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-2026-27/NWLC-Y&C – Modinagar **Date: 3 November 2026**

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

Sub.: IWLF National Cadet (Boys & Girls) and Sub-Junior (Youth Boys & Girls) Weightlifting Championships-2026-27 at Yadav Farm House, Modinagar from 28th December 2026 to 03rd January 2027.

Sir / Madam,

IWLF National Cadet (Boys & Girls) and Sub-Junior (Youth Boys & Girls) Weightlifting Championships for the year 2026–27 will be held at Yadav Farm House, Modinagar, from 28th December 2026 to 03rd January 2027.

The following documents are enclosed herewith for necessary compliance:

1. Terms & Conditions for Participation
2. Entry Form (Excel format)
3. Whereabout Information/Registration Form shall be submitted in the attached Excel format. *Only the duly completed Excel-format entry form will be accepted.*
4. Specimen Dope Declaration Form
5. WADA Prohibited List of Substances for 2026 and 2027
6. Provisional Timetable of the Competition

The deadline for submission of Entry Forms is 30th November 2026.

The last date for submission of Whereabout Information is 30th November 2026. Athletes who fail to submit the Whereabout Information by the stipulated deadline shall not be permitted to participate.

Boarding & Lodging will be provided to the participating athletes and team officials by the Organizing Committee at Modinagar during the competition days. The provisional time table is subject to change after verification of final entries meeting on 12th December 2026.

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ELEIKO Nelco Do....Dare....Win !! SHIV-NARESH Official Sportwear Partner PRO WOLF

C-2/18, Sector-31, Noida, Uttar Pradesh-201301 (India) Ph. No.: 0120-4541605
Email: weightlifting@weightliftingindia.in Website: www.iwlf.in

All affiliated units are advised to read the enclosed documents carefully and ensure strict compliance with the prescribed terms and conditions.

Yours Sincerely,

03/XI/2026

Indian Weightlifting Federation NOIDA

Ashwani Kumar
Chief Executive Officer

Encl. as above.

TERMS AND CONDITIONS FOR PARTICIPATION IN THE IWLF NATIONAL CADET AND SUB-JUNIOR (YOUTH BOYS & GIRLS) WEIGHTLIFTING CHAMPIONSHIPS-2026-27 - MODINAGAR, UTTAR PRADESH W.E.F. 28 DECEMBER 2026 TO 3 JANUARY 2027

1	Dates of Competition		28th December 2026 to 03rd January 2027
2	Boarding & Lodging		**Boarding and lodging will be provided by the Organizers to the athletes and team officials on competition days.**
3	Verification of Final entries meeting (Online)		The Verification form will be distributed on 10th December 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 12th December 2026 (2 p.m.)
4	Publication of Start Book with Time Table		16th December 2026
5	Technical Officials Meeting		28th December 2026 at 5:00 p.m.
6	Last date of receipt of entries (in excel file soft copy only)		1st December 2026 (23:59 Hrs.)
7	**Weight Categories**		
	Cadet (Boys) **(Age group - 9+ to under 12)**		36 Kg, 40 kg, 45 kg, 50 kg, 55 kg, 60 kg, 65 kg and +65 kg
	Cadet (Girls) **(Age group - 9+ to under 12)**		32Kg, 36 kg, 40 kg, 45 kg, 49 kg, 53 kg, 57 kg and +57 kg
	Cadet (Boys) **(Age group - 12 to under 14)**		40 kg, 45 kg, 50 kg, 55 kg, 60 kg, 65 kg. 70 kg and +70 kg
	Cadet (Girls) **(Age group - 12 to under 14)**		36 kg, 40 kg, 45 kg, 49 kg, 53 kg, 57 kg, 61 kg and +61 kg
	Sub-Junior (Youth Boys)		55 kg, 60 kg, 65 kg, 70 kg, 75 kg, 85 kg, 95 kg and +95 kg
	Sub-Junior (Youth Boys)		45 kg, 49 kg, 53 kg, 57 kg, 61 kg, 69 kg, 77 kg and +77 kg
8	**Athlete's Age for participation**		
	Cadet (Boys & Girls)		Group A: Athletes born between 1st January 2014 and 31st December 2017 (both dates inclusive), i.e. 9 to 12 years of age. Group B: Athletes born between 1st January 2012 and 31st December 2014 (both dates inclusive), i.e. 12 to 14 years of age.
	Sub-Junior (Youth Boys & Girls)		Born between 1st January 2009 and 31st December 2013 (both dates inclusive), i.e. 13 to 17 years of age.

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9	**Minimum qualifying weights / standards**										
	CADET BOYS										
	WEIGHT CATEGORIES-	**36**	**40**	45	50	**55**	60	65	+65	**70**	+70
	SNATCH	27	30	33	35	45	48	52	54	56	65
	CLEAN AND JERK	32	35	36	40	50	55	60	62	64	80
	TOTAL	59	65	69	75	95	103	112	116	120	145
	CADET GIRLS										
	WEIGHT CATEGORIES-	**32**	**36**	**40**	45	**49**	**53**	**57**	+57	**61**	+61
	SNATCH	21	25	28	31	35	38	40	43	43	48
	CLEAN AND JERK	27	30	32	36	40	43	46	47	49	56
	TOTAL	48	55	60	67	75	81	86	90	92	104
	SUB-JUNIOR (YOUTH BOYS)										
	WEIGHT CATEGORIES-	55	**60**	65	**70**	**75**	**85**		**95**	+ 95	
	SNATCH	76	80	86	87	87	90		86	97	
	CLEAN AND JERK	96	103	111	113	114	117		106	122	
	TOTAL	172	183	197	200	201	207		192	219	
	SUB-JUNIOR (YOUTH GIRLS)										
	WEIGHT CATEGORIES-	**45**	**49**	**53**	**57**	**61**	**69**		**77**	+ 77	
	SNATCH	38	48	49	53	54	55		62	52	
	CLEAN AND JERK	48	58	61	67	70	71		77	62	
	TOTAL	86	106	110	120	124	125		139	114	

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

10	**Maximum number of entries from a participating State / Department**	
	Cadet Boys	8 athletes + 2 reserves (not more than 2 in a weight category)
	Cadet Girls	8 athletes + 2 reserves (not more than 2 in a weight category)
	Sub-Junior (Youth Boys)	8 athletes + 2 reserves (not more than 2 in a weight category)
	Sub-Junior (Youth 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 12-12-2026	
	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 4 wild cards - 1, in Cadet Boys, 1 in Cadet Girls, 1 in Youth (Sub-Junior) Boys and 1 in Youth (Sub-Junior) Girls
	Venue of the Championships	**YADAV FARM HOUSE, OPPOSITE TO R.N. RESORT, KAJAMPUR GATE, MODINAGAR DISTRICT GHAZIABAD UTTAR PRADESH**



	Whereabout Information deadline		**30th November 2026**
11	ID Cards		Possession of ONLINE ID cards are mandatory to participate
12	Dope Test		The dope tests will be carried out by National Anti-Doping Agency, New Delhi as per norms
13	WADA Prohibited Substances		List of WADA Prohibited Substances for the year 2026 & 2027 is attached
14	Undertaking (Dope Declaration Form)		The Doping Declaration Form must be duly completed in all respects, to be submitted by participating states and Departments **on or before 2nd December 2026 in hard copies by Courier and in pdf scanned file by email**. The **signature and official stamp/seal of the concerned State Association/Departmental Board are mandatory to be affixed on the form along with ADEL certificate.**
15	Weather Climate		The average temperature will be 24°C maximum and 8°C minimum will be cold.
16	How to reach Modinagar		By Air from Delhi to Modinagar, By Train up to 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
17	Entry Forms		Attached separately - both soft copy excel file and hard copy (duly stamped and signed) will be entertained through official email id of State Association and Departmental Boards
18	Name of Coach in entry forms		The word SELF / SELF TRAINING is prohibited. Coaches must be registered with a valid NSRS ID on Khelo India portal.
19	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
20	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 30-11-2026
21	Medals		Medals will be distributed for TOTAL event.
22	Diploma		**Diplomas will be issued in online digital format through DIGILOCKER for** the first 3 places to athletes, after receipt of dope test results from National Anti-Doping Agency, New Delhi.

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23	Participation Certificate		**Participation certificates will be issued online through DIGILOCKER.** Only those athletes will be issued Participation Certificates who will pass at least 1 lift in Snatch and 1 lift Clean & Jerk event. Those athletes who gets eliminated in Snatch will not be allowed to compete in Clean & Jerk event and will not be issued any Participation Certificate by the Organizers.
24	Inter-State Transfers		Inter-State transfers shall be permitted only if the athlete has resided in the State sought to be represented for at least six (6) months immediately preceding the commencement of the competition, supported by valid proof of address, and possesses an NOC from the State Association last represented. However, if the athlete has not represented the previously registered State for a period of two (2) years or more, the NOC requirement shall be waived, subject to submission of valid proof of address. Possession of a valid identity card, as prescribed by the Federation, shall be mandatory for participation in the competition.
25	Reasons for rejection of entries by the Federation		**Within the stipulated timelines as per circular with** • Missing ADEL Certificate (2025 or later). • Non-submission of Whereabouts Information. • Pending Doping Penalties and Other Outstanding Dues to States/Departments. • Disciplinary Issues. • Missing Athlete ID Cards numbers.
26	Additional Registration for Athletes, Coaches and support staff		Registration of Khelo India portal is mandatory for all athletes, Coaches and Support Staff. It is mandatory to write KID no. of the Undertaking Form by participating athletes and Coaches. Secretary of State Association/Departments must comply.
27	Official Email id for sending entry forms		nwlc25onw@gmail.com

Indian Weightlifting Federation NOIDA

[ASHWANI KUMAR]
CHIEF EXECUTIVE OFFICER
INDIAN WEIGHTLIFTING FEDERATION

DATE: 03-11-2026
PLACE - NOIDA

TIME TABLE (PROVISIONAL)

IWLF NATIONAL CADET AND YOUTH (SUB-JUNIOR BOYS & GIRLS)

AT YADAV FARM HOUSE, KAZAMPUR GATE, MODINAGAR

FROM 28th December to 03rd January 2027

Day	Date	Program / Event
	30/11/2026	Last date of submission of Whereabout Information
	01/12/2026	Final entry receipt
	12/12/2026	Submission of Verification Forms up to 2:00 p.m.
	16/12/2026	Publication of Start Book
	27/12/2026	Technical Officials Meeting (5:00 p.m.)
	Cadet (Boys & Girls) Championships	
1	28/12/2026	32 Kg Girls, 36 Kg Boys, 40 kg Boys, 36 kg Girls, 45 kg Boys, 40 kg Girls, 45 kg Girls,
2	29/12/2026	49 kg Girls, 50 kg Boys, 55 kg Boys, 53 kg Girls, 60 kg Boys, 57 kg Girls, 65 kg Boys
3	30/12/2026	+57 Kg Girls, 61 kg Girls, +65 Kg Boys, 70 kg Boys, +61 kg Girls, +70 kg Boys
	Youth (Sub-Junior Boys & Girls) Championships	
4	31/12/2026	55 kg Boys, 45 kg Girls, 60 kg Boys, 49 kg Girls
5	01/01/2027	65 kg Boys, 53 kg Girls, 70 kg Boys, 57 kg Girls
6	02/01/2027	75 kg Boys, 61 kg Girls, 85 kg Boys, 69 kg Girls
7	03/01/2027	95 kg Boys, 77 kg Girls, +95 kg Boys, +77 kg Girls

Note: * **Final competition time table will be published on 16-12-2026**

* **Body weight will start 3 hours prior to the start of the competition**

* **Boarding and lodging facilities shall be provided to participating teams for the period one day prior to the commencement of the competition and continuing through the day of their respective competition, in accordance with the prescribed arrangements and applicable guidelines.**

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UNDERTAKING
DOPE DECLARATION FORM

I, _____ representing _____ participating in _____ kg weight category in **IWLF National Cadet (Boys & Girls) and Sub-Junior (Youth Boys & Girls) Weightlifting Championships-2026-27 held at Modinagar (Uttar Pradesh) from 28th December 2026 to 03rd January 2027** hereby declare and certify on oath that **I am aware of names of banned drugs and prohibited list of banned substances under LATEST WADA / NADA code and state with full responsibility that I have not consumed any banned substance as per latest WADA / NADA rules and regulations and that I am absolutely free from banned drugs.**

In case of my positive dope test at the above event 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.

I further undertake that 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 urine or blood 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 (NSRS) ID No.	/
Mobile no.	
Email id	
Name of Bank	
Bank Address	
Account No.	
RTGS / IFSC Code *(Enclose copy of cancelled cheque / pass book front page)*	

Aadhar Card no.
(Enclose copy)

Signature of Athlete:. . . . .
State / Unit: .....

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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:-

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 of Rs. 50,000/- per positive dope test case as the State / Unit liability within 30 days and accept the suspension of the State Association / forfeiture of participation in any future Championship(s) / competitions as an affiliate Unit / as individual lifter till such time this financial outstanding is cleared.

.....
[Secretary]

State / Unit .....

Dated: ..... **With seal**

Enclose copy of Aadhar card of Athlete & Coach,
ADEL certificate of Athlete & Coach and
Copy of cancelled cheque / front page of passbook of the Athlete.

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ENTRY FORM FOR PARTICIPATION OF ATHLETES AND TEAM OFFCIALS DURING IWLF NATIONAL JUNIOR (MEM & WOMEN) AND SENIOR (MEN & WOMEN) WEIGHTLIFTING CHAMPIONSHIPS - 2026-27 TO BE HELD AT ARNI UNIVERSITY, KANGRA, HIMACHAL PRADESH FROM 5 - 13 FEBRUARY 2027

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.)
1														
2														
3														
4														
5														

S.No.	Name of Officials	Desgination	Mobile no.	State/U.T./Department	Gender (M/W)	Email id
1						
2						
3						
4						
5						

Seal _____ **Signature**

Name :
Designation:
Name of affiliated Unit:

NATIONAL WEIGHTLIFTING CHAMPIONSHIPS 2026-27

Athlete Entry & Dope Test Whereabouts Information Form (Cadet and Sub-Junior - Modinagar - 26 Dec 26 to 3 Jan 27)

S.No.	Name of Athlete	Participating As	Gender	Aadhaar Card No	Mobile No	Email ID	IWLF ID Card No	NSRS ID (KID)	District	State / U.T. / Department	Overnight Accommodation Address with Pin Code	Gym Address with Pin Code (Training)	Days when you are training	Training Time Slot	ADAMS ID	Name of Coach	Coach Mobile No & Email ID	Dope Positive Case in Past?	Suspension Expiry (if	Undertaking Accepted?
1		Junior & Senior- Kangra- 5-13 February 2027																		
2																				
3																				
4																				
5																				
6																				
7																				
8																				
9																				
10																				
11																				
12																				
13																				
14																				
15																				
16																				
17																				
18																				
19																				
20																				
21																				

_____Signature

Seal

Name :
Designation:
Name of affiliated Unit:

wada



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.

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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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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 (5α-androst-1-ene-3ß, 17ß-diol)
- 1-Androstenedione (5α-androst-1-ene-3, 17-dione)
- 1-Androsterone (3α-hydroxy-5α-androst-1-ene-17-one)
- 1-Epiandrosterone (3ß-hydroxy-5α-androst-1-ene-17-one)
- 1-Testosterone (17ß-hydroxy-5α-androst-1-en-3-one)
- 4-Androstenediol (androst-4-ene-3ß, 17ß-diol)
- 4-Hydroxytestosterone (4,17ß-dihydroxyandrost-4-en-3-one)
- 5-Androstenedione (androst-5-ene-3,17-dione)
- 7α-Hydroxy-DHEA
- 7ß-Hydroxy-DHEA
- 7-Keto-DHEA
- 11ß-Methyl-19-nortestosterone
- 17α-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 (5α-dihydrotestosterone, 17ß-hydroxy-5α-androstan-3-one)
- Androstenediol (androst-5-ene-3ß,17ß-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-17α-ol)
- Dehydrochlormethyltestosterone (4-chloro-17ß-hydroxy-17α-methylandrosta-1,4-dien-3-one)
- Desoxymethyltestosterone (17α-methyl-5α-androst-2-en-17ß-ol and 17α-methyl-5α-androst-3-en-17ß-ol)
- Dimethandrolone (7α,11ß-Dimethyl-19-nortestosterone)
- Drostanolone
- Epiandrosterone (3ß-hydroxy-5α-androstan-17-one)
- Epi-dihydrotestosterone (17ß-hydroxy-5ß-androstan-3-one)
- Epitestosterone
- Ethylestrenol (19-norpregna-4-en-17α-ol)
- Fluoxymesterone
- Formebolone
- Furazabol (17α-methyl [1,2,5] oxadiazolo[3',4':2,3]-5α-androstan-17ß-ol)

S1 ANABOLIC AGENTS (continued)

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

- Gestrinone
- Mestanolone
- Mesterolone
- Metandienone (17ß-hydroxy-17α-methylandrosta-1,4-dien-3-one)
- Metenolone
- Methandriol
- Methasterone (17ß-hydroxy-2α,17α-dimethyl-5α-androstan-3-one)
- Methyl-1-testosterone (17ß-hydroxy-17α-methyl-5α-androst-1-en-3-one)
- Methylclostebol
- Methyldienolone (17ß-hydroxy-17α-methylestra-4,9-dien-3-one)
- Methylnortestosterone (17ß-hydroxy-17α-methylestr-4-en-3-one)
- Methyltestosterone
- Metribolone (methyltrienolone, 17ß-hydroxy-17α-methylestra-4,9,11-trien-3-one)
- Mibolerone
- Nandrolone (19-nortestosterone)
- Norboletone
- Norclostebol (4-chloro-17ß-ol-estr-4-en-3-one)
- Norethandrolone
- Oxabolone
- Oxandrolone
- Oxymesterone
- Oxymetholone
- Prasterone (dehydroepiandrosterone, DHEA, 3ß-hydroxyandrost-5-en-17-one)
- Prostanozol (17ß-[(tetrahydropyran-2-yl)oxy]-1'H-pyrazolo[3,4:2,3]-5α-androstane)
- Quinbolone
- Stanozolol
- Stenbolone
- Testosterone
- Tetrahydrogestrinone (17-hydroxy-18a-homo-19-nor-17α-pregna-4,9,11-trien-3-one)
- Tibolone
- Trenbolone (17ß-hydroxyestr-4,9,11-trien-3-one)
- Trestolone (7α-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-ß) 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-ß4 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 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-Androstenol (5α-androst-2-en-17-ol)
- 2-Androstenone (5α-androst-2-en-17-one)
- 2-Phenylbenzo[h]chromen-4-one (α-naphthoflavone; 7,8-benzoflavone)
- 3-Androstenol (5α-androst-3-en-17-ol)
- 3-Androstenone (5α-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
- Elacestrant
- 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. 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 (PPARδ) agonists, e.g. 2-(2-methyl-4-((4-methyl-2-(4-(trifluoromethyl)phenyl)thiazol-5-yl)methylthio)phenoxy) acetic acid (GW1516, GW501516)
- Rev-erbα 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); 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.

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-methylamfetamine
- 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 (ß-methylphenylethyl-amine, 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***
- Methylnaphthidate [(±)-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, tetryzoline, 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.

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)*
- Underwater sports (CMAS)* in all subdisciplines of freediving, spearfishing and target shooting

*Also prohibited *Out-of-Competition*

Including, but not limited to:

- Acebutolol
- Alprenolol
- Atenolol
- Betaxolol
- Bisoprolol
- Bunolol
- Carteolol
- Carvedilol
- Celiprolol
- Esmolol
- Labetalol
- Metipranolol
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- Nadolol
- Nebivolol
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