Methyl-5 α -androst-3-en-17 β -ol, 5
- 17 α -Methylepithiostanol, 5
- 17 β -Hydroxy-2 α ,17 α -dimethyl-5 α -androstan-3-one, 6
- 17 β -Hydroxy-5 α -androst-1-en-3-one, 5
- 17 β -Hydroxy-5 α -androstan-3-one, 5
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- 17 β -hydroxy-17 α -methyl-5 α -androst-1-en-3-one, 6
- 17 β -Hydroxy-17 α -methylandrosta-1,4-dien-3-one, 6
- 17 β -Hydroxy-17 α -methylestr-4-en-3-one, 6
- 17 β -Hydroxy-17 α -methylestra-4,9-dien-3-one, 6
- 17 β -Hydroxy-17 α -methylestra-4,9,11-trien-3-one, 6
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- 17 β -[(Tetrahydropyran-2-yl)oxy]-1'H-pyrazolo[3,4:2,3]-5 α -androstan-6-one, 6
- 17-Hydroxy-18 α -homo-19-nor-17 α -pregna-4,9,11-trien-3-one, 6
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Summary of Major Modifications and Explanatory Notes

2024 Prohibited List

Subclasses of sections S1, S2, S4, M1, M2, M3 and S6 of the *Prohibited List* were renumbered for better clarity throughout the document to avoid any misinterpretation of subclasses but there was no change in classification.

SUBSTANCES AND METHODS PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

PROHIBITED SUBSTANCES

S0. Non-Approved Substances

- 2,4-Dinitrophenol (DNP) and troponin activators (e.g. Reldesemtiv and Tirasemtiv) were listed as examples.

S1. Anabolic Agents

- Trestolone (7 α -methyl-19-nortestosterone, MENT), dimethandrolone (7 α ,11 β -Dimethyl-19-nortestosterone) and 11 β -methyl-19 nortestosterone were added as examples of nandrolone (19-nortestosterone) analogues.

S2. Peptide Hormones, Growth Factors, Related Substances, and Mimetics

- S2.2.1 was reworded under the heading of "Testosterone-stimulating peptides in males" for clarity. This specifies that busarelin, deslorelin, goserelin, histrelin, leuprorelin, nafarelin and triptorelin are examples of Gonadotrophin-Releasing Hormone (GnRH) agonist analogues, with histrelin added as a new example.
Kisspeptin and its agonist analogues, which act to stimulate GnRH secretion, and consequently testosterone, were also added.
- S2.2.2 : Tetracosactide (ACTH 1-24) was added as an example, as it is the first 24 amino acid portion of natural corticotrophin (ACTH), and possesses the full biological activity of the natural hormone.
- S2.2.4: Capromorelin and ibutamoren (MK-677) were added as examples of growth hormone secretagogues (GHS), which are mimetics of the natural hormone, ghrelin, that stimulates the production of growth hormone (GH) and, in turn, insulin-like growth factor 1 (IGF-1).
- S2.3: The INN name for recombinant human IGF-1, mecasermin, was added.

S4. Hormone and Metabolic Modulators

- S4.4.1 was updated to include Rev-Erb- α agonists and as example, SR9011 was added and SR9009 was relocated.

S5. Diuretics and Masking Agents

- Editorial changes were made to section S5 to improve clarity. Conivaptan and mozavaptan were added as further examples of vaptan drugs.

PROHIBITED METHODS

M1. Manipulation of Blood and Blood Components

- Donation by *Athletes* of plasma or plasma components by plasmapheresis is no longer prohibited when performed in a registered collection center.

SUBSTANCES AND METHODS PROHIBITED IN-COMPETITION

PROHIBITED SUBSTANCES

S6. Stimulants

- 2-phenylpropan-1-amine (BMPEA, β -methylphenethylamine) was added as an example of a specified stimulant due to its presence in dietary supplements.
- Tramazoline was added as an imidazoline derivatives under Exceptions.

S7. Narcotics

- Tramadol is prohibited *In-Competition* as of 1 January 2024 as approved by the Executive Committee on 23 September 2022. Tramadol has been on the WADA Monitoring Program for some years. Monitoring data has indicated significant *Use* in sports including cycling, rugby and football. Tramadol abuse, with its dose-dependent risks of physical dependence, opiate use disorder and overdoses in the general population, is of concern and has led to it being a controlled drug in many countries. Research studies funded by WADA¹ have confirmed the potential for tramadol to enhance physical performance in sports. The recommended washout period[§] will be communicated before 1 January 2024.

[§] The "washout period" refers to the time from the last administered dose to the time of the start of the *In-Competition* period (i.e. beginning at 11:59 p.m. on the day before a *Competition* in which the *Athlete* is scheduled to participate, unless a different period was approved by WADA for a given sport).

¹ a) Holgado D, Zandonai T, Zabala M, Hopker J, Perakakis P, Luque-Casado A, Ciria L, Guerra-Hernandez E, Sanabria D. Tramadol effects on physical performance and sustained attention during a 20-min indoor cycling time-trial: A randomised controlled trial. *J Sci Med Sport*. 2018 Jul;21(7):654-660.

b) Mauger L, Thomas T, Smith S, Fennell C. Tramadol is a performance-enhancing drug in highly trained cyclists: a randomized controlled trial.

J Appl Physiol. 2023 Jul;135: 467-474.

S9. Glucocorticoids

- The minimum washout periods following rectal administration of glucocorticoids are now included in the Glucocorticoid Washout Table; glucocorticoids remain prohibited *In-Competition* when administered by the rectal route. These washout periods are based on the use of these medications according to the maximum manufacturer's licensed doses:

Route	Glucocorticoid	Washout period*
Oral**	All glucocorticoids;	3 days
	Except: triamcinolone; triamcinolone acetonide	10 days
Intramuscular	Betamethasone; dexamethasone; methylprednisolone	5 days
	Prednisolone; prednisone	10 days
	Triamcinolone acetonide	60 days
Local injections (including periarticular, intra-articular, peritendinous and intratendinous)	All glucocorticoids;	3 days
	Except: prednisolone; prednisone; triamcinolone acetonide; triamcinolone hexacetonide	10 days
Rectal	All glucocorticoids;	3 days
	Except: triamcinolone diacetate; triamcinolone acetonide	10 days

*The "washout period" refers to the time from the last administered dose to the time of the start of the *In-Competition* period (i.e. beginning at 11:59 p.m. on the day before a *Competition* in which the *Athlete* is scheduled to participate, unless a different period was approved by WADA for a given sport). This is to allow elimination of the glucocorticoid to below the reporting level.

** Oral routes also include e.g. oromucosal, buccal, gingival and sublingual.

- The Washout Period Table is also found in the List FAQ <https://www.wada-ama.org/en/prohibited-list#faq-anchor>



MONITORING PROGRAM

- Salmeterol and vilanterol were removed as the required prevalence data were obtained.
- Tramadol was removed as it is now prohibited under S7: Narcotics .
- Tapentadol and dihydrocodeine were added to monitor patterns of use *In Competition*.
- The GLP-1 analogue semaglutide was added to examine the prevalence and pattern of use in sport.

* For further information on previous modifications and clarifications, please consult the *Prohibited List* Frequently Asked Questions at <https://www.wada-ama.org/en/prohibited-list#faq-anchor>.