

SUMMARY OF MAJOR MODIFICATIONS AND EXPLANATORY NOTES



2021 Prohibited List

Redesign of the List

- The 2021 Prohibited List is redesigned to improve navigation and usability.

Specified Methods

- M2.2 is now a Specified Method in accordance with Article 4.2.2 of the 2021 World Anti-Doping Code (the Code).

Substances of Abuse

- Article 4.2.3 of the Code defines Substances of Abuse as those "Prohibited Substances which are specifically identified as Substances of Abuse on the Prohibited List because they are frequently abused in society outside of the context of sport."
- Cocaine, diamorphine (heroin), methylenedioxymethamphetamine (MDMA/"ecstasy") and tetrahydrocannabinol (THC) are designated as Substances of Abuse.
- Other substances are currently under review and may be designated as Substances of Abuse in the future.

主要變更內容及說明

2021 年運動禁用清單

重新設計清單

- 2021 年禁用清單經重新設計以方便閱覽與提升可用性。

特定方法

- 依據 2021 年世界運動禁藥管制規範 (the Code) 第 4.2.2 條，分類 M2.2 現定義為 特定方法。

濫用物質

- 世界運動禁藥管制規範第 4.2.3 條對濫用物質之定義為：「禁用清單中被特別定義為濫用物質的禁用物質，因為其在運動賽事範疇外經常性被濫用。」
- 古柯鹼、二乙醯嗎啡 (海洛因)、methylenedioxymethamphetamine (MDMA，又稱「快樂丸」) 及四氫大麻酚 (THC) 被標定為 濫用物質。
- 目前仍有其他物質正被重新審視，不排除其未來被標定為濫用物質之可能。

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

PROHIBITED SUBSTANCES

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

- Transforming growth factor-beta (TGF- β) signalling inhibitors are now included with their full rather than abbreviated name.
- IOX2 is added as an example of a hypoxia-inducible factor (HIF) activating agent.

S3. Beta-2 Agonists

- Inhaled vilanterol is now permitted up to the manufacturer's maximum recommended dose. The dose is expressed as the metered dose of 25 micrograms which is equivalent to a delivered dose of 22 micrograms.
- It is clarified that arformoterol and levosalbutamol are prohibited by adding them as examples.

S4. Hormone and Metabolic Modulators

- Sub-classes 4.2 and 4.3 were amalgamated to become anti-estrogenic substances (including selective estrogen receptor modulators (SERMs)). This clarification in terminology reflects that, for anti-doping purposes, all these substances act by a common mechanism of binding to estrogen receptors and blocking estrogen action. This clarification did not add or remove any substances from this category.

S5. Diuretics and Masking Agents

- The wording regarding the exception to allow the ophthalmic use of carbonic anhydrase inhibitors is clarified as "topical ophthalmic administration".

PROHIBITED METHODS

M2. Chemical and Physical Manipulation

- As explained above, M2.2 is changed from a non-Specified to a Specified Method.

隨時禁用的物質與方法(賽內與賽外)

禁用物質

S2. 胜肽荷爾蒙、生長因子、其相關物質與相似物

- 乙型轉化生長因子 (TGF- β) 訊號傳遞抑制劑以全名取代簡稱。
- 缺氧誘導因子 (HIF) 活化劑新增 IOX2 為例子。

S3. 乙二型交感神經致效劑

- 允許於製造商建議之最大劑量範圍內使用吸入式 vilanterol。該劑量以定量劑量 25 微克標示之，即相當於遞送劑量 22 微克。
- 增列禁用物質 arformoterol 及 levosalbutamol。

S4. 荷爾蒙與代謝調節劑

- 原次分類 S4.2 與 S4.3 整併為「抗雌激素物質 (包含選擇性雌激素受體調節劑)」。以運動禁藥管制為目的，此分類名詞即包含所有透過與雌激素受體產生鍵結進而阻斷雌激素作用之物質。本分類並無新增或移除任何既有物質。

S5. 利尿劑及干擾劑

- 例外條件之措辭修改：允許「眼用」碳酸酐酶抑制劑更改為允許「局部眼用方式投予」。

禁用方法

M2. 化學及物理操作

- 如先前敘述，分類 M2.2 由非特定方法變更為特定方法。

SUBSTANCES AND METHODS PROHIBITED IN-COMPETITION

PROHIBITED SUBSTANCES

S6. Stimulants

- Examples of imidazole derivatives for topical use are added to the exceptions. These are brimonidine, clonazoline, fenoxazoline, indanazoline, naphazoline, oxymetazoline and xylometazoline.

S9. Glucocorticoids

- Additional examples of glucocorticoids are added to the *List*. The names of some existing examples are clarified to better reflect the active drug compound.
- As proposed in the draft 2021 *Prohibited List* circulated for consultation to stakeholders in May 2020, WADA's Executive Committee approved, at its 14-15 September 2020 meeting, prohibiting all injectable routes of administration of glucocorticoids during the *In-Competition* period. Examples of injectable routes of administration include: intravenous, intramuscular, periarticular, intra-articular, peritendinous, intratendinous, epidural, intrathecal, intrabursal, intralesional (e.g. intrakeloid), intradermal, and subcutaneous. However, in order to thoroughly and widely communicate the rule changes and to allow sufficient time for information and education, the Executive Committee decided to introduce the prohibition of all injectable glucocorticoid routes and the implementation of the new rules on 1 January 2022. This one-year period will allow, for example, *Athletes* and medical personnel to get a better understanding of the practical implementation of the washout periods, Laboratories to update their procedures to incorporate the revised and substance-specific new reporting values, and sports authorities to develop educational tools for *Athletes*, medical and support personnel, addressing the safe use of glucocorticoids for clinical purposes in anti-doping.

P1. Beta-blockers

- Nebivolol was added as an example.

賽內禁用的物質與方法

禁用物質

S6. 興奮劑

- 增列例外條件中可局部使用之 imidazole 衍生物例子，分別為 brimonidine、clonazoline、fenoxazoline、indanazoline、naphazoline、oxymetazoline 以及 xylometazoline。

S9. 糖皮質素

- 增列更多糖皮質素的例子於清單中。釐清既有的一些名稱以更好的反映其具活性的藥物分子。
- 2020 年 5 月向相關權益者提出運動禁用清單草案諮詢商議，並於同年 9 月 14 日至 15 日經世界運動禁藥管制組織執行委員會通過，決議禁止賽內期間以任何注射途徑投予糖皮質素，禁止注射途徑包含：靜脈內、肌肉內、關節周圍、關節內、肌腱周圍、肌腱內、硬膜外、脊髓鞘內、黏液囊內、病灶內（如：癥痕組織內）、皮內以及皮下。然而，為了能徹底地、廣泛地針對規則的改變進行溝通，並且留有足夠的時間進行布達與教育，執行委員會決議將禁止所有注射途徑投予糖皮質素的禁令以及新規則訂於 2022 年 1 月起實施。這一年的期間可以讓（例如）運動員和醫療專業人員更了解廓清期的實際運作，讓實驗室能配合修訂後的及特定物質的新報告值去更新它們的流程步驟，也可讓運動賽事主管機關針對運動員、醫療專業人員以及輔助人員開發出教育工具，在禁藥管制的臨床目標上，確保糖皮質素的安全使用。

P1. 乙型交感神經受體阻斷劑

- 增列 Nebivolol。

MONITORING PROGRAM

Beta-2 Agonists: *In and Out-of-Competition:*

- Any combination of beta-2 agonists was removed as the required prevalence data were obtained.
- Findings for salmeterol and vilanterol below the *Minimum Reporting Level* are included in the Monitoring Program to better monitor their therapeutic use vs risk of abuse.

*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.

監控計畫

乙二型交感神經致效劑：賽內與賽外

- 因所需之盛行率數據收集已完備，故移除「乙二型交感神經致效劑之任一組合」。
- 為了更好的監控治療用途與濫用風險的比對，將低於最低報告濃度之 salmeterol 及 vilanterol 檢測結果納入監控計畫。

*更多關於目前修訂與分類的資訊，請參閱禁用清單問答集
www.wada-ama.org/en/questions-answers/prohibited-list-qa

