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## PART I : SECTION (I) — GENERAL

### Government Notifications

L.D.B. 8/2014.

#### 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.

Minister of Sports.

Colombo,  
12th May, 2014.

#### Regulations

1. These regulations may be cited as the Anti-Doping (Prohibited List) Regulations No. 01 of 2014.
2. The prohibited substances and prohibited methods shall be as set out in the Schedule hereto.
3. These regulations shall be deemed to have come into operation on January 1, 2014.

#### SCHEDULE

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

#### SO. 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 $\alpha$ -androst-1-ene-3 $\beta$ , 17 $\beta$ -diol) ; 1 - **androstenedione** (5 $\alpha$ -androst-1-ene-3, 17-dione) ; **bolandiol** (estr-4-ene-3 $\beta$ , 17 $\beta$ -diol) ; **bolasterone** ; **boldenone** ; **boldione** (androst-1, 4-diene-3, 17-dione) ; **calusterone** ; **clostebol** ; **danazol** ([1,2] oxazolo [4', 5' : 2, 3] pregna-4-en-20-yn-17 $\alpha$ -ol) ; **dehydrochlormethyltestosterone** (4-chloro-17 $\beta$ -hydroxy-17 $\alpha$ -methylandrosta-1, 4-dien-3-one) ; **Desoxymethyltestosterone** (17 $\alpha$ -methyl-5 $\alpha$ -androst-2-en-17 $\beta$ -ol) ; **drostanolone** ; **ethylestrenol** (19-norpregna-4-en-17 $\alpha$ -ol) ; **fluoxymesterone** ; **formebolone**, **furazabol** (17 $\alpha$ -methyl [1, 2, 5] oxadiazolo [3', 4' : 2, 3]-5 $\alpha$ -androst-17 $\beta$ -ol) ; gestrinone ; 4 - **hydroxytestosterone** (4, 17 $\beta$ -dihydroxyandrost-4-en-3-one) ; **mestanolone** ; **mesterolone** ; **metandienone** (17 $\beta$ -hydroxy-17 $\alpha$ -methylandrosta-1, 4-dien-3-one) ; **metenolone** ; **methandriol** ; **methasterone** (17 $\beta$ -hydroxy-2 $\alpha$ , 17 $\alpha$  dimethyl-5 $\alpha$ -androst-3-one) ; **methyldienolone** (17 $\beta$ -hydroxy-17 $\alpha$ -methylestra-4,9-dien-3-one) ; **methyl-1-testosterone** (17 $\beta$ -hydroxy-17 $\alpha$ -methyl-5 $\alpha$ -androst-1-en-3-one) ; **methylnortestosterone** (17 $\beta$ -hydroxy-17 $\alpha$ -methylestra-4-en-3-one) ; **methyltestosterone** ; **metribolone** (methyltrienolone, 17 $\beta$ -hydroxy-17 $\alpha$ -methylestra-4, 9, 11-trien-3-one) ; **mibolone** ; **nandrolone** ; **19 - norandrostenedione** (estr-4-ene-3, 17-dione) ; norboletone ; norclostebol ; **norethandrolone** ; **oxabolone** ; **oxandrolone** ; **oxymesterone** ; **oxymetholone** ; **prostanazol** (17 $\beta$ - [(tetrahydropyran-2-yl) oxy] 1' H-pyrazolo [3, 4: 2, 3]5 $\alpha$ -androstane) ; **quinbolone** ; **stanozolol** ; **stenbolone** ; **1 - testosterone** (17 $\beta$ -hydroxy-5 $\alpha$ -androst-1-en-3-one) ; tetrahydrogestrinone (17-hydroxy-18a-homo-19-nor-17 $\alpha$ -pregna-4, 9, 11-trien-3-one) ; **trenbolone** (17 $\beta$ -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 $\beta$ , 17 $\beta$ -diol) ; - **androstenedione** (androst-4-ene-3, 17-dione) ; **dihydrotestosterone** (17 $\beta$ -hydroxy-5 $\alpha$ -androst-3-one) ; **prasterone** (dehydroepiandrosterone, DHEA, 3 $\beta$ -hydroxyandrost-5-en-17-one) ; testosterone; and their metabolites and isomers, including but not limited to :

5 $\alpha$ -androstane-3 $\alpha$ , 17 $\alpha$ -diol ; 5 $\alpha$ -androstane-3 $\alpha$ , 17 $\beta$ -diol ; 5 $\alpha$ -androstane-3 $\beta$ , 17 $\alpha$ -diol ; 5 $\alpha$ -androstane-3 $\beta$ , 17 $\beta$ -diol ; androst-4-ene-3 $\alpha$ , 17 $\alpha$ -diol ; androst-4-ene-3 $\alpha$ , 17 $\beta$ -diol ; androst-4-ene-3 $\beta$ , 17 $\alpha$ -diol, androst-5-ene-3 $\alpha$ , 17 $\alpha$ -diol, androst-5-ene-3 $\alpha$ , 17 $\beta$ -diol ; androst-5-ene-3 $\beta$ , 17 $\alpha$ -diol ; 4-androstenediol (androst-4-ene-3 $\beta$ , 17 $\beta$ -diol) ; 5-androstenedione (androst-5-ene-3, 17-dione) ; epi-dihydrotestosterone ; epitestosterone ; etiocholanolone ; 3 $\alpha$ -hydroxy-5 $\alpha$ -androst-17-one ; 3 $\beta$ -hydroxy-5 $\alpha$ -androst-17-one ; 7 $\alpha$ -hydroxy-DHEA ; 7 $\beta$ -hydroxy-DHEA ; 7-keto-DHEA ; 19-norandrosterone ; 19-noretiocholanolone.

#### 2. Other Anabolic Agents, including but not limited to :

**Clenbuterol, selective androgen receptor modulators (SARMs), tibolone, zeranol, 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 and Related Substances

The following substances, and other substances with similar chemical structure or similar biological effect (s), are prohibited :

1. **Erythropoiesis - Stimulating Agents** [e.g. erythropoietin (EPO), darbepoetin (dEPO), hypoxia - inducible factor (HIF) stabilizers, methoxy polyethylene glycol-epoetin beta (CERA), peginesatide (Hematide) ] ;
2. **Chorionic Gonadotrophin (CG) and Luteinizing Hormone (LH)** and their releasing factors, in males ;
3. **Corticotrophins** and their releasing factors ;
4. **Growth Hormone (GH)** and its releasing factors and **Insulin-like Growth Factor-1 (IGF-1)**.

In addition, the following growth factors are prohibited.

**Fibroblast Growth Factors (FGFs), Hepatocyte Growth Factor (HGF), Mechano Growth Factors (MGFs), Platelet-Derived Growth Factor (PDGF), Vascular-Endothelial Growth Factor (VEGF)** as well as any other growth factor affecting muscle, tendon or ligament, protein synthesis/degradation, vascularisation, energy utilization, regenerative capacity or fibre type switching ;

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

### S3. BETA-2Agonists

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 salmeterol when taken by inhalation 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 40 ng/mL is presumed not to be an intended therapeutic use of the substance and will be considered as an *Adverse Analytical Finding* 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 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, formesane, 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, fulvestrant ;**
4. **Agents modifying myostatin function (s)** including, but not limited, to : **myostatin inhibitors ;**
5. **Metabolic Modulators :**
  - (a) **Insulins**
  - (b) **Peroxisome Proliferator Activated Receptor  $\bar{O}$  (PPAR $\bar{O}$ ) agonists (e.g. GW 1516), PPAR $\bar{O}$ -AMP-activated protein kinase (AMPK) axis agonists (e.g. AICAR)**

### S5. Diuretics and other Masking Agents

Masking agents are prohibited, They include :

**Diuretics, desmopressin, plasma expanders** (e.g. **glycerol** : intravenous administration of **albumin, dextran, hydroxyethyl starch** and **mannitol probenecid** ; and other substances with similar biological effect (s).

Local administration of felypressin in dental anaesthesia is not prohibited.

Diuretics include :

**Acetazolamide, amiloride, bumetanide, canrenone, chlortalidone, etacrynic acid, furosemide, indapamide, metolazone, spironolactone, thiazides** (e.g. **bendroflumethiazide, chlorothiazide, hydrochlorothiazide**), **triamterene, vaptans** (e.g. **tolvaptan**) ; and other substances with a similar chemical structure or similar biological effect (s) (except drospirenone, pamabrom and topical dorzolamide and brinzolamide, which are not prohibited).

The use In-and Out-of-Competition, as applicable, of any quantity of a substance subject to threshold limits (i.e. formoterol, salbutamol, cathine, ephedrine, methylephedrine and pseudoephedrine) in conjunction with a diuretic or other masking agent requires the deliverance of a specific Therapeutic Use Exemption for that substance in addition to the one granted for the diuretic or other 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, 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, in order to alter the integrity and validity of Samples collected during Doping Control. These include but are not limited to urine substitution and/or adulteration (e.g. proteases) ;
2. Intravenous infusions and/or injections of more than 50 mL per 6 hour period except of those legitimately received in the course of hospital admissions 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.

<b>Substances and Methods Prohibited In-Competition</b>
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**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, except imidazole derivatives for topical use and those stimulants included in the 2014 Monitoring Program :

Stimulants include :

a : Non-Specified Stimulants :

**Adradinil ; 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 ; phenmetrazine ; phentermine ; prenylamine ; prolintane.**

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

b. Specified Stimulants (examples) :

**Benzfetamine ; cathine \*\* ; cathinone and its analogues (e.g. mephedrone,**

**ephedrine ; epinephrine \*\*\*\* (adrenaline) ; etamivan ; etilamfetamine ; etilefrine ; famprofazone ; fenbutrazate ; fencamfamin ; heptaminol ; hydroxyamfetamine (parahydroxyamphetmine) ; isometheptene ; levmetamfetamine ; meclofenoxate ; methylenedioxyamphetamine ; methylephedrine \*\*\* ; methylhexanamine (dimethylpentylamine) ; methylphenidate ; nikethamide ; norfenefrine ; octopamine ; oxilofrine (methylsynephrine), pemoline, pentetrazol ; phenpromethamine ; propylhexedrine ; pseudoephedrine \*\*\*\*\* ; selegiline ; sibutramine ; strychnine, tenamfetamine (methylenedioxyamphetamine) ; trimetazidine ; tuaminoheptane ; and other substances with a similar chemical structure or similar biological effect (S).**

\* The following substances included in the 2014 Monitoring Program (bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol, synephrine) are not considered as *Prohibited Substances*.

\*\* **Cathine** is prohibited when its concentration in urine is greater than 5 micrograms per milliliter.

\*\*\* Each of **ephedrine** and **methylephedrine** is prohibited when its concentration in urine is greater than 10 micrograms per milliliter.

\*\*\*\* Local administration (e.g. nasal, ophthalmologic) of **epinephrine (adrenaline)** or co-administration with local anaesthetic agents is not prohibited,

\*\*\*\*\* Pseudoephedrine is prohibited when its concentration in urine is greater than 150 micrograms per milliliter.

## S7. Narcotics

The following are prohibited :

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

## S8. Cannabinoids

Natural (e.g. **Cannabis, hashish, marijuana**) or **synthetic delta 9-tetrahydrocannabinol (THC)** and cannabimimetics (e.g. “**Spice**”, **JWH018, JWH073, HU-210**) are prohibited.

## S9. Glucocorticosteroids

All glucocorticosteroids 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 0.10 g/L.

- |                    |                      |
|--------------------|----------------------|
| * Air Sports (FAI) | * Karate (WKF)       |
| * Archery (WA)     | * Motorcycling (FIM) |
| * Automobile (FIA) | * Powerboating (UIM) |

**P2. BETA-Blockers**

Unless otherwise specified, beta-blockers are prohibited *In-Competition* only, in the following sports.

- \* Archery (WA) (also prohibited *Out-of-Competition*) ;
- \* Automobile (FIA) ;
- \* Billiards (all disciplines) (WCBS) ;
- \* Darts (WDF) ;
- \* Golf (IGF) ;
- \* Shooting (ISSF, IPC) (also prohibited *Out-of-Competition*) ;
- \* Skiing/Snowboarding (FIS) in ski jumping, freestyle aerials/halfpipe and snowboard halfpipe/bit air.

Beta-blockers include, but are not limited to, the following :

**Acebutolol, alprenolol, atenolol, betaxolol, bisoprolol, bunolol, carteolol, carvedilol, celiprolol, esmolol, labetalol, levobunolol, metipranolol, metoprolol, nadolol, oxprenolol, pindolol, propranolol, sotalol, timolol.**