

2020 Prohibited List Update: A Guide for Athlete Support Personnel



Introduction

The [World Anti-Doping Agency \(WADA\)](#) has announced the 2020 Prohibited List (the List), which will come into effect on 1 January 2020.

As your athletes prepare for competition in 2020, we would recommend that you take some time to become familiar with any changes to substances or methods and consider the impact this may have on your athletes both in-competition and out-of-competition.

When developing the List, WADA consults with a wide range of stakeholders – this includes athletes, National Anti-Doping Organisations, International Federations and scientists. Changes are approved by the WADA List Expert Group.

What is the Prohibited List?

Updated annually, as a minimum, the List identifies substances and methods which athletes are prohibited from using under the anti-doping rules.

For a substance or method to be added to the List, it must meet at least two of the following three criteria:

- It has the potential to enhance or enhances sport performance.
- It represents an actual or potential health risk to the athletes.
- It violates the spirit of sport.

It is incredibly important that you remind your athletes to check the changes made to the List each year, so they do not inadvertently break the rules. Athletes are solely responsible for what is in their system, regardless of how it got there, or whether there was an intention to cheat or not. This is the principle of Strict Liability. As a key source of support to athletes, it is imperative that you are also aware of any changes.

Each year the new Prohibited List is published in the October (prior to coming into effect 1 January) to ensure athletes and athlete support personnel have enough time to make themselves aware of changes. We would also advise you to support and remind your athletes to review any current medications that they use and help with any applications for a Therapeutic Use Exemption (TUE) if required.

Here are some of the key changes in the 2020 Prohibited List

S1 ANABOLIC AGENTS

1. Anabolic Androgenic Steroids (AAS)

- Prohibited substances in this section have not changed however, **Methylclostebol** and **1-epiandrosterone** were added as examples of anabolic androgenic steroids.

2. Other Anabolic Agents

- **LGD-4033** is now also listed by its commonly used name, **ligandrol**. Athletes should be aware that this substance has recently been found in certain dietary supplements marketed for increasing lean muscle mass.

S2 PEPTIDE HORMONES, GROWTH FACTORS, RELATED SUBSTANCES, AND MIMETICS

- **Argon**, a noble gas, was removed from the Prohibited List as it is no longer considered to meet the criteria for inclusion.

S4 HORMONE AND METABOLIC MODULATORS

- **Bazedoxifene** and **ospemifene** were added as further examples of Selective Estrogen Receptor Modulators (SERMs).

M3 GENE AND CELL DOPING

- **“Gene silencing”** and **“gene transfer”** were added as further examples of gene doping methods.

S6 STIMULANTS

- **Octodrine (1,5-dimethylhexylamine)** was added as an example of a Specified Stimulant. Octodrine has recently started appearing in supplement products marketed for fat burning and pre-workout.

Where to go for further information – Medications and Supplements

For further information on the full list of modifications please consult the [WADA 2020 Prohibited List](#) and the [WADA 2020 Summary of Major Modifications and Explanatory Notes](#).

- National Governing Bodies, Athletes and Support Personnel should use [Global DRO](#) to search the prohibited or permitted status of their medications or specific ingredients.
- Athletes should remain vigilant regarding substance that can be found in some dietary supplements. [Read UKAD's position on dietary supplements](#).
- Encourage your athletes to go for a food first approach.
- The use of supplements should be a last resort due to the risks associated with manufacturing and legal regulations.
- If the decision is to use supplements they should; assess the need, assess the risk and assess the consequence. A risk minimisation tool on [Informed Sport](#) gives the option to check whether the supplement has been batch tested.
- For further clarification on the 2020 List, or general substances, methods, and product enquiries, contact UKAD at substanceenquiry@ukad.org.uk.