

WHAT'S BANNED IN SPORT – THE PROHIBITED LIST

WADA publishes and maintains a list of the substances and methods that are prohibited – this document is called “The Prohibited List” and indicates what substances and methods are prohibited in sport and when.

You can find the Prohibited List on WADA’s website.

Some substances and methods are prohibited at all times and others are only prohibited in-competition or only prohibited in particular sports.

REMEMBER: It does not matter when you take a substance, if it is prohibited in-competition and it is found in your system you may face a ban.

How does a substance or method end up on the List?

Substances or methods must meet 2 of the following 3 criteria:

1. It improves sport performance or has the potential to
2. It presents a risk to your health
3. It goes against the spirit of sport (the ethical pursuit of sport excellence through the dedicated perfection of each athlete’s natural talents)

A large range of substances are prohibited, mainly because they are considered as having performance enhancing effects, or because they can be used to mask the use of other prohibited substances. Some methods and doping practices, such as blood manipulation, are also prohibited.

What you need to know about the “List”

The List is updated every year, coming into effect on 1st January. It is possible for WADA to make changes to the List more than once a year, but they must communicate any changes three months before they come into effect. This allows athletes time to review any changes and apply for a **Therapeutic Use Exemption (TUE)** for their current medical treatment if necessary.

The List is divided into substances that are:

Prohibited at all Times
(both in-competition and out-of-competition)

Prohibited during In-competition period only
(the substance/method is not forbidden at other times) *

Prohibited only within particular sports

* **The In-competition period** is often the period commencing 11:59 on the day before a ParaVolley competition, through to the end of the competition and any sample collection process related to that competition.

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Examples of substances prohibited at all times would include (but are not limited to) anabolic agents (steroids), peptide hormones, beta-2 agonists (used to treat asthma) and diuretics and masking agents.

Examples of substances prohibited only in-competition would include (but are not limited to): cannabinoids, glucocorticoids (depending on how they are administered), narcotics and stimulants. Be CAREFUL if you take a substance that is only prohibited in-competition when it is not prohibited out of competition. It doesn't matter when you take a substance. If the substance is prohibited in-competition and is found in your sample, you may receive an ADRV and be sanctioned.

Also prohibited at all times are methods such as blood transfusion or manipulation, or intravenous infusions in certain situations.

Some substances are prohibited at a particular threshold (level of substance that is detected in a urine sample). This means that the substances are okay to take up to a specific dose or within a specific dosage range, but outside that dose or range the substance is prohibited (for example some ingredients found in asthma inhalers). Other conditional substances are those that are only prohibited by the way they are taken (route of administration), for example, applied as a cream, swallowed, or inhaled.

Prohibited substances and methods are **classified by category** within the list (e.g. stimulants, gene doping, narcotics).

Not all substances are specifically named on the List. The List states that any other substance with a chemical structure or similar biological effect(s) are also prohibited even if not specifically named

Specified substances are those that, if found to be present in an athlete's bodily sample, may be more likely to have a credible, non-doping explanation. It may have been taken by the athlete for reasons other than doping, for example it can happen when an athlete uses an over-the-counter product resulting in an inadvertent doping violation (doping by accident).

Just because you took something by accident or that is classified as a specified substance does not mean you are not accountable. You are responsible for all substances that enter your body. This is the Principle of Strict Liability. You may still be sanctioned!

Non-specified substances are those where there is no non-doping explanation for having these substances in an athlete's system.

Substances of Abuse

Substances of Abuse are a new category of substances in the 2021 Code. Examples of substances of abuse currently identified on the List are cocaine, heroine, MDMA/ecstasy, and tetrahydrocannabinol (THC). Some banned substances on the List are identified as Substances of Abuse.

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Athletes have a duty to:

- **Familiarize themselves** with the Prohibited List and make sure to always be updated on the latest version;
- Systematically **ask their medical practitioners** to verify that no medication, supplement or treatment they are taking (prescribed or not) involves prohibited substances or methods;
- **Apply for a Therapeutic Use Exemption** if a prescribed treatment involves prohibited substances or methods;
- When purchasing over-the-counter medication, **consult** their national anti-doping agency or ask the pharmacist to check that the medication does not contain anything prohibited on the Prohibited List currently in force;
- **Be extremely cautious** with and generally avoid dietary and nutritional supplements; never assume a product is safe to use. Many supplements contain undeclared ingredients including stimulants, steroids, and prescription medications
- Athletes can learn how to **manage the risk posed by supplements**. Please refer to “Risks of Supplement Use” on this website for further information.

To find out how to use the Prohibited List, go to the “Use of Medications and Therapeutic Use Exemptions” section of the website.

References:

UKAD

WADA ADEL for the International Level Athlete

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