

## *2010 Prohibited List*

### *Summary of Major Modifications*

#### **INTRODUCTORY PARAGRAPH**

- The introductory sentence on the use of drugs limited to medically justified indications has been deleted.
- The reference to Specified Substances has been amended in accordance with changes introduced in section S2.

#### **SUBSTANCES AND METHODS PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)**

##### S1: Anabolic Agents

- The International Nonproprietary Name (INN) for methyltrienolone has been included (metribolone)
- Comment S1.1b, including revisions, is addressed in another WADA document (Technical Document MRPL).

##### S2. Peptide Hormones, Growth Factors and Related Substances

- In order to better define the substances within this category, the title has been revised to "Peptide Hormones, Growth Factors and Related Substances".
- To reflect the growing number of new erythropoiesis-stimulating substances available, methoxy polyethylene glycol-epoetin beta (CERA) has been added as an example.
- The issue of growth factors enhancing certain functions was addressed in more detail. Additional examples of growth factors affecting muscle, tendon or ligament protein synthesis/degradation, vascularisation, energy utilization, regenerative capacity or fibre type switching [e.g. Platelet-derived Growth Factor (PDGF), Fibroblast Growth Factors (FGFs), Vascular-Endothelial Growth Factor (VEGF), Hepatocyte Growth Factor (HGF)] were included.
- The status of Platelet-derived preparations (e.g. Platelet Rich Plasma, "blood spinning") has been clarified.
- Comment S2 is addressed in another WADA document (Technical Document MRPL).

### S3. Beta-2 Agonists

- The use of salbutamol and salmeterol by inhalation no longer requires a TUE but a declaration of *Use*.
- It is specified that the maximum dose for the controlled pharmacokinetic study cannot exceed the maximum therapeutic dose for inhaled salbutamol (1600 µg/day).

### S4. Hormone antagonists and Modulators

- Two examples of aromatase inhibitors, androstene-3,6,17 trione (6-oxo) and androsta-1,4,6-triene-3,17-dione (androstatrienedione) have been added in view of their wide availability as components of nutritional supplements.

### S5. Diuretics and Other masking Agents

- The status of glycerol (oral and intravenous) as a plasma expander was clarified and is now included as another example.
- The non-prohibited status of pamabrom was clarified because it is a weak diuretic largely available as a combined over-the-counter medication for pre-menstrual/menstrual symptoms.

## **PROHIBITED METHODS**

### M1. Enhancement of Oxygen Transfer

- Supplemental oxygen is no longer prohibited.

### M2. Chemical and Physical Manipulation

- Proteases have been added as an example of sample adulteration.
- The status of intravenous infusions has been reviewed and now reads: "Intravenous infusions are prohibited except for those legitimately received in the course of hospital admissions or clinical investigations."

### M3. Gene Doping

- For clarification purposes the gene doping definition was reworded and split into 2 points.

## **SUBSTANCES AND METHODS PROHIBITED IN-COMPETITION**

### S6. Stimulants

- Three stimulants, namely benfluorex, prenylamine, both known to metabolize to non-specified stimulants (amphetamine or norfenfluramine) as well as methylhexanamine, a non-therapeutic substance, were added to the closed list of non-specified stimulants.
- Until 2003, the stimulant pseudoephedrine had been prohibited in sports with a threshold of 25 µg/mL. Pseudoephedrine has been included in the Monitoring Program since 2004. Results from the Monitoring Program over the past 5 years have shown a sustained increase in urinary concentrations of pseudoephedrine. In addition, there is clear evidence of abuse in some sports and some regions which show clusters of samples with high pseudoephedrine concentrations many times in excess of concentrations normally found. Furthermore, the available literature demonstrates scientific proof of its performance enhancing effects at certain doses. Therefore, the List Committee has reintroduced pseudoephedrine as a specified stimulant in the 2010 Prohibited List at a urinary threshold of 150 µg/mL based on the results from controlled excretion studies as well as the literature. Given the wide availability of pseudoephedrine-containing medicines, WADA recommends that the reintroduction of pseudoephedrine is supported by active information/education campaign by all stakeholders.
- Although pseudoephedrine is now prohibited, it will remain in the Monitoring Program for urinary concentrations below 150 µg/mL.

### S8. Cannabinoids

- It is clarified that synthetic cannabinoids are covered by this section.

## **SUBSTANCES PROHIBITED IN PARTICULAR SPORTS**

### P1. Alcohol and P2. Beta-blockers

- As the responsibility for testing in the sports of Boules and Archery has been transferred from the International Paralympic Committee (IPC) to the World Bowling Federation and the International Archery Federation (FITA), respectively, references to the IPC have been deleted.