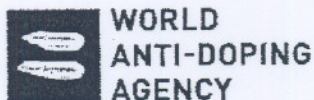




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ORGANISMO SOCIETARI COLLEGGIATI
Luisa Antolini
Direttore Generale

Allegato n. 3
Deliberazione n. 290
Riunione del 12 OTT. 2004



The World Anti-Doping Code

THE 2005 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 1 January 2005.



THE 2005 PROHIBITED LIST WORLD ANTI-DOPING CODE

Valid 1 January 2005

The use of any drug should be limited to medically justified indications

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

PROHIBITED SUBSTANCES

S1. ANABOLIC AGENTS

Anabolic agents are prohibited.

1. Anabolic Androgenic Steroids (AAS)

a. Exogenous* AAS, including:

18 α -homo-17 β -hydroxyestr-4-en-3-one; bolasterone; boldenone; boldione; calusterone; clostebol; danazol; dehydrochloromethyl-testosterone; delta1-androstene-3,17-dione; delta1-androstenediol; delta1-dihydro-testosterone; drostanolone; ethylestrenol; fluoxymesterone; formebolone; furazabol; gestrinone; 4-hydroxytestosterone; 4-hydroxy-19-nortestosterone; mestanolone; mesterolone; metenolone; methandienone; methandriol; methyldienolone; methyltrienolone; methyltestosterone; mibolerone; nandrolone; 19-norandrostenediol; 19-norandrostenedione; norbolethone; norclostebol; norethandrolone; oxabolone; oxandrolone; oxymesterone; oxymetholone; quinbolone; stanozolol; stenbolone; tetrahydrogestrinone; trenbolone and other substances with a similar chemical structure or similar biological effect(s).

b. Endogenous** AAS:

androstenediol (androst-5-ene-3 β ,17 β -diol); androstenedione (androst-4-ene-3,17-dione); dehydroepiandrosterone (DHEA); dihydrotestosterone; testosterone.



and the following metabolites and isomers:

5 α -androsterone-3 α ,17 α -diol; 5 α -androsterone-3 α ,17 β -diol; 5 α -androsterone-3 β ,17 α -diol; 5 α -androsterone-3 β ,17 β -diol; 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; 4-androstenediol (androst-4-ene-3 β ,17 β -diol); 5-androstenedione (androst-5-ene-3,17-dione); epi-dihydrotestosterone; 3 α -hydroxy-5 α -androstane-17-one; 3 β -hydroxy-5 α -androstane-17-one; 19-norandrosterone; 19-noretiocholanolone.

Where a *Prohibited Substance* (as listed above) is capable of being produced by the body naturally, a *Sample* will be deemed to contain such *Prohibited Substance* where the concentration of the *Prohibited Substance* or its metabolites or markers and/or any other relevant ratio(s) in the *Athlete's Sample* so deviates from the range of values normally found in humans that it is unlikely to be consistent with normal endogenous production. A *Sample* shall not be deemed to contain a *Prohibited Substance* in any such case where the *Athlete* proves by evidence that the concentration of the *Prohibited Substance* or its metabolites or markers and/or the relevant ratio(s) in the *Athlete's Sample* is attributable to a physiological or pathological condition. In all cases, and at any concentration, the laboratory will report an *Adverse Analytical Finding* if, based on any reliable analytical method, it can show that the *Prohibited Substance* is of exogenous origin.

If the laboratory result is not conclusive and no concentration as referred to in the above paragraph is found, the relevant *Anti-Doping Organization* shall conduct a further investigation if there are serious indications, such as a comparison to reference steroid profiles, for a possible *Use of a Prohibited Substance*.

If the laboratory has reported the presence of a T/E ratio greater than four (4) to one (1) in the urine, further investigation is obligatory in order to determine whether the ratio is due to a physiological or pathological condition, except if the laboratory reports an *Adverse Analytical Finding* based on any reliable analytical method, showing that the *Prohibited Substance* is of exogenous origin.

In case of an investigation, it will include a review of any previous and/or subsequent tests. If previous tests are not available, the *Athlete* shall be tested unannounced at least three times within a three month period.

Should an *Athlete* fail to cooperate in the investigations, the *Athlete's Sample* shall be deemed to contain a *Prohibited Substance*.



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

Clenbuterol, zeranol, zilpaterol.

For purposes of this section:

* "exogenous" refers to a substance which is not capable of being produced by the body naturally.

** "endogenous" refers to a substance which is capable of being produced by the body naturally.

S2. HORMONES AND RELATED SUBSTANCES

The following substances, including other substances with a similar chemical structure or similar biological effect(s), and their releasing factors, are prohibited:

- 1. Erythropoietin (EPO);**
- 2. Growth Hormone (hGH), Insulin-like Growth Factor (IGF-1), Mechano Growth Factors (MGFs);**
- 3. Gonadotrophins (LH, hCG);**
- 4. Insulin;**
- 5. Corticotrophins.**

Unless the *Athlete* can demonstrate that the concentration was due to a physiological or pathological condition, a *Sample* will be deemed to contain a *Prohibited Substance* (as listed above) where the concentration of the *Prohibited Substance* or its metabolites and/or relevant ratios or markers in the *Athlete's Sample* so exceeds the range of values normally found in humans so that it is unlikely to be consistent with normal endogenous production.

The presence of other substances with a similar chemical structure or similar biological effect(s), diagnostic marker(s) or releasing factors of a hormone listed above or of any other finding which indicate(s) that the substance detected is of exogenous origin, will be reported as an *Adverse Analytical Finding*.

S3. BETA-2 AGONISTS

All beta-2 agonists including their D- and L-isomers are prohibited. Their use requires a Therapeutic Use Exemption.

As an exception, formoterol, salbutamol, salmeterol and terbutaline, when administered by inhalation to prevent and/or treat asthma and exercise-induced asthma/broncho-constriction require an abbreviated Therapeutic Use Exemption.



Despite the granting of a Therapeutic Use Exemption, when the Laboratory has reported a concentration of salbutamol (free plus glucuronide) greater than 1000 ng/mL, this will be considered as an *Adverse Analytical Finding* unless the athlete proves that the abnormal result was the consequence of the therapeutic use of inhaled salbutamol.

S4. AGENTS WITH ANTI-ESTROGENIC ACTIVITY

The following classes of anti-estrogenic substances are prohibited:

- 1. Aromatase inhibitors including, but not limited to, anastrozole, letrozole, aminoglutethimide, exemestane, formestane, 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.**

S5. DIURETICS AND OTHER MASKING AGENTS

Diuretics and other masking agents are prohibited.

Masking agents include but are not limited to:

Diuretics*, epitestosterone, probenecid, alpha-reductase inhibitors (e.g. finasteride, dutasteride), plasma expanders (e.g. albumin, dextran, hydroxyethyl starch).

Diuretics include:

acetazolamide, amiloride, bumetanide, canrenone, chlortalidone, etacrynic acid, furosemide, indapamide, metolazone, spironolactone, thiazides (e.g. bendroflumethiazide, chlorothiazide, hydrochlorothiazide), triamterene, and other substances with a similar chemical structure or similar biological effect(s).

* A Therapeutic Use Exemption is not valid if an *Athlete's* urine contains a diuretic in association with threshold or sub-threshold levels of a *Prohibited Substance(s)*.



PROHIBITED METHODS

M1. ENHANCEMENT OF OXYGEN TRANSFER

The following are prohibited:

- a. Blood doping, including the use of autologous, homologous or heterologous blood or red blood cell products of any origin, other than for medical treatment.
- b. 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, microencapsulated haemoglobin products).

M2. CHEMICAL AND PHYSICAL MANIPULATION

The following is prohibited:

Tampering, or attempting to tamper, in order to alter the integrity and validity of *Samples* collected in *Doping Controls*.

These include but are not limited to intravenous infusions*, catheterisation, and urine substitution.

- * Except as a legitimate acute medical treatment, intravenous infusions are prohibited.

M3. GENE DOPING

The non-therapeutic use of cells, genes, genetic elements, or of the modulation of gene expression, having the capacity to enhance athletic performance, is prohibited.



SUBSTANCES AND METHODS PROHIBITED IN-COMPETITION

In addition to the categories S1 to S5 and M1 to M3 defined above,
the following categories are prohibited in competition:

PROHIBITED SUBSTANCES

S6. STIMULANTS

The following stimulants are prohibited, including both their optical (D- and L-) isomers where relevant:

Adrafinil, amfepramone, amiphenazole, amphetamine, amphetaminil, benzphetamine, bromantan, carphedon, cathine*, clobenzorex, cocaine, dimethylamphetamine, ephedrine, etilamphetamine, etilefrine, famprofazone, fencamfamin, fencamine, fenetylline, fenfluramine, fenproporex, furfenorex, mefenorex, mephentermine, mesocarb, methamphetamine, methylamphetamine, methylenedioxyamphetamine, methylenedioxymethamphetamine, methylephedrine**, methylphenidate, modafinil, nikethamide, norfenfluramine, parahydroxyamphetamine, pemoline, phendimetrazine, phenmetrazine, phentermine, prolintane, selegiline, strychnine,** and other substances with a similar chemical structure or similar biological effect(s)***.

* **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.

*** The substances included in the 2005 Monitoring Program (bupropion, caffeine, phenylephrine, phenylpropanolamine, pipradrol, pseudoephedrine, synephrine) are not considered as Prohibited Substances.

NOTE: Adrenaline associated with local anaesthetic agents or by local administration (e.g. nasal, ophthalmologic) is not prohibited.



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S7. NARCOTICS

The following narcotics are prohibited:

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

S8. CANNABINOIDS

Cannabinoids (e.g. hashish, marijuana) are prohibited.

S9. GLUCOCORTICOSTEROIDS

All glucocorticosteroids are prohibited when administered orally, rectally, intravenously or intramuscularly. Their use requires a Therapeutic Use Exemption approval.

All other routes of administration require an abbreviated Therapeutic Use Exemption.

Dermatological preparations are not prohibited.

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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 for each Federation is reported in parenthesis.

- | | | | |
|--------------------|------------|------------------------------------|------------|
| • Aeronautic (FAI) | (0.20 g/L) | • Karate (WKF) | (0.10 g/L) |
| • Archery (FITA) | (0.10 g/L) | • Modern Pentathlon (UIPM) | (0.10 g/L) |
| • Automobile (FIA) | (0.10 g/L) | for disciplines involving shooting | |
| • Billiards (WCBS) | (0.20 g/L) | • Motorcycling (FIM) | (0.00 g/L) |
| • Boules (CMSB) | (0.10 g/L) | • Skiing (FIS) | (0.10 g/L) |

P2. BETA-BLOCKERS

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

- | | |
|---------------------------------------------------------------|----------------------------------------------------------------|
| • Aeronautic (FAI) | • Modern Pentathlon (UIPM) for disciplines involving shooting |
| • Archery (FITA) (also prohibited <i>out-of-competition</i>) | • Nine-pin bowling (FIQ) |
| • Automobile (FIA) | • Sailing (ISAF) for match race helms only |
| • Billiards (WCBS) | • Shooting (ISSF) (also prohibited <i>out-of-competition</i>) |
| • Bobsleigh (FIBT) | • Skiing (FIS) in ski jumping & free style snow board |
| • Boules (CMSB) | • Swimming (FINA) in diving & synchronised swimming |
| • Bridge (FMB) | • Wrestling (FILA) |
| • Chess (FIDE) | |
| • Curling (WCF) | |
| • Gymnastics (FIG) | |
| • Motorcycling (FIM) | |

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.



SPECIFIED SUBSTANCES*

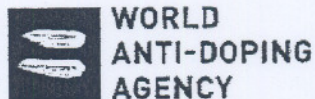
"Specified Substances"* are listed below:

Ephedrine, L-methylamphetamine, methylephedrine;
Cannabinoids;
All inhaled Beta-2 Agonists, except clenbuterol;
Probenecid;
All Glucocorticosteroids;
All Beta Blockers;
Alcohol.

* *"The Prohibited List may identify specified substances which are particularly susceptible to unintentional anti-doping rule violations because of their general availability in medicinal products or which are less likely to be successfully abused as doping agents." A doping violation involving such substances may result in a reduced sanction provided that the "...Athlete can establish that the Use of such a specified substance was not intended to enhance sport performance..."*



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Luigi Apollini
Direttore
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THE 2005 MONITORING PROGRAM*

The following substances are placed on the 2005 Monitoring Program:

Stimulants: ***In-Competition Only:** Bupropion, caffeine, phenylephrine, phenylpropanolamine, pipradrol, pseudoephedrine, synephrine.*

Narcotics: ***In-Competition Only:** morphine/codeine ratio*

* "WADA, in consultation with other Signatories and governments, shall establish a monitoring program regarding substances which are not on the Prohibited List, but which WADA wishes to monitor in order to detect patterns of misuse in sport."

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**WORLD
ANTI-DOPING
AGENCY**

Prohibited List 2005

Summary of Modifications vis-à-vis 2004 Prohibited List

General Introduction

- For consistency with other WADA International Standards, a message on the front page states that the English version will be the reference version in case of conflict.
 - An educational message is provided at the beginning of the List: "The use of any drug should be limited to medically justified indications".
 - The organization of the 2005 *Prohibited List* has been modified:
 - "Substances and Methods prohibited at all times (In- and Out-of-Competition)" are now presented in Section I. Section II lists "Substances and Methods prohibited In-Competition", and consists of all the categories listed in the previous section, plus four additional ones. Sections III and IV remain with the same headings. The numbering of categories inside each section has been modified accordingly.
 - The headings now appear as noted below:
- I. Substances and Methods prohibited at all times (In- and Out-of-Competition).**
- | | |
|------------------------------------------|----------------------------------------|
| S1. Anabolic Agents | M1. Enhancement of oxygen transfer |
| S2. Hormones and related substances | M2. Chemical and physical manipulation |
| S3. Beta-2 agonists | M3. Gene doping |
| S4. Agents with anti-estrogenic activity | |
| S5. Diuretics and other Masking Agents | |
- II. Substances and Methods prohibited In-Competition.**
- All the Categories under Section I, plus:
- S6. Stimulants
 - S7. Narcotics
 - S8. Cannabinoids
 - S9. Glucocorticosteroids
- III. Substances prohibited in Particular Sports.**
- P1. Alcohol
 - P2. Beta-blockers
- IV. Specified Substances.**
- Specific changes in sections, categories, substances or methods are provided below.

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Comments regarding specific sections, categories, substances and methods

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

PROHIBITED SUBSTANCES

S1. Anabolic agents

1. Anabolic androgenic steroids

a. Exogenous

- Nine substances have been added to the list of examples: *18 α -homo-17 β -hydroxyestr-4-en-3-one*, *calusterone*, *delta1-androstenediol*, *ethylestrenol*, *furazabol*, *methyldienolone*, *methyltrienolone*, *norclostebol*, *tetrahydrogestrinone*.
- The substances *androstadienone* and *drostanediol* (5-alpha androstane 3-beta, 17-beta diol) have been removed from the list of examples.
- The term "biological" replaces "pharmacological".

b. Endogenous

- The list of endogenous steroids is now a closed list, meaning that all known prohibited endogenous steroids are listed and prohibited.
- The main endogenous steroids are listed first, followed by their metabolites and isomers. The intake of these substances is either associated to performance enhancement or to alteration of urinary steroid profiles used for the detection of doping.
- The T/E ratio has been changed to four (4) to one (1). This threshold is thus harmonized with the threshold mentioned in the Technical Document for Laboratories. It should be noted that a T/E ratio higher than the threshold leads to further investigation by the Anti-Doping Organization, and not necessarily to a sanction.
- A sentence has been added to the paragraph on the T/E ratio to clarify the fact that no further investigation is needed if the *"laboratory reports an Adverse Analytical Finding based on any reliable analytical method [for instance IRMS], showing that the Prohibited Substance is of exogenous origin"*.

2. Other anabolic agents

- A partial list of examples is provided for this category and includes *Zilpaterol*.

S2. Hormones and related substances

- The term "biological" replaces "pharmacological".
- *Mechano growth factors* (MGFs) have been added as an example in the sub-category of growth hormones.
- Substances that were previously prohibited *"in men only"* are now prohibited for all athletes (men and women).
- The two subcategories of gonadotrophins are merged.

S3. Beta-2 agonists

- All beta-2 agonists are now prohibited in- and out-of-competition.
- As in 2004, four inhaled beta-2 agonists, namely formoterol, salbutamol, salmeterol and terbutaline, can be used with an abbreviated TUE.

S4. Agents with anti-estrogenic activity

- This category has been divided into subsections as follows:
 1. Aromatase inhibitors;
 2. Selective estrogen receptor modulators (SERMs);
 3. Other anti-estrogenic compounds.
- Substances that were previously prohibited *"in men only"* are now prohibited for all athletes (men and women).

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- A partial list of examples is provided for each category. New examples added to this category include: *anastrozole*, *letrozole*, *aminogluthetimide*, *formestane*, *testolactone*, *raloxifene*, *toremifene*, *fulvestrant*.

S5. Diuretics and other masking agents

- The title of this category has been modified to specifically mention Diuretics.
- Examples of masking agents now include *albumin*.
- Alpha-reductase inhibitors (*finasteride*, *dutasteride*) have been added as masking agents.
- *Mersalyl* has been removed and *Metolazone* has been added as an example of a diuretic.

PROHIBITED METHODS

M1. Enhancement of oxygen transfer

- The wording has been slightly modified.

M2. Chemical and physical manipulation

- The term "Pharmacological" has been removed in the heading of category M2. All substances previously included in the M2 category are now included in the "Diuretics and other Masking Agents" category.
- *Intravenous infusions* are now prohibited as a doping method. Prohibition of intravenous infusions is not aimed at preventing their use for legitimate acute medical purposes. Therefore an explanatory sentence has been added to clarify this point.

M3. Gene doping

- The wording now takes into account the modulation of gene expression as a doping practice.

II. SUBSTANCES AND METHODS PROHIBITED IN-COMPETITION

- Categories S1 to S5 and M1 to M3, listed in the previous section, are prohibited in competition. Additional categories prohibited in-competition include:

PROHIBITED SUBSTANCES

S6. Stimulants

- *Fencamine* and *Famprofazone* have been added to the list of examples.
- A note clarifying the status of adrenaline has been added.
- *Bupropion* has been introduced in the Monitoring Program.

S7. Narcotics

- *Fentanyl* and its derivatives have been added to the List of substances prohibited in this closed category.

S8. Cannabinoids

- No changes.

S9. Glucocorticosteroids

- Same status as in the 2004 Prohibited List, except that dermatological preparations of glucocorticosteroids are no longer prohibited (no TUE required).

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III. SUBSTANCES PROHIBITED IN-PARTICULAR SPORTS

P1. Alcohol

- Four Federations have requested that alcohol be removed as a substance prohibited in their sport: Gymnastics (FIG), Roller Sports (FIRS), Triathlon (ITU) and Wrestling (FILA). Six Federations have agreed to a harmonized threshold of 0.10 g/L of alcohol in blood, and three Federations require a specific threshold.

P2. Beta-blockers

- No changes

P3. Diuretics

- This category, prohibiting granting of a Therapeutic Use Exemption (TUE) for Diuretics in weight-classified categories, has been removed.

IV. SPECIFIED SUBSTANCES

- Diuretics have been removed from the list of Specified Substances.