



भारतीय भारोत्तोलन महासंघ 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

Regd No.: S-4286/21.11.1960

Ref.: IWLF-2025-26/NWLC-Modinagar

Date: 7 December 2025

All affiliated States, U.T. and
Departmental Boards of Indian Weightlifting Federation

Sub.: Regarding IWLF National Youth (Sub-Junior Boys & Girls), Junior (Men & Women) and Senior (Men & Women) Weightlifting Championships-2025-26 at Yadav Farm House, Modinagar from 3-14 February 2026.

Sir / Madam,

It is to convey that the IWLF National Youth (Sub-Junior Boys & Girls), Junior (Men & Women) and Senior (Men & Women) Weightlifting Championships for the year 2025-26 will be held at Yadav Farm House, Modinagar, from 3 to 14 February 2026.

For necessary action and compliance, the following documents are enclosed:

1. Terms & Conditions for Participation
2. Entry Form (Excel format)
3. Whereabout Information Link:-
https://docs.google.com/forms/d/e/1FAIpQLSc60ImXrTgxeolet_pU9i-GDbO698y7-4DPyGmhuHgi2UtUAw/viewform?usp=header
4. Specimen Dope Declaration Form
5. WADA Prohibited List of Substances for 2026
6. Provisional Timetable of the Competition

The deadline for submission of Entry Forms is 16 January 2026 with normal fees, and 17 to 23 January 2026 for entries with late fees.

The last date for submission of Whereabout Information is 16 January 2026. Athletes who fail to submit the Whereabout Information by the stipulated deadline will not be permitted to participate.

No Boarding & Lodging will be provided to the participating athletes and team officials by the Organizing Committee at Modinagar. The provisional time table is subject to change after verification of final entries meeting on 30th January 2026.



Nelco
Do....Dare....Win !!



C-2/18, Sector-31, Noida, Uttar Pradesh-201301 (India)

Ph. No.: 0120-4541605

Email: weightlifting@weightliftingindia.in Website: www.iwlf.in



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All affiliated units are advised to examine the enclosed documents carefully and ensure strict compliance with the prescribed terms and conditions. It is further reiterated that States, U.T.s and Departments that have not deposited the administrative dope penalty shall not be eligible to participate in the Championships.

Yours Sincerely,

S.H. Anande Gowda
Secretary General

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-2025-26 - MODINAGAR, UTTAR PRADESH W.E.F. 3-14 FEBRUARY 2026

1	Dates of Competition	4th to 14th February 2026
2	Arrival at Modinagar	3rd February 2026
3	Departure from Modinagar	14th February 2026 No Boarding & Lodging will be provided to the athletes and team officials of participating teams by the Organizers.
4	Distribution of Verification forms	27th January 2026 The verification form in PDF, to be checked by participating States and Departmental Boards, cutting with blue pen, signatures and seal is allowed and accepted on the verification forms. All stakeholders to return the verification forms by email by 30th January 2026 (2 p.m.)
5	Verification of Final entries meeting (Online)	30th January 2026 All States and Departments will sent back the verification forms to Federation office by email upto 2 pm.
6	Publication of Start Book with Time Table	31st January 2026
7	Technical Officials Meeting	3rd February 2026 at 3:00 p.m.
8	Last date of receipt of entries (in excel file soft copy only)	Upto 16th January 2026 with normal fee Upto 23rd January 2026 with late fee
9	<u>Entry fee (normal)</u>	
	Senior Athletes	Rs. 1,500/- per athlete for State(s) and Union Territories & Rs. 2,500/- per athlete for DEPARTMENTAL BOARDS upto 16.1.2026
	Junior Athletes	Rs. 1,000/- per athlete upto 16.1.2026.
	Youth Athletes	Rs. 1,000/- per athlete upto 16.1.2026.
	Team Officials	Rs. 1,500/- per person for State(s) and Union Territories & Rs. 2,500/- per person for DEPARTMENTAL BOARDS upto 16.1.2026
10	<u>Entry fee (late charges)</u>	
	Senior Athletes	Rs. 3,000/- per athlete for State(s) and Union Territories and Rs. 5,000/- per athlete for DEPARTMENTAL BOARDS wef 17.1.2026 to 23.1.2026
	Junior Athletes	Rs. 2,000/- per athlete for State(s) and Union Territories wef 17.1.2026 to 23.1.2026
	Youth Athletes	Rs. 2,000/- per athlete for State(s) and Union Territories wef 17.1.2026 to 23.1.2026
	Team Officials	Rs. 3,000/- per person for State(s) and Union Territories and Rs. 5,000/- per person for DEPARTMENTAL BOARDS wef 17.1.2026 to 23.1.2026
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 30-6-2025, additional surcharge of Rs. 500/- + GST per month will be levied, w.e.f. 1-7-2025 onwards Rs. 50,000/- + GST for Departmental Boards upto 30-6-2025, additional surcharge of Rs. 500/- + GST per month will be levied, w.e.f. 1-7-2025 onwards



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	Bank Account Details for money transfer	
	Beneficiary Name	INDIAN WEIGHTLIFTING FEDERATION
	Name of Bank	UNION BANK OF INDIA
	Branch	Sports Authority of India, East Gate, JLN Stadium Complex, New Delhi
	Savings Account No	108510011001024
	RTGS / NEFT Code	UBIN0810851
15	Weight Categories	
	Senior & Junior Men	60 kg, 65 kg, 71 kg, 79 kg, 88 kg, 94 kg, 110 kg and +110 kg
	Senior & Junior Women	48 kg, 53 kg, 58 kg, 63 kg, 69 kg, 77 kg, 86 kg and +86 kg
	Youth (Sub-Junior Boys)	56 kg, 60 kg, 65 kg, 71 kg, 79 kg, 88 kg, 94 kg and +94 kg
	Youth (Sub-Junior Girls)	44 kg, 48 kg, 53 kg, 58 kg, 63 kg, 69 kg, 77 kg and +77 kg
16	Athlete's Age for participation	
	Senior (Men & Women)	Born on or before 31-12-2010 (15 years)
	Junior (Men & Women)	Born between 1-1-2005 to 31-12-2010 (15 to 20 years)
	Youth (Sub-Junior Boys & Girls)	Born between 1-1-2008 to 31-12-2012 (13 to 17 years)
17	Minimum qualifying weights / standards	

Senior Men	Weight categories							
	60	65	71	79	88	94	110	+110
Snatch	97	108	110	116	123	125	131	134
C&J	123	136	141	146	158	160	160	162
Total	220	244	251	262	281	285	291	296
Senior Women	Weight categories							
	48	53	58	63	69	77	86	+86
Snatch	60	64	68	70	73	77	77	79
C&J	78	81	88	90	93	98	98	98
Total	138	145	156	160	166	175	175	177
Junior Men	Weight categories							
	60	65	71	79	88	94	110	+110
Snatch	88	97	98	106	110	113	110	112
C&J	113	121	126	131	134	137	135	142
Total	201	218	224	237	244	250	245	254
Junior Women	Weight categories							
	48	53	58	63	69	77	86	+86
Snatch	48	51	58	60	63	69	53	52
C&J	63	71	78	80	83	87	73	72
Total	111	122	136	140	146	156	126	124
Youth (Sub-Jr. Boys)	Weight categories							
	56	60	65	71	79	88	94	+94
Snatch	77	80	86	88	91	93	86	97
C&J	97	103	111	114	118	120	106	122
Total	174	183	197	202	209	213	192	219
Youth (Sub-Jr. Girls)	Weight categories							
	44	48	53	58	63	69	77	+77
Snatch	44	48	53	58	63	69	77	77
C&J	53	58	63	69	77	86	94	94
Total	97	106	116	127	140	155	171	171



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C&J	48	58	61	68	72	71	77	62
Total	86	106	110	122	128	125	139	114

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	8 athletes + 2 reserves (not more than 2 in a weight category)
Senior Women	8 athletes + 2 reserves (not more than 2 in a weight category)
Junior Men	8 athletes + 2 reserves (not more than 2 in a weight category)
Junior Women	8 athletes + 2 reserves (not more than 2 in a weight category)
Youth (Sub-Junior Boys)	8 athletes + 2 reserves (not more than 2 in a weight category)
Youth (Sub-Junior Girls)	8 athletes + 2 reserves (not more than 2 in a weight category)

RESERVE ATHLETES TO BE DELTED IN THE FINAL VERIFICATION OF ENTRIES ON 30-1-2026

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
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19	Venue of the Championships	Yadav Farm House, Kajampur Gate, Modinagar, Uttar Pradesh
20	Whereabout Information deadline	16th January 2026
21	ID Cards	Possession of OFFLINE / 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 2026 is 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 26 maximum and 12 minimum. Will be pleasant.
26	How to reach Modinagar	By Air from Delhi to Modinagar, By Train upto Modinagar / Delhi / Ghaziabad / Meerut, By Road from Delhi to Modinagar (40 kms). Regular buses and Namo Bharat Metro will also be available from New Delhi / Meerut - Destination Station is Modi nagar South
27	Entry Forms	Attached separately - only soft excel file will be entertained through official email id of State Association and Departmental Boards
28	Name of Coach in entry forms	The word SELF / SELF TRAINING is prohibited
29	Athletes participating in all 3 events (Senior, Junior & Youth)	Minimum qualifying standard of Senior section will apply
30	Athletes participating in all 2 events (Junior & Youth)	Minimum qualifying standard of Junior section will apply
31	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
32	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 16-1-2026
33	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



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34	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.
35	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 snatch or clean & jerk will not be issued any Participation Certificate.
36	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.
37	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, not in possession of ADEL certificate of 2024 or later
38	Transfer of payment for participation		To be made online through online bank transfer (Union Bank of India)
39	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.
40	Official Email id for sending entry forms		nwlc25onw@gmail.com

P

[S.H. ANANDE GOWDA]

SECRETARY GENERAL

INDIAN WEIGHTLIFTING FEDERATION

DATE: 7-12-2025

PLACE - CAMP - BENGALURU



Neleo
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ENTRY FORM FOR PARTICIPATION OF ATHLETES AND TEAM OFFICIALS DURING IWLF NATIONAL YOUTH (SUB-JUNIOR BOYS & GIRLS), JUNIOR (MEN & WOMEN) AND SENIOR (MEN & WOMEN) WEIGHTLIFTING CHAMPIONSHIPS - 2025-26 HELD AT YADAV FARM HOUSE, MODINAGAR FROM 4-14 FEBRUARY 2026

S.No.	Athlete First Name	Athlete Last Name	Father's Name	State/U.T./Department	Gender (M/W)	DOB	Weight Category (Don't write kg)	Entry Total (Don't write kg)	Section (Y / J / S)	ID Card no.	NSRS ID	Name of Coach	Dope positive in past (Yes / No)	Suspended upto (Mention date or N.A.)	Entry Fee (Rs.)	Doping Fee (Rs.)	Inter-State transfer fee (Rs.)
1																	
2																	
3																	
4																	
5																	
6																	
7																	
8																	
9																	
10																	
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25																	
26																	
27																	
28																	
29																	
30																	

S.No.	Name of Officials	Designation	Mobile no.	State/U.T./Department	Gender (M/W)	Email id	Entry fee
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							

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-2025-26 held at Modinagar (Uttar Pradesh) from 4-14 February 2026** 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]

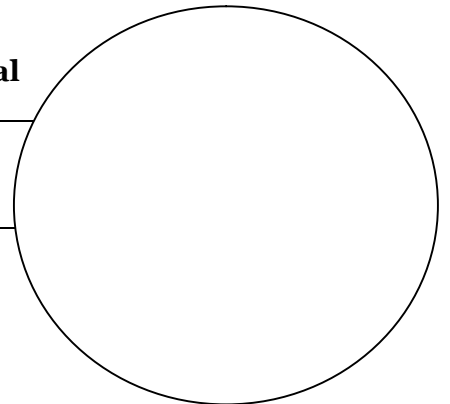
State / Unit / Department

Dated:

With seal

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

.



TIME TABLE (PROVISIONAL)
IWLF NATIONAL YOUTH (SUB-JUNIOR BOYS & GIRLS), JUNIOR (MEN & WOMEN) AND SENIOR (MEN & WOMEN) WEIGHTLIFTING CHAMPIONSHIPS-2025-26 AT YADAV FARM HOUSE, KAJAMPUR GATE, MODINAGAR FROM 3-14 FEBRUARY 2026

Day	Date	Program
0	30-01-2026	Verification of final entries meeting ONLINE
1	03-02-2026	ARRIVAL OF TEAMS AND TECHNICAL OFFICIAL BY AFTERNOON
		Technical Officials Meeting
		Opening Ceremony
		Weight Categories and Groups
2	04-02-2026	44 kg Youth Girls Groups
		56 kg Youth Boys Groups
		48 kg Youth, Junior & Senior Women Groups
3	05-02-2026	48 kg Youth, Junior & Senior Women Groups
		60 kg Youth, Junior & Senior Men Groups
4	06-02-2026	60 kg Youth, Junior & Senior Men Groups
		53 kg Youth, Junior & Senior Women Groups
5	07-02-2026	53 kg Youth, Junior & Senior Women Groups
		65 kg Youth, Junior & Senior Men Groups
6	08-02-2026	58 kg Youth, Junior & Senior Women Groups
		71 kg Youth, Junior & Senior Men Groups
7	09-02-2026	71 kg Youth, Junior & Senior Men Groups
		63 kg Youth, Junior & Senior Women Groups
8	10-02-2026	79 kg Youth, Junior & Senior Men Groups
		69 kg Youth, Junior & Senior Women Groups
9	11-02-2026	88 kg Youth, Junior & Senior Men Groups
		77 kg Youth, Junior & Senior Women Groups
10	12-02-2026	94 kg Youth, Junior & Senior Men Groups
		+77 kg Youth Girls, 86 kg & +86 kg Women Groups
11	13-02-2026	+77 kg Youth Girls, 86 kg & +86 kg Women Groups
		+94 kg Youth Boys, 110 kg & +110 kg Men Groups
12	14-02-2026	+94 kg Youth Boys, 110 kg & +110 kg Men Groups
		DEPARTURE OF TEAMS AND TECHNICAL OFFICIALS BY EVENING
NOTE:- TIME OF BODY WEIGHT, COMPETITION AND NO. OF COMPETITORS WILL BE PUBLISHED ON 31-1-2026 AFTER VERIFICATION OF FINAL ENTRIES IN 30-1-2026		



WORLD ANTI-DOPING CODE
INTERNATIONAL STANDARD
**PROHIBITED
LIST**
2026

This List shall come into effect on 1 January 2026.

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

SUBSTANCES & METHODS PROHIBITED AT ALL TIMES

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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

S6 Stimulants	15
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.	
S7 Narcotics	17
Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. pain, including from musculoskeletal injuries.	
S8 Cannabinoids	18
S9 Glucocorticoids	19
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 2026 PROHIBITED LIST WORLD ANTI-DOPING CODE

VALID 1 JANUARY 2026

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 2026.

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).

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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), ryanodine receptor-1-calstabin complex stabilizers [e.g. S-107, S48168 (ARM210)] and troponin activators (e.g. reldesemtiv and tirasemtiv).

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
- Stanazolol
- 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) including their esters.

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, pegmolesatide).

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 somatogon
- 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 (pramorelin), 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 | • Indacaterol | • Reproterol | • Tretoquinol (trimetoquinol) |
| • Fenoterol | • Levosalbutamol | • Salbutamol | • Tulobuterol |
| • Formoterol | • Olodaterol | • Salmeterol | • Vilanterol |
| • Higenamine | • Procaterol | • Terbutaline | |

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 in divided doses not to exceed 36 micrograms over 12 hours starting from any dose
- Inhaled salmeterol: maximum 200 micrograms over 24 hours in divided doses not to exceed 100 micrograms over 8 hours starting from any dose
- 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-Androstanol (5 α -androst-2-en-17-ol)
- 2-Androstenone (5 α -androst-2-en-17-one)
- 2-Phenylbenzo[h]chromen-4-one (α -naphthoflavone; 7,8-benzoflavone)
- 3-Androstanol (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 | • Elacestrant | • Raloxifene |
| • Clomifene | • Fulvestrant | • Tamoxifen |
| • Cyclofenil | • Ospemifene | • 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. 5-*N*,6-*N*-bis(2-fluorophenyl)-[1,2,5]oxadiazolo[3,4-*b*]pyrazine-5,6-diamine (BAM15), AICAR, mitochondrial open reading frame of the 12S rRNA-c (MOTS-c)
- 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)
- Rev-erba agonists, e.g. SR9009, SR9011

S4.4.2 Insulins and insulin-mimetics, e.g. S519, S597

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; xipamide
- 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.

The withdrawal of blood or blood components (including by apheresis), unless performed for 1) analytical purposes including medical tests or *Doping Control*, or for 2) donation purposes in a collection center accredited by the relevant regulatory authority of the country in which it operates.
- M1.2.** Artificially enhancing the uptake, transport or delivery of oxygen.
Including, but not limited to:
Perfluorochemicals; efaproxiral (RSR13); voxelator 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.
- M1.4.** The use of re-breathing systems or equipment to deliver carbon monoxide, unless performed as a diagnostic procedure under the supervision of a medical or scientific professional.

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.

PROHIBITED METHODS

(continued)

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 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 or cell components (e.g. nuclei and organelles such as mitochondria and ribosomes).

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
- Fladrafinil (2-[Bis(4-fluorophenyl) methylsulfinyl]-N-hydroxyacetamide)
- Flmodafinil (2-[Bis(4-fluorophenyl) methylsulfinyl]acetamide)
- Fonturacetam [4-phenylpiracetam (carphedon)]
- Furfenorex
- Hydrafinil (fluorenol)
- Lisdexamfetamine
- Mefenorex
- Mephentermine
- Mesocarb
- Metamfetamine(*d*-)
- *p*-methylanfetamine
- 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, methylhexaneamine)
- 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
- Hydroxyamfetamine (parahydroxyamphetamine)
- Isometheptene
- Levmetamfetamine
- Meclofenoxate
- Methylenedioxymethamphetamine
- Methylephedrine***
- Methyl-naphthidate [(±)-methyl-2-(naphthalen-2-yl)-2-(piperidin-2-yl)acetate]
- Methylphenidate
- Midodrine
- 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)
- Tesofensine
- Tuaminoheptane

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

EXCEPTIONS

- Clonidine, guanfacine
- 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 2026 Monitoring Program*

* Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol, and synephrine: These substances are included in the 2026 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.

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

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)*
- 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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