

2019 PROHIBITED LIST

Summary and explanatory notes – explained

All athletes and support personnel need to be aware that on 28 September the World Anti-Doping Agency (WADA) published the 2019 List of Prohibited Substances and [Methods and Summary of Major Modifications and Explanatory Notes](#). The List comes into force on 1 January 2019.

The Prohibited List sets out which substances and methods are banned in sport, and is updated each year in response to scientific and medical research, trends, and intelligence gathered from law enforcement and pharmaceutical companies.

As athletes are solely responsible for all substances in their body, it is important that they are aware of upcoming changes to the List.

Its publication gives athletes substantial time to become aware of the changes, review any medications, and apply for a Therapeutic Use Exemption (TUE) if required, well before the updated List comes into effect on 1 January 2019.

Some key changes to the List are highlighted below, however all athletes should access the full [2019 Prohibited List](#), as well as information about major modifications via the [WADA website](#).

ASADA's Check Your Substances (Global DRO) online tool will be updated in the new year when the changes come into effect.

List modifications

The modifications to the 2019 WADA Prohibited List were primarily made to clarify the current classifications and to provide clear and relevant examples. In many categories, examples were removed or added; however, this does not infer the substance is no longer prohibited, just that it is no longer explicitly stated on the Prohibited List. There were no complete additions or removals of substances from the 2019 Prohibited List.

Simplification of Anabolic Agents

The title of S1.1b was changed but there is no change to substances which are prohibited.

The change was made to clarify that ALL endogenous AAS and their metabolites and isomers are prohibited when administered exogenously (from outside the body).

The list of examples was simplified to leave only those endogenous substances that are known to be in current nutritional supplements. All other substances that were previously listed but were removed still remain prohibited if administered exogenously.

Gene and Cell Doping

The title was changed to "Gene and Cell Doping", to reflect that stem cells are already included in a category (M3.3). However, stem cells are not prohibited for treating injuries as long as they restore normal function and do not enhance function.

Name Changes

The names of some prohibited substances were changed to their International Non proprietary Name (INN) or for consistency of naming convention. These substances include (previous name in brackets):

- S1.2 – enobosarm (ostarine)
- S2 – lenomorelin (ghrelin)
- S2 – examorelin (hexarelin)
- S6 – dimetamfetamine (dimethylamphetamine)
- S6 – 4-methylpentan-2-amine (1,3-dimethylbutyleamine).

Reclassification of Prohibited Substances

The classification of some prohibited substances was adjusted to better reflect their production or biological activity. These substances include:

- 4-hydroxytestosterone to S1.1b
- 2-Androstenone and its isomers and analogues to S4.1.

The title of S4.4 was changed to "Agents preventing Activin IIB activation" with the following examples listed:

- myostatin-neutralizing antibodies
- myostatin-binding proteins
- agents reducing or ablating myostatin expression
- activin receptor IIB competitors
- anti-activin receptor IIB antibodies
- activin A-neutralizing antibodies.

Additional Examples of Prohibited Substances

The WADA Prohibited List continually adjusts the included examples to reflect the current trends and naming conventions. In the 2019 Prohibited List there were substances from the previous list that have been removed. The newly added substances and their classes are listed below:

- S1.1b – epiandrosterone (3 β -hydroxy-5 α -androstan-17-one)
- S2.1.2 – daprodustat (GSK1278863)
- S2.1.2 – vadadustat (AKB-6548)
- S2.2.3 – macimorelin
- S3 – tretoquinol (trimetoquinol)
- S6 – 3-methylhex-2-amine (1,2-dimethylpentylamine)
- S6 – 5-methylhex-2-amine (1,4-dimethylpentylamine).

It is important to note that not all prohibited substances are explicitly listed in the 2019 Prohibited List. For a complete check if a substance is prohibited, head to the Global Drug Reference Online (GlobalDRO) tool at www.globaldro.com.

If you have any concerns about the use of prohibited substances or methods in your sport, contact ASADA on 13 000 27232 or visit www.asada.gov.au/report-doping.