

2018 Prohibited List – Summary of Changes

Introduction

The World Anti-Doping Agency (WADA) has announced the 2018 Prohibited List (the List), which will come into effect on **1 January 2018**.

WADA consults with a wide range of stakeholders when developing the List including athletes, National Anti-Doping Organisations, sports bodies and scientists. Changes are approved by the WADA List Expert Group.

What is the List?

The List identifies substances and methods which you are banned from using.

It is updated, as a minimum, once a year. **You must** check the changes made each year so you do not inadvertently break the rules.

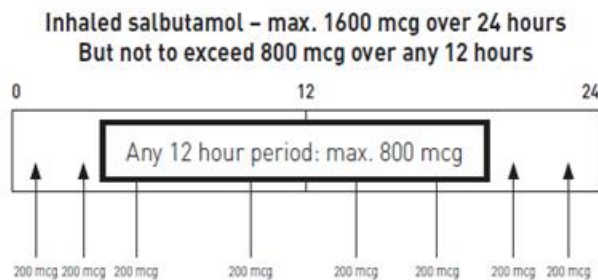
Remember, you are **solely responsible** for any banned substance found in your system, regardless of how it got there, or whether there was an intention to cheat or not.

The **new 2018 Prohibited List** is now published so you and your support personnel need to make yourselves aware of the changes, review any current medications you use and apply for a Therapeutic Use Exemption (TUE) if required.

Key Changes to the 2018 Prohibited List – 1 January 2018

Salbutamol Inhalers

- **Category S3. Beta-2 Agonists**
 - Substance commonly used to treat asthma
 - Salbutamol inhalers are commonly known as Ventolin
 - Changes made in 2017 remain - you are only allowed a maximum of 1600 micrograms over 24 hours, **not to exceed 800 micrograms in any 12-hour period**
 - In 2018, it is made clearer that inhaled doses of salbutamol over any 12-hour period should be spaced out and not inhaled in one go (unless there is a medical emergency) – see WADA diagram below



- To help you manage this - salbutamol inhalers typically provide either 100 or 200 micrograms per puff/inhalation, therefore an allowance of either 8 or 4 inhalations per 12-hour period
- **You must** check the dose your inhaler provides. We strongly recommend that you ask your doctor and check the patient information leaflet which comes with your prescribed inhaler so you know the dose for each inhalation
- If you require more than 800 micrograms in a 12-hour period, please consult your doctor and contact us (tue@ukad.org.uk) to determine if you need to apply for a TUE

Substances Added to the List as Further Examples

- **Selective Androgen Receptor Modulators (SARMs) – Category S1.2**
 - LGD-4033 and RAD140 added
- **Releasing Factors – Category S2.2.1**
 - Deslorelin, goserelin, nafarelin, and triptorelin added as examples of releasing factors of chorionic gonadotrophin and luteinizing hormone (prohibited in males only)
- **Growth Hormone – Category S2.2.3**
 - Growth Hormone fragments (AOD-9604 and hGH 176-191), Growth Hormone Releasing Hormone (CJC-1293), Growth Hormone secretagogues (tabimorelin and GHRP-1, -3, -4, and -5 added)
- **Growth Factors – Category S2.3**
 - Thymosin-β4 and its derivatives (e.g. TB-500) added
- **Beta-2 Agonist – Category S3**
 - Tulobuterol added
- **Protein Kinase – Category S4.5.1**
 - SR9009 (AMP-activated protein kinase activator) added - **NOTE: Also known as Stenabolic**
- **Stimulants – Category S6**
 - 1,3-Dimethylbutylamine (DMBA) added - **NOTE: Substance may be found in supplements**
- **Glucocorticoids – Category S9**
 - Cortisone, Prednisolone, Triamcinolone added

Changes to Intravenous (IV) Infusion Rules

- **Volume and Timing Increase**
 - Change from 50 millilitres (mL) per 6-hour period to **no more** than a total of 100 mL per 12-hour period
 - IV infusions and/or injections of any substance **in excess of 100 mL per 12-hour period are banned at all times**, except for hospital treatments, surgical procedures, or clinical diagnostic investigations
 - Any banned substance administered intravenously or via injection **will require a TUE** even below 100mL

Substances not Prohibited or Removed from the List

- **Clarification – Cannabidiol**
 - Synthetic cannabidiol (i.e. CBD oil) is not banned
 - Cannabidiol extracted from cannabis plants may contain varying concentrations of THC (**THC is banned**)
- **Glycerol**
 - No longer banned
- **Alcohol**
 - No longer banned
 - International Federations of Air Sports, Archery, Automobile, and Powerboating may still **ban alcohol**

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 2018.

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.

Where Can I Find Out More Information?

A summary of the 2018 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.