



Athlete and Athlete
Support Personnel
Guide to the 2024
Prohibited List

What is the International Standard for the Prohibited List (List)?

The List identifies the substances and methods that are prohibited (banned) in sport.

- Some substances and methods are prohibited only in-competition.
- Some substances and methods are prohibited at all times.
- Some substances and methods are prohibited only by certain routes of administration or above a certain dose.
- Some substances and methods are only prohibited in particular sports.

The substances and methods on the List are classified into classes or categories (e.g., steroids, stimulants, gene doping).



The in-competition period usually begins at 11:59pm the day before the competition starts. Athletes should check with their International Federation (IF) to see if the in-competition period is different for their sport. If a substance is banned in-competition and is found in a sample (collected in-competition), the athlete may be sanctioned, even if it was taken out-of-competition.

Are all prohibited substances included by name in the List?

No, not all prohibited substances are included in the List by name. For some categories, the substances listed are only examples of the types of substances that would be included in those categories, so what is in the List is not complete.





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THE 2024 PROHIBITED LIST VALID 1 JANUARY 2024

Introduction
The Prohibited List is a mandatory International Anti-Doping Program.
The List is updated annually following an extensive process by WADA. The effective date of the List is 01 January. The official text of the Prohibited List shall be maintained in English and French. In the event of any conflict between the English and French versions, the English version shall prevail.
Below are some terms used in this List of Prohibited Substances and Methods.

Prohibited In-Competition
Subject to a different period having been approved by WADA, the Prohibited List shall be approved by WADA. The In-Competition period shall in principle be the period commencing at 11:59 p.m. on the day before a Competition and the Sample Collection until the end of the Competition and the Sample Collection Methods.

Prohibited at all times
This means that the substance or method is prohibited In- and Out-of-Competition as defined in the Code.

Specified and non-Specified
As per Article 4.2.2 of the World Anti-Doping Code, "for purposes of the application of Article 10, all Prohibited Substances shall be Specified Substances except those identified on the Prohibited List. No Prohibited Substance or Method shall be a Specified Substance unless it is specifically identified as a Specified Substance and Methods identified in the comment to the article, "the Specified Substances and Methods identified in Article 4.2.2 should not in any way be considered less important or less dangerous than other doping substances or methods. They are simply substances and methods which are more likely to have been consumed or used by an Athlete for a purpose other than the enhancement of sport performance."

Substances of Abuse
Pursuant to Article 4.2.3 of the Code, Substances of Abuse are substances that are identified as such because they are frequently abused in society outside of the context of sport. The following are designated Substances of Abuse: cocaine, diamorphine (heroin), methylenedioxymethamphetamine (MDMA/"ecstasy"), tetrahydrocannabinol (THC).

Published by:
World Anti-Doping Agency
Stock Exchange Tower
800 Place Victoria
PO Box 120
Montreal, Quebec
Canada H4Z 1B7

URL: www.wada-ama.org
Tel: +1 514 904 9232
Fax: +1 514 904 8650
E-mail: code@wada-ama.org

How are substances and methods added to the List?

For a substance or method to be added to the List, it must meet two of the following three criteria:

- It has the potential to enhance or enhances sport performance.
- It represents an actual or potential health risk to the athletes.
- It violates the spirit of sport.

How often is the List updated?

The List is updated every year.

The new List is published on the World Anti-Doping Agency's (WADA) website (www.wada-ama.org) at the latest on 1 October and comes into force on the 1 January the following year.

It is possible to make changes to the List more than once a year. WADA must communicate these changes at least 3-months before they come into force.

S1 ANABOLIC AGENTS

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)
All prohibited substances in this class are non-Specified Substances.

Anabolic agents are prohibited.

1. ANABOLIC ANDROGENIC STEROIDS (AAS)

When administered exogenously, including but not limited to:

| | |
|--|--|
| <ul style="list-style-type: none"> - 1-Androstenediol (5α-androst-1-ene-3β, 17β-diol) - 1-Androstenedione (5α-androst-1-ene-3, 17-dione) - 1-Androsterone (3α-hydroxy-5α-androst-1-ene-17-one) - 1-Epiandrosterone (3β-hydroxy-5α-androst-1-ene-17-one) - 1-Testosterone (17β-hydroxy-5α-androst-1-en-3-one) - 4-Androstenediol (androst-4-ene-3β, 17β-diol) - 4-Hydroxytestosterone (4,17β-dihydroxyandrost-4-en-3-one) - 5-Androstenedione (androst-5-ene-3,17-dione) - 7α-hydroxy-DHEA - 7β-hydroxy-DHEA - 7-Keto-DHEA | <ul style="list-style-type: none"> - Bolasterone - Boldenone - Boldione (androsta-1,4-diene-3,17-dione) - Calusterone - Clostebol - Danazol (1,2,oxazololo[4',5':2,3]pregna-4-en-20-yn-17α-ol) - Dehydrochloromethyltestosterone (4-chloro-17β-hydroxy-17α-methylandrosta-1,4-dien-3-one) - Desoxymethyltestosterone (17α-methyl-5α-androst-2-en-17β-ol and 17α-methyl-5α-androst-3-en-17β-ol) - Drostanolone - Epiandrosterone (3β-hydroxy-5α-androstan-17-one) - Epi-dihydrotestosterone (17β-hydroxy-5β-androstan-3-one) |
|--|--|

S2 PEPTIDE HORMONES, GROWTH FACTORS, RELATED SUBSTANCES, AND MIMETICS

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)
All prohibited substances in this class are non-Specified Substances.

The following substances, and other substances with similar chemical structure or similar biological effect(s), are prohibited.

1. ERYTHROPOIETINS (EPO) AND AGENTS AFFECTING ERYTHROPOIESIS

Including, but not limited to:

- 1.1 Erythropoietin receptor agonists, e.g. darbepoetins (dEPO); erythropoietins (EPO); EPO-based constructs (e.g. EPO-Fc; methoxy polyethylene glycol-epoetin beta (CERA)); EPO-mimetic agents and their constructs (e.g. CNTO-530, peginesatide).
- 1.2 Hypoxia-inducible factor (HIF) activating agents, e.g. cobalt; daprodustat (GSK1278863); IOX2; molidustat (BAY 85-3934); roxadustat (FG-4592); vadadustat (AKB-6548); xenon.
- 1.3 GATA inhibitors, e.g. K-11706.
- 1.4 Transforming growth factor beta (TGF- β) signalling inhibitors, e.g. luspaterecept; sotatercept.
- 1.5 Innate repair receptor agonists, e.g. asialo EPO; carbamylated EPO (CEPO).



What has changed in the 2024 List?

■ The narcotic tramadol is prohibited in-competition

One of the big changes to the 2024 List is the addition of the narcotic tramadol, which is banned in-competition only.

Tramadol is an opioid used to treat moderate to severe pain. Before 2024, tramadol was on a list of substances and methods that WADA was monitoring ([Monitoring Program](#)) to gather data on whether athletes could be using it. Tramadol can also cause negative side effects, such as physical dependence, opiate addiction, and overdose issues, which poses a health risk to athletes. In addition, some studies suggest that tramadol may enhance physical performance in certain sports. Therefore, tramadol was added to the 2024 List.

If an athlete needs to use tramadol during the in-competition period to treat a diagnosed medical condition, they must apply for a Therapeutic Use Exemption (TUE) before taking the substance or competing.

If tramadol is used for therapeutic reasons within 24 hours before the start of the in-competition period, athletes should be aware that there is a risk of testing positive for tramadol. Therefore, a 24-hour washout period is recommended. The “washout period” refers to the time from the last administered dose to the time of the start of the in-competition period.

For more information about tramadol:



[Tramadol Factsheet for Athletes & Athlete Support Personnel](#)

[Tramadol Factsheet for Medical Professionals](#)

■ Donation of plasma by plasmapheresis no longer prohibited

Starting 1 January 2024, it is no longer prohibited for athletes to donate plasma or plasma components by plasmapheresis when done in a registered collection center.

■ New examples added to some categories

As mentioned above, the substances and methods within each category included in the List are examples of what is prohibited within that category. The 2024 List includes new examples for some categories of substances, including the following:

- S0 Non-approved substances: 2,4-Dinitrophenol (DNP)
- S1 Anabolic Agents: Trestolone (7 α -methyl-19-nortestosterone, MENT), another example of nandrolone derivatives
- S2 Peptide Hormones, Growth Factors, Related Substances, and Mimetics: Ibutamoren (MK-677)
- S4 Hormone and Metabolic Modulators: SR9011

Some of new examples added to the List can be found in supplements. For the full list new examples, please see the [2024 List Explanatory Note](#).

Current Glucocorticoids Washout Period Table

Glucocorticoids are prohibited in-competition when administered orally, rectally or by injection. The glucocorticoids Washout Period Table published in 2021 was updated to include the washout period for glucocorticoids administered by the rectal route.

These washout periods are based on the use of these medications according to the maximum manufacturer’s licensed doses.

| Route | Glucocorticoid | Washout period |
|---|--|----------------|
| Oral* | All glucocorticoids | 3 days |
| | Except: triamcinolone; triamcinolone acetonide | 10 days |
| Intramuscular | Betamethasone; dexamethasone; methylprednisolone | 5 days |
| | Prednisolone; prednisone | 10 days |
| | Triamcinolone acetonide | 60 days |
| Local injections (including periarticular, intra-articular, peritendinous and intratendinous) | All glucocorticoids | 3 days |
| | Except: prednisolone; prednisone; triamcinolone acetonide; triamcinolone hexacetonide | 10 days |
| Rectal | All glucocorticoids | 3 days |
| | Except: triamcinolone diacetate; triamcinolone acetonide | 10 days |

* Oral routes also include e.g. oromucosal, buccal, gingival and sublingual.

Why is it important to be familiar with the List?

- It is important to be familiar with the List and the changes coming into force to avoid inadvertent doping.
- Remember, athletes are ultimately responsible for any banned substance found in their system, regardless as to how it got there or if there was an intention to cheat. This is the principle of strict liability.
- Athlete support personnel can also be sanctioned if they:
 - Administer or attempt to administer a prohibited substance;
 - Administer or attempt to administer a prohibited method; or
 - Have a prohibited substance or method in their possession without any medical justification.
- Contact the relevant Anti-Doping Organization (ADO) if you are unsure of the status of a substance and/or method.
- Remember that athletes with a legitimate medical reason for using a prohibited substance or method may apply for a Therapeutic Use Exemption (TUE).

Athletes should apply to the appropriate organization if they need a TUE.

National Anti-Doping Organizations (NADOs) approve TUEs for national-level athletes. These are valid at any national-level event, in any country.

International Federations (IFs) approve TUEs for international-level athletes. These are valid at the international-level.



Things to do:

1. Athletes and athlete support personnel should ensure they are familiar with the 2024 List and its changes, particularly the addition of tramadol to the List.
2. Athletes who take medications regularly or occasionally should recheck their medication against the 2024 List.
3. Athletes who need to take a prohibited substance or method should contact their ADO to apply for a Therapeutic Use Exemption (TUE).
4. Athletes who take a medication that has changed status (is now prohibited) should contact their ADO to apply for a TUE.
5. Athletes who have a TUE should check the expiry date and ensure that it is still valid, if not, they should apply for a new TUE.





WADA's regulatory documents are available on the Agency's website. The material that WADA provides on its ADEL platform is intended for educational and informational purposes only. Any content or language used within the ADEL material would not supersede the provisions of the World Anti-Doping Code and/or the International Standards.

ADEL and its education courses and information resources are managed by WADA and published by WADA in English as a minimum.

In any case of any discrepancies between the English version or any version sponsored by an Anti-Doping Organization, the English version shall prevail.

HEAD OFFICE

800 Place Victoria, Suite 1700
P.O. Box 120
Montreal, Quebec, Canada H4Z 1B7
T +1.514.904.9232
F +1.514.904.8650

AFRICA

Protea Assurance Building
8th Floor, Greenmarket Square
Cape Town, 8001, South Africa
T +27.21.483.9790
F +27.21.483.9791

ASIA / OCEANIA

C/O Japan Institute of Sports Sciences
3-15-1 Nishigaoka, Kita-Ku
Tokyo, 115-0056, Japan
T +81.3.5963.4321
F +81.3.5963.4320

EUROPE

Maison du Sport International
Avenue de Rhodanie 54
1007 Lausanne, Switzerland
T +41.21.343.43.40
F +41.21.343.43.41

LATIN AMERICA

World Trade Center Montevideo
Tower II, Unit 712
Calle Luis A de Herrera 1248
Montevideo, Uruguay
T +598.2.623.5206
F +598.2.623.5207

-  wada-ama.org
-  twitter.com/wada_ama
-  facebook.com/wada.ama
-  wada_ama
-  linkedin.com/company/wada/
-  info@wada-ama.org