

## INFORMATION ABOUT THE PROHIBITED LIST

The World Anti-Doping Agency (WADA) Prohibited List is a document that outlines and defines the substances and methods that are prohibited as doping. 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.

Prohibited substances and methods are classified by category within the list:

- Non approved Specified Substances
- Anabolic Agents
- Peptide Hormones, Growth Factors and Related Substances
- Beta-2 Agonists
- Hormone and Metabolic Modulators
- Diuretics and Other Masking Agents
- Stimulants
- Narcotics
- Cannabinoids
- Glucocorticosteroids
- Manipulation of Blood and Blood Components; e.g. blood transfusions, some IV injections
- Chemical and Physical Manipulation; and
- Gene Doping

Some substances and methods are prohibited In-Competition only, while others are prohibited at all times (both in- and out-of-competition). The Prohibited List is not an exhaustive list. Substances with a similar chemical structure or similar biological effects to the substances identified on the list are also prohibited.

You can view and download a copy of the Prohibited List from the WADA website by clicking on the link WADA Prohibited List on the main World ParaVolley anti-doping webpage. This list is updated annually so it is important that athletes are familiar with the most up-to-date list.

For more detail about the List, how to Use it to Check your medications, and practical tips, go to our FOCUS on Anti-doping Education "[Use of Medications & TUEs](#)".