Summary of Major Modifications and Explanatory Notes

world anti-doping agency

2026 Prohibited List

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

PROHIBITED SUBSTANCES

S1. Anabolic agents

- It was clarified in S1.1. that esters of the prohibited steroids are also prohibited.

S2. Peptide hormones, growth factors, related substances, and mimetics

- Pegmolesatide was added as an example of a new EPO-mimetic agent.

S3. Beta-2 Agonists

- The dosing intervals of salmeterol were revised to avoid potential ergogenic effects beyond therapeutic action[1]. The maximum delivered dose is unchanged at 200 micrograms over 24 hours.

S4. Hormone and Metabolic Modulators

- 2-Phenylbenzo[h]chromen-4-one, also known as α-naphthoflavone or 7,8-benzoflavone, was added as an example of an aromatase inhibitor. This synthetic substance has been found in supplements.
- 5-N,6-N-bis(2-fluorophenyl)-[1,2,5]oxadiazolo[3,4-b]pyrazine-5,6-diamine, also known as BAM15, was added as an example of an activator of the AMP-activated protein kinase (AMPK). This synthetic substance has been found in supplements.

[1] Thoueille P, Danion A, Hostrup M, Petrou M, Deventer K, Buclin T, Girardin F, Mazzoni I, Rabin O, Guidi M. Pharmacometric-based evaluation of salmeterol and its metabolite α-hydroxysalmeterol in plasma and urine: practical implications for doping control. Submitted for publication.

2026年運動禁藥清單變動及說明重點摘要

world anti-doping agency

2026 禁用清單

隨時禁用物質與方法
(賽內及賽外)

禁用物質

S1. 同化性製劑

- S1.1 條款中已明確指出，凡屬禁用類固醇之酯類衍生物，亦同列禁用。

S2. 胜肽類荷爾蒙、生長因子、其他相關物質與相似物

- 新增 Pegmolesatide 為新型紅血球生成素模擬物之範例。

S3. 乙二型交感神經致效劑

- Salmeterol 之給藥間隔已修訂，旨在避免產生超出治療用途之潛在增進運動表現效果[1]；惟其 24 小時內之最高允許劑量仍維持 200 微克不變。

S4. 荷爾蒙與代謝調節劑

- 新增 2-Phenylbenzo[h]chromen-4-one，又稱 α-naphthoflavone 或 7,8-benzoflavone，為芳香環轉化酶抑制劑之範例。此合成物質已於營養補充劑中發現。
- 新增 5-N,6-N-bis(2-fluorophenyl)-[1,2,5]oxadiazolo[3,4-b]pyrazine-5,6-diamine，又稱 BAM15，為AMP活化蛋白激酶（AMPK）活化劑之範例。此合成物質已於營養補充劑中發現。

[1] Thoueille P、Danion A、Hostrup M、Petrou M、Deventer K、Buclin T、Girardin F、Mazzoni I、Rabin O、Guidi M。基於藥物動力學模型之 salmeterol 及其代謝物 α-hydroxysalmeterol 於血漿與尿液中之評估：對禁藥管制的實務意涵。稿件已提交發表。

PROHIBITED METHODS

M1. Manipulation of Blood and Blood Components

- It was clarified that withdrawal of blood or blood components is prohibited except for 1) analytical purposes including medical tests or *Doping Control*, or for 2) donation purposes performed in a collection center accredited by the relevant regulatory authority of the country in which it operates. Note that Platelet-Rich Plasma (PRP) and related procedures remain not prohibited.
- The non-diagnostic use of carbon monoxide (CO) was added to the *Prohibited Methods* as a new section, M 1.4. It can increase erythropoiesis under certain conditions. The use of carbon monoxide for diagnostic purposes, such as total haemoglobin mass measurements or the determination of pulmonary diffusion capacity, is not prohibited. The current wording was chosen to differentiate between illicit use and the intake resulting from natural combustion processes (e.g. smoking), the environment (e. g. exhaust gases) or diagnostic procedures.

M3. Gene and Cell Doping

- Cell components (e.g. nuclei and organelles such as mitochondria and ribosomes) are added to the existing prohibition of using normal or genetically modified cells.

禁用方法

M1. 操弄血液及血液成分

- 明確指出不得抽取血液或血液成分，惟下列情況例外：1) 分析用途，包括醫療檢驗或禁藥管制；或2) 捐血用途，且於該國相關主管機關認可之捐血中心辦理。注意：高濃度血小板血漿(PRP)及相關程序仍未禁用。

- 非診斷用途而使用一氧化碳(CO)已增列至禁用方法之新條文 M1.4。此方法在特定條件下可增加紅血球生成。一氧化碳用於診斷目的，例如：測量總血紅素質量或測定肺部擴散容量，則非禁用。本條用語係為區別非法使用與因自然燃燒過程（如：吸菸）、環境因素（如：廢氣）或診斷程序而導致的攝取。

M3. 基因及細胞禁藥

- 細胞成分（例如：細胞核及粒線體、核糖體等胞器）已增列至現有使用正常或基因改造細胞之禁用之列。

PROHIBITED SUBSTANCES

S6. Stimulants

- 2-[Bis(4-fluorophenyl)methylsulfinyl]acetamide (flmodafinil) and 2-[bis(4-fluorophenyl) methylsulfinyl]-N-hydroxyacetamide (fladrafinil) were added to the S6.A list of non-specified stimulants. These unapproved substances are potent analogs of modafinil and adrafinil, and are sold as supplements.

S9. Glucocorticoids

- The following clarification is added as a footnote to the Glucocorticoid Washout Table: "Use of sustained-release glucocorticoid formulations may result in detectable glucocorticoid levels past the washout period due to prolonged systemic absorption."

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, in- tra-articular, peritendinousand 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

禁用物質

S6. 興奮劑

- 增列[Bis(4-fluorophenyl)methylsulfinyl]acetamide (flmodafinil) 與 2-[bis(4-fluorophenyl) methylsulfinyl]-N-hydroxyacetamide (fladrafinil)至S6.A 類別之非特定興奮劑清單。這些未經批准物質為modafinil與adrafinil之強效類似物，並作為營養補充劑販售。

S9. 糖皮質類固醇

- 以下說明新增至糖皮質類固醇消除期表格之註釋，「使用緩釋型糖皮質類固醇製劑，可能因長時間全身性吸收，導致在消除期過後仍可檢測到糖皮質素的濃度。」

施用途徑	糖皮質類固醇	消除期*
口服**	所有種類	3 days
	例外：triamcinolone; triamcinolone acetonide	10 days
肌肉注射***	Betamethasone; dexamethasone; methylprednisolone	5 days
	Prednisolone; prednisone	10 days
	Triamcinolone acetonide	60 days
局部注射***（包括關節周圍注射、關節內注射、腱周注射及腱內注射）	所有種類	3 days
	例外：prednisolone; prednisone; triamcinolone acetonide; triamcinolone hexacetonide	10 days
經直腸	All glucocorticoids;	3 days
	例外：triamcinolone diacetate; triamcinolone acetonide	10 days

*The "washout period" refers to the time from the last administered dose to the time of the start of the *In-Competition* period (i.e. beginning at 11:59 p.m. on the day before a *Competition* in which the *Athlete* is scheduled to participate, unless a different period was approved by *WADA* for a given sport). This is to allow elimination of the glucocorticoid to below the reporting level.

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

*** Use of sustained-release glucocorticoid formulations may result in detectable glucocorticoid levels past the washout period due to prolonged systemic absorption.

- The Washout Period Table is also found in the List FAQ https://www.wada-ama.org/en/prohibited-list#faq-anchor as well as in the Glucocorticoids and Therapeutic Use Exemptions Guidelines https://www.wada-ama.org/en/resources/therapeutic-use-exemption/glucocorticoids-and-therapeutic-use-exemptions-guidelines

MONITORING PROGRAM

- It is clarified that the urine monitoring of semaglutide includes also the monitoring of tirzepatide.

* For further information on previous modifications and clarifications, please consult the *Prohibited List* Frequently Asked Questions at https://www.wada-ama.org/en/prohibited-list#faq-anchor.

*「清除期」係指最後一次投藥至*賽內期*開始之間的時間段（即*運動員*預定參加之*賽事*前一天晚上 11:59 起，除非*世界運動禁藥管制機構*針對特定運動項目核准不同期限），此時間段目的在使糖皮質類固醇濃度降至報告限值以下。

** 口服途徑亦包括，例如：口腔黏膜、頰黏膜、牙齦及舌下等給藥途徑。

*** 使用緩釋型糖皮質類固醇製劑，因長時間全身吸收，可能導致停藥期結束後仍檢測到糖皮質素濃度。

- 清除期表亦可見於禁用清單常見問題 https://www.wada-ama.org/en/prohibited-list#faq-anchor，及糖皮質類固醇與治療使用豁免指南中查閱 https://www.wada-ama.org/en/resources/therapeutic-use-exemption/glucocorticoids-and-therapeutic-use-exemptions-guidelines。

監控計畫

- 已明確說明，對semaglutide的尿液監測亦包含對tirzepatide的監測。

- 如需進一步了解先前的修改與說明，請參閱*禁用清單*常見問題，網址為 https://www.wada-ama.org/en/prohibited-list#faq-anchor。