

WORLD ANTI-DOPING AGENCY

PROHIBITED SUBSTANCES

SUBSTANCES & METHODS PROHIBITED AT ALL TIMES

IN- AND OUT-OF-COMPETITION

IFBB Physique America is a drug tested federation under the Rules and Regulations of the World Anti-Doping Agency.

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.

ANABOLIC AGENTS: Anabolic agents are prohibited.

1. ANABOLIC ANDROGENIC STEROIDS (AAS) a. Exogenous* AAS, including:

1-Androstenediol (5 α -androst-1-ene-3 β ,17 β -diol)

1-Androstenedione (5 α -androst-1-ene-3,17-dione)

1-Androsterone (3 α -hydroxy-5 α -androst-1-ene-17-one)

1-Testosterone (17 β -hydroxy-5 α -androst-1-en-3-one)

4-Hydroxytestosterone (4,17 β -dihydroxyandrost-4-en-3one)

Bolandiol (estr-4-ene-3 β ,17 β -diol)

Bolasterone

Calusterone

Clostebol

Danazol ([1,2]oxazolo[4',5':2,3]pregna-4-en-20-yn-17 α -ol)

Dehydrochlormethyltestosterone (4-chloro-17 β -hydroxy17 α -methylandrosta-1,4-dien-3-one)

Desoxymethyltestosterone (17 α -methyl-5 α -androst- 2-en-17 β -ol)

Drostanolone

Ethylestrenol (19-norpregna-4-en-17 α -ol)

Fluoxymesterone

Formebolone

Furazabol (17 α -methyl [1,2,5]oxadiazolo[3',4':2,3]-5 α androstan-17 β -ol)

Gestrinone

Mestanolone

Mesterolone

Metandienone (17 β -hydroxy-17 α -methylandrosta-1,4-dien3-one)

Metenolone

Methandriol

Methasterone (17 β -hydroxy-2 α ,17 α -dimethyl-5 α androstan-3-one)

Methyldienolone (17 β -hydroxy-17 α -methylestra-4,9-dien3-one)

Methyl-1-testosterone (17 β -hydroxy-17 α -methyl-5 α androst-1-en-3-one)

Methylnortestosterone (17 β -hydroxy-17 α -methylestr-4-en3-one)

Methyltestosterone

Metribolone (methyltrienolone, 17 β -hydroxy-17 α methylestra-4,9,11-trien-3-one)

Mibolerone

Norboletone

Norclostebol

Norethandrolone

Oxabolone

Oxandrolone

Oxymesterone

Oxymetholone

Prostanozol (17 β -[(tetrahydropyran-2-yl)oxy]-1'Hpyrazolo[3,4:2,3]-5 α -androstane)

Quinbolone

Stanozolol

Stenbolone

Tetrahydrogestrinone (17-hydroxy-18 α -homo-19-nor-17 α pregna-4,9,11-trien-3-one)

Trenbolone (17 β -hydroxyestr-4,9,11-trien-3-one)

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

Endogenous AAS when administered exogenously:**

19-Norandrostenediol (estr-4-ene-3,17-diol)

19-Norandrostenedione (estr-4-ene-3,17-dione)

Androstanolone (5 α -dihydrotestosterone, 17 β -hydroxy-5 α androstan-3-one)

Androstenediol (androst-5-ene-3 β ,17 β -diol)

Androstenedione (androst-4-ene-3,17-dione); Boldenone

Boldione (androsta-1,4-diene-3,17-dione)

Nandrolone (19-nortestosterone)

Prasterone (dehydroepiandrosterone, DHEA, 3 β -hydroxyandrost-5-en-17-one)

Testosterone; and their metabolites and isomers, including but not limited to:

3 β -Hydroxy-5 α -androstan-17-one

5 α -Androst-2-ene-17-one

5 α -Androstane-3 α ,17 α -diol

5 α -Androstane-3 α ,17 β -diol

5 α -Androstane-3 β ,17 α -diol

5 α -Androstane-3 β ,17 β -diol

5 β -Androstane-3 α ,17 β -diol

7 α -Hydroxy-DHEA

7 β -Hydroxy-DHEA

4-Androstenediol (androst-4-ene-3 β , 17 β -diol)

5-Androstenedione (androst-5-ene-3,17-dione)

7-Keto-DHEA; 19-Norandrosterone

19-Noretiocholanolone

Androst-4-ene-3 α ,17 α -diol

Androst-4-ene-3 α ,17 β -diol

Androst-4-ene-3 β ,17 α -diol

Androst-5-ene-3 α ,17 α -diol

Androst-5-ene-3 α ,17 β -diol

Androst-5-ene-3 β ,17 α -diol

Androsterone

Epi-dihydrotestosterone

Epitestosterone

Etiocholanolone

OTHER ANABOLIC AGENTS Including, but not limited to:

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

*For purposes of this section: * “exogenous” refers to a substance which is not ordinarily produced by the body naturally. ** “endogenous” refers to a substance which is ordinarily produced by the body naturally.*

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:
2. Erythropoietin-Receptor Agonists, e.g. Darbepoetins (dEPO)
3. Erythropoietins (EPO); EPO based constructs [EPO-Fc, methoxy polyethylene glycol-epoetin beta (CERA)]; EPO-mimetic agents and their constructs (e.g. CNTO-530, peginesatide).
4. Hypoxia-inducible factor (HIF) activating agents, e.g. Argon; Cobalt; Molidustat; Roxadustat (FG-4592); Xenon.
5. GATA inhibitors, e.g. K-11706.
6. TGF-beta (TGF- β) inhibitors, e.g. Luspatercept; Sotatercept.
7. Innate repair receptor agonists, e.g. Asialo EPO; Carbamylated EPO (CEPO).
8. Peptide Hormones and Hormone Modulators, 2.1 Chorionic Gonadotrophin (CG) and Luteinizing Hormone (LH) and their releasing factors, e.g. Buserelin, desmorelin, gonadorelin, goserelin, leuprorelin, nafarelin and triptorelin, in males
9. Corticotrophins and their releasing factors, e.g. Corticorelin

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. ghrelin and ghrelin mimetics, e.g. anamorelin, ipamorelin and tabimorelin

GH-Releasing Peptides (GHRPs), e.g. alexamorelin, GHRP-1, GHRP-2 (pralmorelin), GHRP-3, GHRP-4, GHRP-5, GHRP-6, and hexarelin.

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- β 4 and its derivatives e.g. TB-500; Vascular-Endothelial Growth Factor (VEGF).

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

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

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.

HORMONE AND METABOLIC MODULATORS The following hormone and metabolic modulators are prohibited:

Aromatase inhibitors including, but not limited to:

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

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

Raloxifene

Tamoxifen

Toremifene

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

Clomifene

Cyclofenil

Fulvestrant

Agents modifying myostatin function(s) including, but not limited to:

myostatin inhibitors

Metabolic modulators:

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

Insulins and insulin-mimetics

Meldonium

Trimetazidine

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 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.

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: Urine substitution and/or adulteration, e.g. proteases.
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

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

1. The use of polymers of nucleic acids or nucleic acid analogues.
2. The use of gene editing agents designed to alter genome sequences and/or the transcriptional or epigenetic regulation of gene expression.
3. The use of normal or genetically modified cells.

PROHIBITED SUBSTANCES, STIMULANTS: All stimulants, including all optical isomers, e.g. d- and l- where relevant, are prohibited. Stimulants include:

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-methylamphetamine

Modafinil

Norfenfluramine

Phendimetrazine

Phentermine

Prenylamine

Prolintane

A stimulant not expressly listed in this section is a Specified Substance. Specified Stimulants, including, but not limited to:

1,3-Dimethylbutylamine

4-Methylhexan-2-amine (methylhexaneamine)

Benzfetamine; Cathine**

Cathinone and its analogues, e.g. mephedrone, methedrone, and α – pyrrolidinovalerophenone

Dimethylamphetamine

Ephedrine***

Epinephrine**** (adrenaline)

Etamivan

Etilamphetamine

Etilefrine

Famprofazone

Fenbutrazate

Fencamfamin

Heptaminol

Hydroxyamphetamine (parahydroxyamphetamine)

Isometheptene

Levmetamphetamine

Meclofenoxate

Methylenedioxymethamphetamine

Methylephedrine***

Methylphenidate

Nikethamide

Norfenfrine

Octopamine
Oxilofrine (methysynephrine)
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 topical/ophthalmic use and those stimulants included in the 2018 Monitoring Program*.

* Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol, and synephrine: These substances are included in the 2018 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.

NARCOTICS: The following narcotics are prohibited:

Buprenorphine

Dextromoramide

Diamorphine (heroin)

Fentanyl and its derivatives

Hydromorphone

Methadone

Morphine

Nicomorphine

Oxycodone

Oxymorphone

Pentazocine

Pethidine

CANNABINOIDS: The following cannabinoids are prohibited:

Natural cannabinoids, e.g. cannabis, hashish and marijuana,

Synthetic cannabinoids e.g. Δ^9 -tetrahydrocannabinol (THC) and other cannabimimetics.

Except: Cannabidiol.

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

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

Labetalol

Alprenolol

Levobunolol

Atenolol

Metipranolol

Betaxolol

Metoprolol

Bisoprolol

Nadolol

Bunolol

Oxprenolol

Carteolol

Pindolol

Carvedilol

Propranolol

Celiprolol

Sotalol

Esmolol

Timolol