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PART I : SECTION (I) — GENERAL

Government Notifications

CONVENTION AGAINST DOPING IN SPORT ACT, No. 33 OF 2013

REGULATIONS made by the Minister of Sports under Section 34 read with Section 3 of the Convention against Doping in Sport Act, No. 33 of 2013.

DAYASIRI JAYASEKARA,
Minister of Sports.

Colombo,
09th December, 2015.

Regulations

1. These regulations may be cited as the Anti-Doping (Prohibited List) Regulations No. 02 of 2015.
2. These regulations shall be deemed to have come into operation on 1st, January 2016.

THE WORLD ANTI-DOPING CODE

THE 2016 PROHIBITED LIST

INTERNATIONAL STANDARD

The Official text of the **Prohibited List** shall be maintained by WADA and shall be published in English and French. In the event of any conflict between the English and French versions, the English version shall prevail.

This List shall come into effect on 01st January 2016.

The 2016 prohibited List
16th September 2015



This Gazette Extraordinary can be downloaded from www.documents.gov.lk

WORLD ANTI-DOPING CODE
INTERNATIONAL STANDARD
PROHIBITED LIST JANUARY 2016

This List shall come into effect on 01st January 2016

In accordance with Article 4.2.2 of the World Anti-Doping Code, all Prohibited Substances shall be considered as "Specified Substances" except Substances in classes S1, S2, S4.4, S4.5, S6.a, and Prohibited Methods M1, M2 and M3.

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

S0. 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.

S1. 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-Testosterone [17 β -hydroxy-5 α -androst-1-en-3-one]; 4-Hydroxytestosterone[4,17 β -dihydroxyandrost-4-en-3-one] 19-Norandrostenedione[estr-4-ene-3,17-dione]; **bolandiol** (estr-4-ene-3 β ,17 β -diol); **bolasterone**; **boldenone**; **boldione** (androsta-1,4-diene-3,17-dione); calusterone; **clostebol**; danazol ([1,2]oxazolo[4',5':2,3]pregna-4-en-20-yn-17 α -ol); **dehydrochlormethyltestosterone** (4-chloro-17 β -hydroxy-17 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 -androst-17 β -ol); **gestrinone**; **mestanolone**, **mesterolone**, **metandienone**; (17 β -hydroxy-17 α -methylandrosta-1,4-dien-3-one); **metenolone**; **methandriol**; **methasterone** (17 β -hydroxy-2 α ,17 α -dimethyl-5 α -androst-3-one); **methyldienolone** (17 β -hydroxy-17 α -methylestra-4,9-dien-3-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-en-3 one); **Methyltestosterone**; **metribolone** (methyltrienolone,17 β -hydroxy-17 α -methylestra-4,9,11-trien-3-one); **mibolone**; **nandrolone**; **norboletone** **norclostebol**; **norethandrolone**; **oxabolone**; **oxandrolone**; **oxymesterone**; **oxymetholone**; **prostanazol** (17 β -[(tetrahydropyran-2-yl)oxy]-1'H-pyrazolo[3,4:2,3]-5 α -androstane); quinbolone; stanozolol; stenbolone; Tetrahydrogestrinone (17-hydroxy-18a-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).

b. **Endogenous** AAS** when administered exogenously :

Androstenediol (androst-5-ene-3 β ,17 β -diol); **Androstenedione**, (androst-4-ene-3,17-dione); **dihydrotestosterone** (17 β -hydroxy-5 α -androst-3-one); **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 -androst-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-androstendiol (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;Androsteron: Epi-dihydrotestosterone Epitestosterone:Etiocholanolone.

2. OTHER ANABOLIC AGENTS

Including, but not limited to:

Clenbuterol, selective androgen receptor modulators (SARMs; e.g. andarine and ostarine), 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.

S2. 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. Erythropoietin - Receptor agonists:

1.1 **Erythropoiesis-Stimulating Agents (ESAs)** including e.g. darbepoietin (dEPO); erythropoietins (EPO); **EPO-Fc; EPO mimetic peptides (EMP)**, e.g. **CNTO 530** and **peginesatide; methoxy polyethylene glycol-poetin beta (CERA)**.

1.2 **Non - erythropoietic EPO - Receptor agonists**, e.g. **ARA - 290; asialo EPO; carbamylated EPO.**

2. **Hypoxia - inducible factor (HIF) stabilizers**, e.g. **cobalt** and **FG-4592**; and **HIF activators**, e.g. **argon, xenon**;

3. **Chorionic Gonadotrophin (CG)** and **Luteinizing Hormone (LH)** and their releasing factors, e.g. **buserelin, gonadorelin and Leuporelin, in males**;

4. **Corticotrophins and their releasing factors**, e.g. **corticotrophin** ;

5. **Growth Hormone (GH)** and its releasing factors including; **Growth Hormone Releasing Hormone (GHRH)** and its **analogues**, e.g. **CJC-1295, sermorelin and tesamorelin**; **Growth Hormone Secretagogues (GHS)**, e.g. **ghrelin and ghrelin mimetics**, e.g. **anamorelin and ipamorelin**; **GH - Releasing Peptides (GHRPs)**, e.g. **alexamorelin, GHRP - 6, hexarelin and pralmorelin (GHRP - 2)**.

Additional prohibited growth factors ;

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); Vascular-Endothelial Growth Factor (VEGF)** and any other growth factor affecting muscle, tendon or ligament protein synthesis/ degradation, vascularisation, energy utilization, regenerative capacity or fibre type switching.

S3. BETA - 2 AGONISTS

All **beta - 2 agonists**, including all **optical isomers**, e.g. *d* - and *l*- where relevant, are prohibited.
Except :

- * Inhaled **salbutamol** (maximum 1600 micrograms over 24 hours) ;
- * Inhaled **formoterol** (maximum delivered dose 54 micrograms over 24 hours); and
- * Inhaled **salmeterol** in accordance with the manufacturers’ recommended therapeutic regimen.

The presence in urine of salbutamol in excess of 1000 ng/ml or formoterol in excess of 40ng/ml is presumed not to be an intended 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 the use of the therapeutic inhaled dose up to the maximum indicated above.

S4. HORMONE AND METABOLIC MODULATORS

The following **hormone** and **metabolic modulators** are prohibited:

1. **Aromatase inhibitors** including, but not limited to: **aminoglutethimide; anastrozole; androsta - 1,4,6,-triene-3,17-dione** (androstatrienedione); **4- androstene-3,6,17 trione** (6-oxo); **exemestane; formestane; letrozole; testolactone.**
2. **Selective estrogen receptor modulators** (SERMs) including, but not limited to : **Raloxifene; Tamoxifen ; Toremifene.**
3. Other **anti-estrogenic substances** including, but not limited to: **clomiphene; cyclofenil** and **fulvestrant.**
4. **Agents modifying myostatin function** (s) including, but not limited, to : **myostatin inhibitors.**
5. **Metabolic modulators:**
 - 5.1 **Activators of the AMP-activated protein kinase** (AMPK) e.g. **AICAR**; and Peroxisome Proliferator Activated Receptorδ (PPARδ) agonists, e.g. GW 1516;
 - 5.2 **Insulins** and Insulin - Mimetics
 - 5.3 Meldonium;
 - 5.4 **Trimetazidine.**

S5. 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. **glycerol** and 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* unless the *Athlete* has an approved TUE for that substance in addition to the one granted for the diuretic or masking agent.

PROHIBITED METHODS

M1. 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 (RSR 13) and modified haemoglobin products, *e.g.* haemoglobin-based blood substitutes and microencapsulated haemoglobin products, excluding supplemental oxygen.
3. Any form of intravascular manipulation of the blood or blood components by physical or chemical means.

M2. 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 50ml per 6 hour period except for those legitimately received in the course of hospital admissions, surgical procedures or clinical investigations.

M3. GENE DOPING

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

1. The transfer of polymers of nucleic acids or nucleic acid analogues;
2. The use of normal or genetically modified cells.

SUBSTANCES AND METHODS

PROHIBITED IN-COMPETITION

In addition to the categories S0 to S5 and M1 to M3 defined above,
the following categories are prohibited in - Competition:

PROHIBITED SUBSTANCES

S6. STIMULANTS

All stimulants, including all optical isomers, *e.g.* *d*- and *l*- where relevant, are prohibited.

Stimulants include:

(a) Non-Specified Stimulants:

Adrafinil; amfepramone; amfetamine; amfetaminil; amiphenazole; benfluorex; benzylpiperazine; bromantan; clobenzorex; cocaine; cropropamide; crotetamide; fencamine; fenetylline; fenfluramine; fenproporex; fonturacetam [4- phenylpiracetam (carphedon)] ; furfenorex; mefenorex; mephentermine; mesocarb; metamfetamine (d-) p- methylamphetamine; modafinil; norfenfluramine; phendimetrazine; phentermine; prenylamine and prolintane.

A stimulant not expressly listed in this section is a Specified Substance.

b. Specified Stimulants.

Including, but not limited to:

Benzfetamine; cathine**; cathinone and its analogues, *e.g.* mephedrone, methedrone, and α -pyrrolidinovalerophenone; dimethylamphetamine; ephedrine ***; epinephrine***** (adrenaline); etamivan; etilamfetamine; etilefrine; famprofazone; fenbutrazate; fencamfamin; heptaminol; hydroxyamphetamine (parahydroxyamphetamine); isometheptene; levmetamphetamine; meclofenoxate; methylenedioxymethamphetamine; methylephedrine***; methylhexanamine; (dimethylpentylamine); methylphenidate; nikethamide; norfenefrine; octopamine; oxilofrine (methylsynephrine) pemoline; pentetrazol; phenethylamine and its derivatives; phenmetrazine; phenpromethamine; propylhexedrine; pseudoephedrine*****; selegiline; sibutramine; strychnine; tenamfetamine (methylenedioxymphetamine), 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 2016 monitoring Program*.

- * Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol, and synephrine; These substances are included in the 2016 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.

S7. NARCOTICS

Prohibited:

Buprenorphine; dextromoramide; diamorphine (heroin); fentanyl and its derivatives; hydromorphone; methadone; morphine; oxycodone; oxymorphone; pentazocine; pethidine.

S8. CANNABINOIDS

Prohibited:

**natural, *e.g.* cannabis, hashish and marijuana, or synthetic Δ^9 - tetrahydrocannabinol (THC).
Cannabimimetics, *e.g.* “Spice”, JWH-018, JWH-073, HU-210.**

S9. GLUCOCORTICOIDS

All glucocorticoids are prohibited when administered by oral, intravenous, intramuscular or rectal routes.

SUBSTANCES PROHIBITED IN ; PARTICULAR SPORTS

P1. ALCOHOL

Alcohol (**ethanol**) is prohibited In-Competition only, in the following sports, Detection will be conducted by analysis of breath and /or blood. The doping violation threshold is equivalent to a blood alcohol concentration of 0.10g/L.

- Air Sports (FAI)
- Powerboating (UIM)
- Archery (WA)
- Automobile (FIA)

P2. 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 aerals/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; alprenolol; atenolol; betaxolol; bisoprolol; bunolol; carteolol; carvedilol; celiprolol; esmolol; labetalol; levobunolol; metipranolol; metoprolol; nadolol; oxprenolol; pindolol; propranolol; sotalol timolol.

MONITORING PROGRAM

- * Meldonium was removed from the Monitoring Program and added to the Prohibited List.
- * Hydrocodone, morphine/codeine ratio and tapentadol were removed from the Monitoring Program.

2016 Prohibited List

Summary of Major Modifications and Explanatory Notes :

Substances and Methods Prohibited at all times (in-and out-of- competition)

Prohibited Substances

S2 : Peptide hormones, Growth Factors, Related Substances and Mimetics

- * Leuporelin replaced triptorelin as a more universal example of a chorionic gonadotrophin and luteinizing hormone - releasing factor :

S4 : Hormone and Metabolic Modulators

- * Insulin-mimetics were added to the list to include all insulin-receptor agonists
- * Meldonium (Mildronate) was added because of evidence of its use by athletes with the intention of enhancing performance

S5 : Diuretics and Masking Agents

- * It was clarified that the ophthalmic use of carbonic anhydrase inhibitors is permitted.

Substances and Methods Prohibited in-competition

S6 : Stimulants :

- * Its was clarified that clonidine is permitted

Substances prohibited in particular sports

PI : Alcohol :

- * After consideration of the Federation International de Motocyclisme (FIM)'s request, their Federation was removed from the list of sports prohibiting alcohol as a doping agent.

WADA understands that FIM will address the use of alcohol using their own regulations.

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