

# SUBSTANCES AND METHODS ON THE PROHIBITED LIST

The World Anti-Doping Agency (**WADA**) produces a list of substances and methods that are banned in sport in the form of the **Prohibited List**. It is updated at least annually, with the new list taking effect on **January 1 of each year**.

It is important that athletes and Athlete Support Personnel are familiar with the Prohibited List and know how to check whether medications are prohibited in sport.

## Criteria

A substance or method can be added to the Prohibited List if it meets at least **two of the following three criteria**:

- 1** It has the potential to enhance or enhances sport performance
- 2** Use of the substance or method represents an actual or potential health risk to the athlete
- 3** Use of the substance or method violates the spirit of sport

## Groups

The Prohibited List includes substances and methods that are categorised into **3 groups**:

- 1** Substances and methods prohibited at **all times**
- 2** Substances and methods prohibited **in-competition**
- 3** Substances prohibited **in particular sports**

## During Competition

According to the Code, **the in-competition** is the period commencing at **11:59 p.m. on the day before** a Competition in which the Athlete is scheduled to participate through the end of such Competition and the Sample collection process related to such Competition. The in-competition period is very important to understand when it relates to **substances that are prohibited in-competition**.

## Substance

When a substance is prohibited in-competition, it must leave the athlete's system by the time the said competition begins. It does not mean that the athlete must stop taking the substance **only by the time** the in-competition period begins. Different substances take different amounts of time to **leave the system** – athletes must be extremely careful to make sure that they are not caught with a **positive test** as a result of taking a substance prohibited in-competition.

## TIPS & TRICKS

Here are a few **tips and tricks** to help athletes and Athlete Support Personnel navigate the Prohibited List and to be able to select medications that are safe to take within the context of sport:

- Only the **medical ingredient names** are listed on the Prohibited List - **not brand names**
- Always check **dosage restrictions**, route administration of the medicine and any limitations for the use of the drug based on gender
- Check both **over-the-counter and prescription medications** before using them
- **Inform your medical** professional that you are an athlete and subject to anti-doping regulations
- Different substances take **different amounts of time** to leave your system – take that into account when taking substances prohibited in-competition
- Be careful when **substituting one brand** of medication for another – they may contain different medical ingredients
- Be careful **when travelling** – the same brand of a medication may contain different medical ingredients abroad
- Regularly check for **updates** to the Prohibited List

The current Prohibited List can be found [here](#).