



IAAF Medical & Anti-Doping Department














Advisory Note – The Prohibited List, 2013

INTERNATIONAL ASSOCIATION OF ATHLETICS FEDERATIONS

ADVISORY NOTE – THE PROHIBITED LIST

The World Anti-Doping Agency (WADA) Prohibited List is a document which outlines and defines the substances and methods which 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:

-  S0. Non-approved substances;
-  S1. Anabolic Agents;
-  S2. Peptide Hormones, Growth Factors and Related Substances;
-  S3. Beta-2 Agonists;
-  S4. Hormone and Metabolic Modulators;
-  S5. Diuretics and Other Masking Agents;
-  S6. Stimulants;
-  S7. Narcotics;
-  S8. Cannabinoids;
-  S9. Glucocorticosteroids;
-  M1. Manipulation of Blood and Blood Components;
-  M2. Chemical and Physical Manipulation; and
-  M3. Gene Doping.

Some substances and methods are prohibited only *In-Competition*, while other are prohibited at all times (both *In- and Out-of-Competition*).

The Prohibited List is not an exhaustive list. Substances with similar chemical structure or similar biological effects to the substances expressly identified on the List can also be prohibited.

Where can I find a copy of the List?






You can view and download a copy of the Prohibited List by visiting either the [IAAF](#) or [WADA](#) website. Additionally, WADA have recently developed an iPhone App of the List, which can be downloaded [here](#). The list is also available in a mobile version, accessible via the [WADA](#) website.

My responsibility with respect to the Prohibited List

According to the IAAF Anti-Doping Rules, athletes are responsible for knowing what substances and methods are prohibited, and are personally liable for any prohibited substance found in their system. The presence of a prohibited substance, or the use of a prohibited substance or a prohibited method, constitutes a doping offence under the IAAF Rules.

WARNING

The substances identified on the Prohibited List can be present in a wide range of prescription and non-prescription medications and products, some of them available '*over-the-counter*'. Therefore, athletes must:

-  carefully check the contents of all medications and products purchased or proposed to you before using them;
-  never ingest products whose ingredients are unknown or untraceable;
-  if in doubt, seek advice from all qualified persons or organisations at their disposal (for example: team doctor, nutritionist, National Anti-Doping Agency *et al*);
-  remind their doctor – on each visit – that they are elite athlete which can be subject to doping controls, and make sure to have a copy of the Prohibited List with them to ensure they are not prescribed any medication containing a prohibited substance or a prohibited method; and
-  never purchase products from non-reputable sources, or advertised as having performance enhancing properties.