

2019 Prohibited List – Update

Introduction

The World Anti-Doping Agency (WADA) has announced the 2019 Prohibited List (the List), will come into effect on **1 January 2019**. The new list is available [here](#).



What is the List?

The Prohibited List sets out which substances and methods are banned in sport. The List is updated annually in response to scientific research and consultation with a wide range of stakeholders

You must check the changes made each year so you do not inadvertently break the rules.

You need to check any medication you use or intent to use in case you need to apply for a Therapeutic Use Exemption (TUE).

Remember the principle of **strict liability** – you are **solely responsible** for any banned substances found in your system, regardless of how it got there, or whether there was an intention to cheat or not.

Key Modifications to the 2019 Prohibited List – 1 January 2019

Check your supplements carefully – to minimise the risk use batch-tested products

- Epiandrosterone has been added as an example of an anabolic androgenic steroid
- You must remain vigilant regarding this substance
- The examples of metabolites of steroids has been simplified and now only includes those known to be found in supplements or used as masking agents
- More examples of prohibited substances have been added, and these can be found in some workout supplements but not exclusively, so don't get caught out

Know Your Agents

The title of **S4.4** was changed to “Agents preventing Activin IIB activation” and the following were listed as examples of such agents:

- activin A-neutralizing antibodies.
- activin receptor IIB competitors
- agents reducing or ablating myostatin expression
- anti-activin receptor IIB antibodies
- myostatin-binding proteins
- myostatin-neutralizing antibodies



Gene Doping Title and Definition Clarified

- The **title** of the prohibited methods section 3 (M3) was changed from ‘Gene Doping’ to “**Gene and Cell Doping**” to clarify the methods permitted and prohibited in the category
- The definition of gene doping was revised to include the term ‘post-transcriptional’ to further define the processes that can be modified by gene editing.
- Stem cells are not prohibited for treating injuries if their use **restores normal function** of the affected area, rather than enhancing function

Remember: *In many categories, examples were removed or added; however, this does not mean the substance is no longer prohibited, just that it is no longer explicitly stated on the Prohibited List.*

It is important to note that not all prohibited substances are explicitly listed in the 2019 Prohibited List. For a complete check if a substance is prohibited, check on Global DRO.

Top Anti-Doping Reminders Associated with the Prohibited List

Although changes to the 2019 Prohibited List are minor, we wanted to highlight some frequently asked questions (FAQ’s) about substances and methods. Below is a brief overview of our top four FAQ’s:

- **Cannabidiol:** The use of any cannabidiol (CBD) product is at the athlete’s own risk. As a result, CBD products should be considered in the same way as all other dietary supplements. That being, strict liability will still apply, and the appropriate sanctions will be imposed on any athlete returning an adverse analytical finding related to the consumption of a CBD product. Please see our athlete advisory note on CBD products for further information.
- **IVs:** All intravenous (IV) infusions and/or injections of any substance, prohibited or permitted, in excess of 100 mL per 12-hour period are prohibited at all times, except for those legitimately received in the course of hospital treatment, surgical procedures, or clinical diagnostic investigations. Athletes receiving IV infusions outside of these settings or containing prohibited substances are able to apply for a retroactive TUE if it is given as part of emergency treatment. Please see our emergency medicines resource available on the TUE section of our website for further information.



- **ADHD Medications:** Athletes with Attention Deficit Hyperactivity Disorder (ADHD) are often prescribed prohibited stimulant medication to treat their condition. UKAD has a bespoke ADHD TUE policy which outlines the required medical evidence that must be contained within any TUE application. This policy document is available on the TUE section of our website.
- **Inhalers:** Athletes diagnosed with asthma are prescribed medications, such as beta-2 agonists and glucocorticoids which are delivered via an inhaler. It is important to understand what inhalers and doses are permitted, and when a TUE is needed.

Our Advice

Always Check Medications

- Check all medications before use on www.GlobalDRO.com even if you use a regular medication. This should be repeated when the List changes on 1 January 2019.

Always Research Supplements

- Remember, there are **no guarantees** that any supplement product is free from banned substances. You must always **assess the need, risk and consequences** before deciding to use a supplement.
- You must conduct thorough research of any supplement product you intend to use, and you should only use a batch-tested product
- To check you and your athletes can use the risk minimisation tool on [Informed Sport](#).

Where Can I Find More Information?

- A summary of the 2019 Major Modifications and Explanatory Notes is available on the WADA [website](#)
- Download our free **100% me Clean Sport App** via iTunes, Google Play or the Windows Store
- For further clarification on the 2019 List, or general substances, methods, and product enquiries, contact UKAD at substanceenquiry@ukad.org.uk