



Australian Government

Australian Sports
Anti-Doping Authority

World Anti-Doping Code 2007 Prohibited List

The World Anti-Doping Code 2007 Prohibited List is effective from 1 January 2007.

The World Anti-Doping Agency (WADA) reviews the Prohibited List every year to ensure the details of the substances and methods prohibited in sport are consistent with scientific and technological developments.

Changes in 2007 Prohibited List include:

- **Beta-2 agonists – Salbutamol**

A Salbutamol concentration of greater than 1000 ng/ml will be considered an Anti-Doping Rule Violation (at this level Salbutamol will not be considered a Specified Substance). If an athlete sample reveals a concentration of greater than 1000 ng/ml and that athlete has an Abbreviated Therapeutic Use Exemption (ATUE), the athlete will need to prove that the level of Salbutamol is due to therapeutic use of inhaled Salbutamol. This applies to samples collected both In-Competition and Out-of Competition.

- **Diuretics and other Masking Agents**

Further explanation has been provided, with the additional wording – ‘*and other substances with similar biological effect(s)*’ has been added to clarify that substances not listed as examples are also prohibited.

- **Stimulants**

Additional examples of stimulants have been added to the list of prohibited substances. Athletes are reminded that the Prohibited List includes examples of substances prohibited; additional products with similar chemical structure or biological effect are also prohibited. A product does not have to be listed by name to be prohibited.

- **Glucocorticosteroids**

To provide further guidance on the requirements of Therapeutic Use or Abbreviated Therapeutic Use applications, additional examples of routes of administration for the use of glucocorticosteroids have been included. A route of administration reference table for the use of glucocorticosteroids is included in this issue of the Anti-Doping Update.

- **Substances prohibited in specific sports**

Chess has removed Beta-Blockers from their list of prohibited substances and billiards has removed alcohol.

- **Specified substances**

The presence of salbutamol above 1000 ng/ml in a sample will not be considered a specified substance. Tuaminoheptane has been added as an example of a specified substance.

The 2007 Prohibited List, Summary of Major Modifications, and details of the Monitoring List can be downloaded from the WADA website www.wada-ama.org.

What is a specified substance?

The Prohibited List may identify specified substances which are susceptible to unintentional Anti-Doping Rule Violations, because of their general availability for medical purposes or are less likely to be abused as doping agents. Examples of specified substances include Beta-2 agonists (inhaled asthma medications) and glucocorticosteroids.

Complete details of specified substances are included on the 2007 Prohibited List www.wada-ama.org.

Athletes are reminded to re-check the status of all medications each year, in accordance with any revisions made to the prohibited List.



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The 2007 Prohibited List – an overview

The World Anti-Doping Code 2007 Prohibited List is an International Standard; it is applicable to all athletes around the globe who compete in a sport that complies with the World Anti-Doping Code (the Code).

Substances and methods prohibited at all times - In-Competition and Out-of-Competition

SUBSTANCES

- anabolic agents
- hormones and related substances
- beta-2 agonists
- agents with anti-estrogenic activity
- diuretics and other masking agents.

METHODS

- enhancement of oxygen transfer
- chemical and physical manipulation
- gene doping.

Substances and methods prohibited In-Competition

SUBSTANCES

- stimulants
- narcotics
- cannabinoids
- glucocorticosteroids – dependant on the route of administration. For further information please refer to the ASADA website www.asada.gov.au or call the ASADA Anti-Doping Hotline 1800 020 506.

Substances prohibited in particular sports

- alcohol
- beta-blockers

Athletes are advised to check the 2007 Prohibited List or their sports anti-doping policy.

The 2007 Monitoring Program

In accordance with the Code, WADA monitors the use of a list of substances that are not on the Prohibited List in order to detect the possible misuse of these substances.

The 2007 Monitoring Program includes the use of some stimulants, for example caffeine and pseudoephedrine and for narcotics – reviewing the morphine/codeine ratio. The 2007 Monitoring Program is based on samples collected In-Competition only.

For further details of the 2007 Monitoring Program please refer to the WADA website www.wada-ama.org.

Important advice for athletes.

ASADA advises athletes to re-check the status of any medication in accordance with the 2007 Prohibited List. A product that was permitted in the past may now be prohibited. Athletes can check medications by calling the ASADA Anti-Doping Hotline 1800 020 506, or refer to the ASADA website www.asada.gov.au.



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Glucocorticosteroids – routes of administration table

Route of administration		Types of medications and applications for use	Common examples	Status in sport 2007
Systemic	Oral	Tablets/syrups for treatment of conditions such as rheumatoid arthritis and severe asthma.	Dexamethsone (dexamethasone) Panafcort (Prednisone) Solone (Prednisolone)	Prohibited IC
	Rectal	Enemas, suppositories and ointments for treatment of conditions such as ulcerative colitis, proctitis, crohn's disease etc.	Predsol enema (prednisolone) Colifoam Rectal Foam ((hydro-cortisone)	Prohibited IC
	Intravenous	Intravenous injections or infiltration administered in emergency situations to achieve a faster more pronounced anti-inflammatory effect (e.g.: shock) or as a replacement therapy in adrenocortical insufficiency	Dexamethasone Solu-Cortef (hydrocortisone)	Prohibited IC
	Intramuscular	Injection into soft tissue for systemic absorption in treatment of chronic inflammation	Dexamethasone Solu-Cortef (hydrocortisone)	Prohibited IC
Non-systemic	Iontophoresis	Electrical current is used to drive glucocorticosteroids through the skin for the treatment of tendonopathies especially the patella and Achilles tendons..	Celestone Chronodose (betamethasone) Depo Medrol (methylprednisolone)	ATUE IC
	Respiratory (inhaled)	Inhaled steroid therapy for treatment of chronic bronchial and exercise induced asthma	Flixotide (fluticasone) Pulmicort (budesonide) QVAR (beclomethasone)	ATUE IC
	Intra-articular injections	Injection to reduce localised inflammation	Celestone Chronodose (betamethasone) Depo Medrol (methylprednisolone) Kenacort – A10 (triamcinolone)	ATUE IC
Non-systemic Topical	Anal	Topical ointments and creams used in treatment of haemorrhoids, anal pruritus, proctitis, superficial anal fissures	Proctosedyl (hydrocortisone) Rectinol HC (cortisone) Ultraproct (fluocortolone)	No ATUE required
	Aural/otic	Eardrops for treatment of inflammatory ear conditions	Kenacomb (triamcinolone) Predsol (prednisolone) Sofradex (dexamethasone)	No ATUE required
	Nasal	Nasal sprays for treatment of allergic rhinitis and nasal polyps	Beconase (beclomethasone) Rhinocort (budesonide)	No ATUE required
	Buccal Cavity (mouth)	Topical mouth applications for acute and chronic lesions of the oral mucosa.	Kenalog in Orabase (triamcinolone acetonide)	No ATUE required
	Gingival	Use on the gums		No ATUE required
	Ophthalmologic	Eyedrops and ointments for treatment of inflammatory and allergic eye conditions	Hycor (hydrocortisone) Predsol (prednisolone) Prednefrin Forte (prednisolone)	No ATUE required
	Dermatological	Topical applications (creams, lotions, ointments) for treatment of allergic conditions, psoriasis, skin irritations, dermatitis etc	Aristocort (triamcinolone) Betnovate (betamethasone) Dermaid (hydrocortisone)	No ATUE required