

# The 2013 WADA Prohibited List: Summary of Revisions

## The 2013 WADA Prohibited List

The ISSF would like to bring to the attention of the shooting-sport community the release of the World Anti-Doping Agency (WADA) **2013 Prohibited List**.

The following provides details on some of the major changes that have been brought to the 2012 Prohibited List, all of which will be coming into effect **January 1, 2013**. All the other changes made to the List are explained and can be downloaded off the WADA website [www.wada-ama.org](http://www.wada-ama.org)

### **Beta-blockers (Section P2)**

At the request of the Confédération mondiale des sports de boules (CMSB), Fédération Internationale des Quilleurs (FIQ), and Union Internationale Motonautique (UIM), beta-blockers are no longer prohibited in the following sports: aeronautics, boules, bridge, ninepin and tenpin bowling, and powerboating. They remain prohibited in seven sports, including shooting, archery, golf, ski jumping, and some freestyle ski and snowboard disciplines.

*Please be aware and reminded that the ISSF maintains its zero tolerance approach with regards to the use of beta blockers in all ISSF events. Beta Blockers are Prohibited Substances and ISSF shall not, under any circumstances, grant TUE's to its athletes for their use.*

### **Beta-2 Agonists (Section S3)**

Under the Beta-2 agonists section of the List, the maximum permitted dosage of formoterol has increased to 54 micrograms over 24 hours, based on the delivered dose of the drug and not the metered dose. The urinary threshold has been increased to 40 nanograms per milliliter.

All beta-2 agonists, excluding sub-threshold levels of formoterol, salbutamol and salmeterol when administered by inhalation, are still prohibited and continue to require a medical exemption.

*All shooters are reminded to apply for a proper Therapeutic Use Exemption when using any Beta-2-agonists in accordance with health and medical requirements.*

### **Rewording of section on Prohibited Methods (Section M)**

Section M deals with Prohibited Methods, as opposed to Prohibited Substances. This section currently lists enhancement of Oxygen Transfer (M1), Chemical and Physical Manipulation (M2) and Gene Doping (M3) as prohibited methods.

But, in order to make this ever-growing section more encompassing WADA has reworded it so it includes all kinds of manipulation of blood and blood components. Accordingly, the title and body of Section M1 has been changed and now reads: *Manipulation of Blood and Blood Components*.

Section M3, focusing on Gene Doping, has also been reworded to provide a more precise definition of this prohibited method.

*Because technology and science are constantly evolving, ADRV's related to prohibited methods, (as opposed to the actual use of performance enhancing substance) are increasing, ISSF encourages all IPOD readers to get better acquainted with the list of Prohibited Methods.*

### **Methylhexaneamine (MHA)**

Methylhexaneamine (MHA), sometimes presented as dimethylpentylamine (DMPA), is prohibited in competition as a specified stimulant under section S6.b of the 2013 List of Prohibited Substances and Methods.

There has been a multitude of positive doping cases involving MHA in various sports in the last few years. In many of the cases, the athlete had consumed the MHA inadvertently through supplement use. Under the strict liability provisions of the Rules, these athletes were still held responsible for these anti-doping rule violations and sanctioned accordingly.

Although, Methylhexaneamine (MHA) is a pharmacological substance that was commercialized up to the beginning of the seventies, it reappeared a few years ago as a constituent of various dietary supplements that are sold freely in some markets or on the Internet.

Therefore, athletes and their support personnel should once again be reminded of the risks involved with supplement use. They should also be warned that some stimulants, like many drugs, have several alternate names. Therefore, athletes should be aware that Methylhexaneamine (MHA) has been made available under several names, one being geranium oil. It can also be listed under a variety of other names, including 1,3-dimethylpentylamine, pentylamine, geranamine, floradrene, forthane, DMPA and DMAA, The use of MHA and all its variant names must be avoided altogether.

*Athletes are to be reminded to carefully read the ingredients of anything they ingest. Athletes who elect to take a supplement must remember the risks involved and always verify its ingredients are safe to use, and always declare its use on the doping control form in the event of a doping control.*

### **Clenbuterol**

As a follow up to the many cases where athletes' defences rested on the allegation that levels of clenbuterol found in urine samples were the results of the consumption of tainted meat, WADA has confirmed its current position on Clenbuterol.

Under the 2013 Prohibited List, Clenbuterol remains a prohibited substance. There is no threshold under which Clenbuterol is not prohibited, and based on expert opinion there is no plan to introduce a threshold level under which clenbuterol would be permitted.

However, after having clearly established the foregoing, WADA has said that it is possible that under certain specific circumstances the presence of a low level of clenbuterol in an athlete's sample can be the result of food contamination, WADA'S position remains that each case is

different and that each case should be given due process in order to confirm whether or not the adverse analytical finding is in-fact and anti-doping rule violation.

*The results management provisions of all Code- compliant Doping Rules, including those of the ISSF, foresee the opportunity for an athlete to explain how a prohibited substance entered his/her body. Therefore, where athletes claim food contamination is the cause of an adverse analytical finding involving clenbuterol, the decision-making body will need to take any and all elements and submitted evidence into account, along with the context of the case, when deliberating on the facts and rendering a reasoned decision.*

### **Specified substances better defined.**

WADA'S purpose of creating a list of specified substances (as opposed to Prohibited Substances) was to recognize that it is possible for a substance to enter an athlete's body inadvertently, and therefore allow a Jury more flexibility when deciding on an appropriate sanction.

A specified substance is a substance which allows, under clearly defined conditions, for a greater reduction of the mandatory two-year sanction when an athlete tests positive for that particular substance.

For the purpose of doping, specified substances are not necessarily less serious agents than other prohibited substances. Specified substances do not relieve athletes of the strict liability rule that makes them responsible for all substances that enter his or her body.

However, there is a greater likelihood that these substances could be susceptible to a credible non-doping explanation, as outlined in section 10.4 of the World Anti-Doping Code as well as article 5.11.4 of the 2012 ISSF Anti-Doping Rules. The greater likelihood that a credible non-doping explanation exists is simply not credible for certain substances – such as steroids and human growth hormone – and this is why these are not classified as specified.

*The same applies to beta-blockers as Prohibited Substances in shooting. Because they are highly performance enhancing, they are banned. Therefore, the likelihood of an athlete providing a credible non-doping explanation for the finding of a beta-blocker in his or her system is minute. Shooters beware: Beta blockers are prohibited substances – not specified – under the ISSF Anti-Doping Rules.*

The ISSF community is invited to download a copy of the 2013 Prohibited List on the WADA Website at [http://www.wada-ama.org/Documents/World\\_Anti-Doping\\_Program/WADP-Prohibited-list/2013/WADA-Prohibited-List-2013-EN.pdf](http://www.wada-ama.org/Documents/World_Anti-Doping_Program/WADP-Prohibited-list/2013/WADA-Prohibited-List-2013-EN.pdf)