To: **Secretaries/Chief Executive Officers of Unions and Regional Associations in Membership of World Rugby**

From: **David Carrigy**
Head of Development & International Relations

Date: December 18, 2019

Re: 2020 WADA Prohibited List

Please find attached the 2020 WADA Prohibited List of substances and methods prohibited in sport and applicable to Rugby **effective from January 1, 2020.**

Also attached are the following supporting documents:

a) 2020 Explanatory Notes (outlines the modifications from the 2019 Prohibited List to the 2020 Prohibited List)

b) 2020 Monitoring Programme (Outlines the substances placed on WADA's monitoring programme)

The 2020 Prohibited List and the supporting documents are also available for download and reference on the WADA website www.wada-ama.org, and will also be made available on World Rugby's anti-doping website under the Resources tab www.keeprugbyclean.com.

Please forward these documents to all your relevant rugby constituents, medical representatives and those involved in anti-doping within your Union.

If you have any queries regarding the WADA 2020 Prohibited List, please contact the World Rugby Anti-Doping Manager – Compliance & Results, David Ho, at david.ho@worldrugby.org or +353 1 2409 209.

Yours sincerely,

David Carrigy
Head of Development & International Relations

WORLD ANTI-DOPING AGENCY

The World Anti-Doping Code

THE 2020 PROHIBITED LIST

INTERNATIONAL STANDARD

The official text of the *Prohibited List* shall be maintained by *WADA* and shall be published in English and French. In the event of any conflict between the English and French versions, the English version shall prevail.

This List shall come into effect on 1 January 2020

THE 2020 PROHIBITED LIST
WORLD ANTI-DOPING CODE

Valid 1 January 2020

In accordance with Article 4.2.2 of the World Anti-Doping Code, all *Prohibited Substances* shall be considered as *"Specified Substances"* except Substances in classes S1, S2, S4.4, S4.5, S6.a, and *Prohibited Methods* M1, M2 and M3.

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

PROHIBITED SUBSTANCES

S0. NON-APPROVED SUBSTANCES

Any pharmacological substance which is not addressed by any of the subsequent sections of the *List* and with no current approval by any governmental regulatory health authority for human therapeutic use (e.g. drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is prohibited at all times.

S1. ANABOLIC AGENTS

Anabolic agents are prohibited.

1. Anabolic Androgenic Steroids (AAS)

when administered exogenously, including but not limited to:

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;
19-norandrostenediol (estr-4-ene-3,17-diol);
19-norandrostenedione (estr-4-ene-3,17-dione);
androstanolone (5α-dihydrotestosterone, 17β-hydroxy-5α-androstan-3-one);
androstenediol (androst-5-ene-3β,17β-diol);
androstenedione (androst-4-ene-3,17-dione);
bolasterone;
boldenone;
boldione (androsta-1,4-diene-3,17-dione);
calusterone;
clostebol;
danazol ([1,2]oxazolo[4',5':2,3]pregna-4-en-20-yn-17α-ol);
dehydrochlormethyltestosterone (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);
epitestosterone;
ethylestrenol (19-norpregna-4-en-17α-ol);
fluoxymesterone;
formebolone;
furazabol (17α-methyl [1,2,5]oxadiazolo[3',4':2,3]-5α-androstan-17β-ol);
gestrinone;
mestanolone;
mesterolone;
metandienone (17β-hydroxy-17α-methylandrosta-1,4-dien-3-one);
metenolone;
methandriol;
methasterone (17β-hydroxy-2α,17α-dimethyl-5α-androstan-3-one);
methyl-1-testosterone (17β-hydroxy-17α-methyl-5α-androst-1-en-3-one);
methylclostebol;
methyldienolone (17β-hydroxy-17α-methylestra-4,9-dien-3-one);
methylnortestosterone (17β-hydroxy-17α-methylestr-4-en-3-one);
methyltestosterone;
metribolone (methyltrienolone, 17β-hydroxy-17α-methylestra-4,9,11-trien-3-one);
mibolerone;
nandrolone (19-nortestosterone);
norboletone;

norclostebol (4-chloro-17β-ol-estr-4-en-3-one);
norethandrolone;
oxabolone;
oxandrolone;
oxymesterone;
oxymetholone;
prasterone (dehydroepiandrosterone, DHEA, 3β-hydroxyandrost-5-en-17-one);
prostanozol (17β-[(tetrahydropyran-2-yl)oxy]-1'H-pyrazolo[3,4:2,3]-5α-androstane);
quinbolone;
stanozolol;
stenbolone;
testosterone;
tetrahydrogestrinone (17-hydroxy-18a-homo-19-nor-17α-pregna-4,9,11-trien-3-one);
trenbolone (17β-hydroxyestr-4,9,11-trien-3-one);

and other substances with a similar chemical structure or similar biological effect(s).

2. Other Anabolic Agents

Including, but not limited to:

Clenbuterol, **selective androgen receptor modulators** [SARMs, e.g. **andarine**, **LGD-4033** (ligandrol), **enobosarm** (ostarine) and **RAD140**], **tibolone**, **zeranol** and **zilpaterol**.

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

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); **molidustat** (BAY 85-3934); **roxadustat** (FG-4592); **vadadustat** (AKB-6548); **xenon**.

1.3 GATA inhibitors, e.g.
K-11706.

1.4 TGF-beta (TGF-β) **signalling inhibitors**, e.g.
Luspatercept; **sotatercept**.

1.5 Innate repair receptor agonists, e.g.
Asialo EPO; **carbamylated EPO** (CEPO).

2. Peptide Hormones and their Releasing Factors,

2.1 Chorionic Gonadotrophin (CG) and **Luteinizing Hormone** (LH) and their releasing factors in males, e.g.
Buserelin, **deslorelin**, **gonadorelin**, **goserelin**, **leuprorelin**, **nafarelin** and **triptorelin**;

2.2 Corticotrophins and their releasing factors, e.g.
Corticorelin;

2.3 Growth Hormone (GH), its fragments and releasing factors, including, but not limited to:
Growth Hormone fragments, e.g. **AOD-9604** and **hGH 176-191**; **Growth Hormone Releasing Hormone** (GHRH) and its **analogues**, e.g. **CJC-1293**, **CJC-1295**, **sermorelin** and **tesamorelin**; **Growth Hormone Secretagogues** (GHS), e.g. **lenomorelin** (ghrelin) and its mimetics, e.g. **anamorelin**, **ipamorelin, macimorelin** and **tabimorelin**; **GH-Releasing Peptides** (GHRPs), e.g. **alexamorelin**, **GHRP-1, GHRP-2** (pralmorelin), **GHRP-3**, **GHRP-4**, **GHRP-5**, **GHRP-6**, and **examorelin** (hexarelin).

3. Growth Factors and Growth Factor Modulators, including, but not limited to:

Fibroblast Growth Factors (FGFs);
Hepatocyte Growth Factor (HGF);
Insulin-like Growth Factor-1 (IGF-1) and its analogues;
Mechano Growth Factors (MGFs);
Platelet-Derived Growth Factor (PDGF);
Thymosin-β4 and its derivatives e.g. **TB-500**;
Vascular-Endothelial Growth Factor (VEGF);

and other growth factors or growth factor modulators affecting muscle, tendon or ligament protein synthesis/degradation, vascularisation, energy utilization, regenerative capacity or fibre type switching.

S3. BETA-2 AGONISTS

All selective and non-selective **beta-2 agonists**, including all **optical isomers**, are prohibited;

Including, but not limited to:

Fenoterol; **formoterol**; **higenamine**; **indacaterol**; **olodaterol**; **procaterol**; **reproterol**; **salbutamol**; **salmeterol**; **terbutaline**; **tretoquinol** (trimetoquinol); **tulobuterol**; **vilanterol**.

Except:

- Inhaled **salbutamol**: maximum 1600 micrograms over 24 hours in divided doses not to exceed 800 micrograms over 12 hours starting from any dose;
- Inhaled **formoterol**: maximum delivered dose of 54 micrograms over 24 hours;
- Inhaled **salmeterol**: maximum 200 micrograms over 24 hours.

The presence in urine of salbutamol in excess of 1000 ng/mL or formoterol in excess of 40 ng/mL is not consistent with therapeutic use of the substance and will be considered as an *Adverse Analytical Finding (AAF)* unless the *Athlete* proves, through a controlled pharmacokinetic study, that the abnormal result was the consequence of a therapeutic dose (by inhalation) up to the maximum dose indicated above.

S4. HORMONE AND METABOLIC MODULATORS

The following **hormone** and **metabolic modulators** are prohibited:

1. **Aromatase inhibitors** including, but not limited to:

   2-Androstenol (5α-androst-2-en-17-ol);
   2-androstenone (5α-androst-2-en-17-one);
   3-androstenol (5α-androst-3-en-17-ol);
   3-androstenone (5α-androst-3-en-17-one);
   4-androstene-3,6,17 trione (6-oxo);
   aminoglutethimide;
   anastrozole;
   androsta-1,4,6-triene-3,17-dione (androstatrienedione);

androsta-3,5-diene-7,17-dione (arimistane);
exemestane;
formestane;
letrozole;
testolactone.

2. **Selective estrogen receptor modulators** (SERMs) including, but not limited to:

   Bazedoxifene;
   ospemifene;
   raloxifene;
   tamoxifen;
   toremifene.

3. Other **anti-estrogenic substances** including, but not limited to:

   Clomifene;
   cyclofenil;
   fulvestrant.

4. **Agents preventing activin receptor IIB activation** including, but not limited, to:

   Activin A-neutralizing antibodies;
   activin receptor IIB competitors such as **decoy activin receptors** (e.g. ACE-031);
   anti-activin receptor IIB antibodies (e.g. bimagrumab);
   myostatin inhibitors such as **agents reducing or ablating myostatin expression**; **myostatin-neutralizing antibodies** (e.g. domagrozumab, landogrozumab, stamulumab); **myostatin-binding proteins** (e.g. follistatin, myostatin propeptide).

5. **Metabolic modulators**:

   5.1 **Activators of the AMP-activated protein kinase** (AMPK), e.g. **AICAR**, **SR9009**; and **Peroxisome Proliferator Activated Receptor δ** (PPARδ) **agonists**, e.g. **2-(2-methyl-4-((4-methyl-2-(4-(trifluoromethyl)phenyl)thiazol-5-yl)methylthio)phenoxy) acetic acid** (GW1516, GW501516);

   5.2 **Insulins** and **insulin-mimetics**;

5.3 **Meldonium**;

5.4 **Trimetazidine**.

S5. DIURETICS AND MASKING AGENTS

The following **diuretics** and **masking agents** are prohibited, as are other substances with a similar chemical structure or similar biological effect(s).
Including, but not limited to:

- **Desmopressin**; **probenecid**; **plasma expanders**, e.g. intravenous administration of **albumin**, **dextran**, **hydroxyethyl starch** and **mannitol**.

- **Acetazolamide**; **amiloride**; **bumetanide**; **canrenone**; **chlortalidone**; **etacrynic acid**; **furosemide**; **indapamide**; **metolazone**; **spironolactone**; **thiazides**, e.g. **bendroflumethiazide**, **chlorothiazide** and **hydrochlorothiazide**; **triamterene** and **vaptans**, e.g. **tolvaptan**.

Except:

- Drospirenone; pamabrom; and ophthalmic use of carbonic anhydrase inhibitors (e.g. dorzolamide, brinzolamide).
- Local administration of felypressin in dental anaesthesia.

The detection in an *Athlete's Sample* at all times or *In-Competition*, as applicable, of any quantity of the following substances subject to threshold limits: formoterol, salbutamol, cathine, ephedrine, methylephedrine and pseudoephedrine, in conjunction with a diuretic or masking agent, will be considered as an *Adverse Analytical Finding (AAF)* unless the *Athlete* has an approved *Therapeutic Use Exemption (TUE)* for that substance in addition to the one granted for the diuretic or masking agent.

PROHIBITED METHODS

M1. MANIPULATION OF BLOOD AND BLOOD COMPONENTS

The following are prohibited:

1. The *Administration* or reintroduction of any quantity of autologous, allogenic (homologous) or heterologous blood, or red blood cell products of any origin into the circulatory system.

2. Artificially enhancing the uptake, transport or delivery of oxygen.
Including, but not limited to:
Perfluorochemicals; **efaproxiral** (RSR13) and **modified haemoglobin products**, e.g. haemoglobin-based blood substitutes and microencapsulated haemoglobin products, excluding supplemental oxygen by inhalation.

3. Any form of intravascular manipulation of the blood or blood components by physical or chemical means.

M2. CHEMICAL AND PHYSICAL MANIPULATION

The following are prohibited:

1. *Tampering,* or *Attempting to Tamper*, to alter the integrity and validity of *Samples* collected during *Doping Control*.
Including, but not limited to:
Sample substitution and/or adulteration, e.g. addition of proteases to *Sample*.

2. Intravenous infusions and/or injections of more than a total of 100 mL per 12-hour period except for those legitimately received in the course of hospital treatments, surgical procedures or clinical diagnostic investigations.

M3. GENE AND CELL DOPING

The following, with the potential to enhance sport performance, are prohibited:

1. The use of nucleic acids or nucleic acid analogues that may alter genome sequences and/or alter gene expression by any mechanism. This includes but is not limited to gene editing, gene silencing and gene transfer technologies.

2. The use of normal or genetically modified cells.

SUBSTANCES AND METHODS PROHIBITED IN-COMPETITION

In addition to the classes S0 to S5 and M1 to M3 defined above, the following classes are prohibited *In-Competition*:

PROHIBITED SUBSTANCES

S6. STIMULANTS

All **stimulants**, including all **optical isomers**, e.g. ***d***- and ***l***- where relevant, are prohibited.

Stimulants include:

a: Non-Specified Stimulants:

Adrafinil;
amfepramone;
amfetamine;
amfetaminil;
amiphenazole;
benfluorex;
benzylpiperazine;
bromantan;
clobenzorex;
cocaine;
cropropamide;
crotetamide;
fencamine;
fenetylline;
fenfluramine;
fenproporex;
fonturacetam [4-phenylpiracetam (carphedon)];
furfenorex;
lisdexamfetamine;
mefenorex;
mephentermine;
mesocarb;
metamfetamine(*d*-);
***p*-methylamfetamine**;
modafinil;

norfenfluramine;
phendimetrazine;
phentermine;
prenylamine;
prolintane.

A stimulant not expressly listed in this section is a Specified Substance.

b: Specified Stimulants:

Including, but not limited to:

3-Methylhexan-2-amine (1,2-dimethylpentylamine);
4-methylhexan-2-amine (methylhexaneamine);
4-methylpentan-2-amine (1,3-dimethylbutylamine);
5-methylhexan-2-amine (1,4-dimethylpentylamine);
benzfetamine;
cathine[**];
cathinone and its **analogues**, e.g. **mephedrone**, **methedrone**, and **α**-**pyrrolidinovalerophenone**;
dimetamfetamine (dimethylamphetamine);
ephedrine[***];
epinephrine[****] (adrenaline);
etamivan;
etilamfetamine;
etilefrine;
famprofazone;
fenbutrazate;
fencamfamin;
heptaminol;
hydroxyamfetamine (parahydroxyamphetamine);
isometheptene;
levmetamfetamine;
meclofenoxate;
methylenedioxymethamphetamine;
methylephedrine[***];
methylphenidate;
nikethamide;
norfenefrine;
octodrine (1,5-dimethylhexylamine);
octopamine;
oxilofrine (methylsynephrine);
pemoline;
pentetrazol;
phenethylamine and its **derivatives**;
phenmetrazine;
phenpromethamine;

propylhexedrine;
pseudoephedrine[*****];
selegiline;
sibutramine;
strychnine;
tenamfetamine (methylenedioxyamphetamine);
tuaminoheptane;

and other substances with a similar chemical structure or similar biological effect(s).

Except:

- Clonidine
- Imidazole derivatives for dermatological, nasal or ophthalmic use and those stimulants included in the 2020 Monitoring Program[*].

[*] Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol, and synephrine: These substances are included in the 2020 Monitoring Program, and are not considered *Prohibited Substances*.

[**] Cathine: Prohibited when its concentration in urine is greater than 5 micrograms per milliliter.

[***] Ephedrine and methylephedrine: Prohibited when the concentration of either in urine is greater than 10 micrograms per milliliter.

[****] Epinephrine (adrenaline): Not prohibited in local administration, e.g. nasal, ophthalmologic, or co-administration with local anaesthetic agents.

[*****] Pseudoephedrine**:** Prohibited when its concentration in urine is greater than 150 micrograms per milliliter.

S7. NARCOTICS

The following narcotics, including all **optical isomers**, e.g. ***d***- and ***l***- where relevant, are prohibited:

Buprenorphine;
dextromoramide;
diamorphine (heroin);
fentanyl and its **derivatives**;
hydromorphone;
methadone;
morphine;
nicomorphine;
oxycodone;
oxymorphone;

pentazocine;
pethidine.

S8. CANNABINOIDS

All natural and synthetic **cannabinoids** are prohibited, e.g.

- In **cannabis** (hashish, marijuana) and **cannabis** products
- Natural and synthetic **tetrahydrocannabinols** (THCs)
- Synthetic **cannabinoids** that mimic the effects of THC

Except:

- Cannabidiol.

S9. GLUCOCORTICOIDS

All **glucocorticoids** are prohibited when administered by oral, intravenous, intramuscular or rectal routes.

Including but not limited to:

Betamethasone;
budesonide;
cortisone;
deflazacort;
dexamethasone;
fluticasone;
hydrocortisone;
methylprednisolone;
prednisolone;
prednisone;
triamcinolone.

SUBSTANCES PROHIBITED IN PARTICULAR SPORTS

P1. BETA-BLOCKERS

Beta-blockers are prohibited *In-Competition* only, in the following sports, and also prohibited *Out-of-Competition* where indicated.

- Archery (WA)*
- Automobile (FIA)
- Billiards (all disciplines) (WCBS)
- Darts (WDF)
- Golf (IGF)
- Shooting (ISSF, IPC)*
- Skiing/Snowboarding (FIS) in ski jumping, freestyle aerials/halfpipe and snowboard halfpipe/big air
- Underwater sports (CMAS) in constant-weight apnoea with or without fins, dynamic apnoea with and without fins, free immersion apnoea, Jump Blue apnoea, spearfishing, static apnoea, target shooting and variable weight apnoea.

*Also prohibited *Out-of-Competition*

Including, but not limited to:

Acebutolol;
alprenolol;
atenolol;
betaxolol;
bisoprolol;
bunolol;
carteolol;
carvedilol;
celiprolol;
esmolol;
labetalol;
metipranolol;
metoprolol;
nadolol;
oxprenolol;
pindolol;
propranolol;
sotalol;
timolol.

2020 Prohibited List

Summary of Major Modifications and Explanatory Notes

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

PROHIBITED SUBSTANCES

S1. Anabolic Agents

- The sub-division of anabolic androgenic steroids (AAS) into *'a. exogenous'* and *'b. endogenous'* was removed and all AAS were joined into one class. The prohibited substances in S1 have not changed but two additional examples (methylclostebol and 1-epiandrosterone) were included. This change was made to reflect the fact that all anabolic agents when administered exogenously are prohibited and harmonizes the presentation of S1 with other classes of the List which do not distinguish endogenous from exogenous. The determination of the substances' origin (i.e. whether they are of endogenous or exogenous nature) is, as before, regulated in the corresponding technical document TD2019IRMS or any other applicable technical document (e.g. TD2019NA) or Technical Letter.

S1.2 Other Anabolic Agents

- LGD-4033 is now also listed by another commonly used name, ligandrol.

S2: Peptide Hormones, Growth Factors, Related Substances and Mimetics

- After re-evaluation, argon was removed from the Prohibited List because it is considered to no longer meet the criteria for inclusion.
- TGF-ß inhibitors: The word "signalling" was added to better reflect the predominant mechanism of action of the listed substances. It now reads *"TGF-ß signalling inhibitors".*

S4. Hormone and Metabolic Modulators

- Bazedoxifene and ospemifene were added as additional examples of selective estrogen receptor modulators.

PROHIBITED METHODS

M2. Chemical and Physical Manipulation

- The wording was changed to clarify that the context of protease prohibition refers only to the *Tampering* of samples. Topical and systemic therapeutic use of proteases are not prohibited.

M3. Gene and Cell Doping

- Classes M3.1 and M3.2 were combined, since the effects of gene doping on gene expression can be produced by technologies other than gene editing.
- *"Transcriptional, post-transcriptional or epigenetic regulation of gene expression"* were changed to *"gene expression by any mechanism"* to encompass a wide range of mechanisms without exhaustively listing all steps at which gene expression may be altered.
- *"Gene silencing"* and *"gene transfer"* were added as further examples of gene doping methods.
- *"Polymers of"* was removed to reflect standard scientific terminology for nucleic acids.
- Regarding stem cells, reiterating the statement in the Prohibited List Q & A, non-transformed stem cells, used alone (with no growth factors or other hormones added) for healing injuries are not prohibited, as long as they return the function of the affected area to normal and do not enhance it.

SUBSTANCES AND METHODS PROHIBITED IN-COMPETITION

S6. Stimulants

- Octodrine (1,5-dimethylhexylamine) was added as an example of Specified Stimulants. This substance was recently found in some dietary supplements.
- It is clarified that administration of imidazole derivatives is not prohibited when used by dermatological, nasal and ophthalmological routes.

S7. Narcotics

- For clarity it was stated that all optical isomers are prohibited. This clarifies the prohibited status of optical isomers such as levomethadone.

S8. Cannabinoids

- The wording of S8 Cannabinoids was updated for greater clarity. The substances that are prohibited were not changed. All natural and synthetic cannabinoids are prohibited including any preparation from cannabis or any synthetic cannabinoid. Natural Δ9-tetrahydrocannabinol (THC) and synthetic THC (e.g. dronabinol) are prohibited. All synthetic cannabinoids that mimic the effects of THC are prohibited.

- Cannabidiol (CBD) is not prohibited. However, athletes should be aware that some CBD products extracted from cannabis plants may also contain THC that could result in a positive test for a prohibited cannabinoid.

MONITORING PROGRAM

- Ecdysterone was included in the Monitoring Program to assess patterns and prevalence of misuse. While other ecdysteroids exist, most data (especially concerning effects on athletic performance) and stakeholder comments centre around ecdysterone, and consequently it was added to the Monitoring Program of 2020.

* For further information on previous modifications and clarifications please consult the Prohibited List Q & A at www.wada-ama.org/en/questions-answers/prohibited-list-qa

WORLD ANTI-DOPING AGENCY

THE 2020 MONITORING PROGRAM*

The following substances are placed on the 2020 Monitoring Program:

1. Anabolic agents: ***In*** and ***Out-of-Competition:*** *ecdysterone*

2. Beta-2-agonists: ***In*** and ***Out-of-Competition*****:** *any combination of beta-2-agonists.*

3. 2-ethylsulfanyl-1H-benzimidazole (bemitil): ***In*** and ***Out-of-Competition***

4. Stimulants: ***In-Competition only*****:** *Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol and synephrine.*

5. Narcotics: ***In-Competition only*****:** *Codeine, hydrocodone and tramadol.*

6. Glucocorticoids: ***In-Competition*** *(by routes of administration other than oral, intravenous, intramuscular or rectal)* and ***Out-of-Competition*** *(all routes of administration)*

* The World Anti-Doping Code (Article 4.5) states: *"WADA, in consultation with Signatories and governments, shall establish a monitoring program regarding substances which are not on the Prohibited List, but which WADA wishes to monitor in order to detect patterns of misuse in sport."*