



Athlete and Athlete Support Personnel Guide to the 2025 Prohibited List

What is the International Standard for the Prohibited List (List)?

The List identifies the substances and methods that are banned in sport.

- Some substances and methods are banned only in-competition.
- Some substances and methods are banned at all times.
- Some substances and methods are banned only by certain routes of administration or above a certain dose.
- Some substances and methods are only banned in particular sports.

The substances and methods on the List are classified into classes or categories (e.g., steroids, stimulants, gene doping).

Are all banned substances included by name in the List?

No, not all banned substances are included in the List by name. For some categories, the substances listed are only examples of the types of substances that would be included in those categories, so what is in the List is not complete.

The in-competition period usually begins at 11:59pm the day before the competition starts. Athletes should check with their International Federation (IF) to see if the in-competition period is different for their sport. If a substance is banned in-competition and is found in a sample (collected in-competition), the athlete may be sanctioned, even if it was taken out-of-competition.

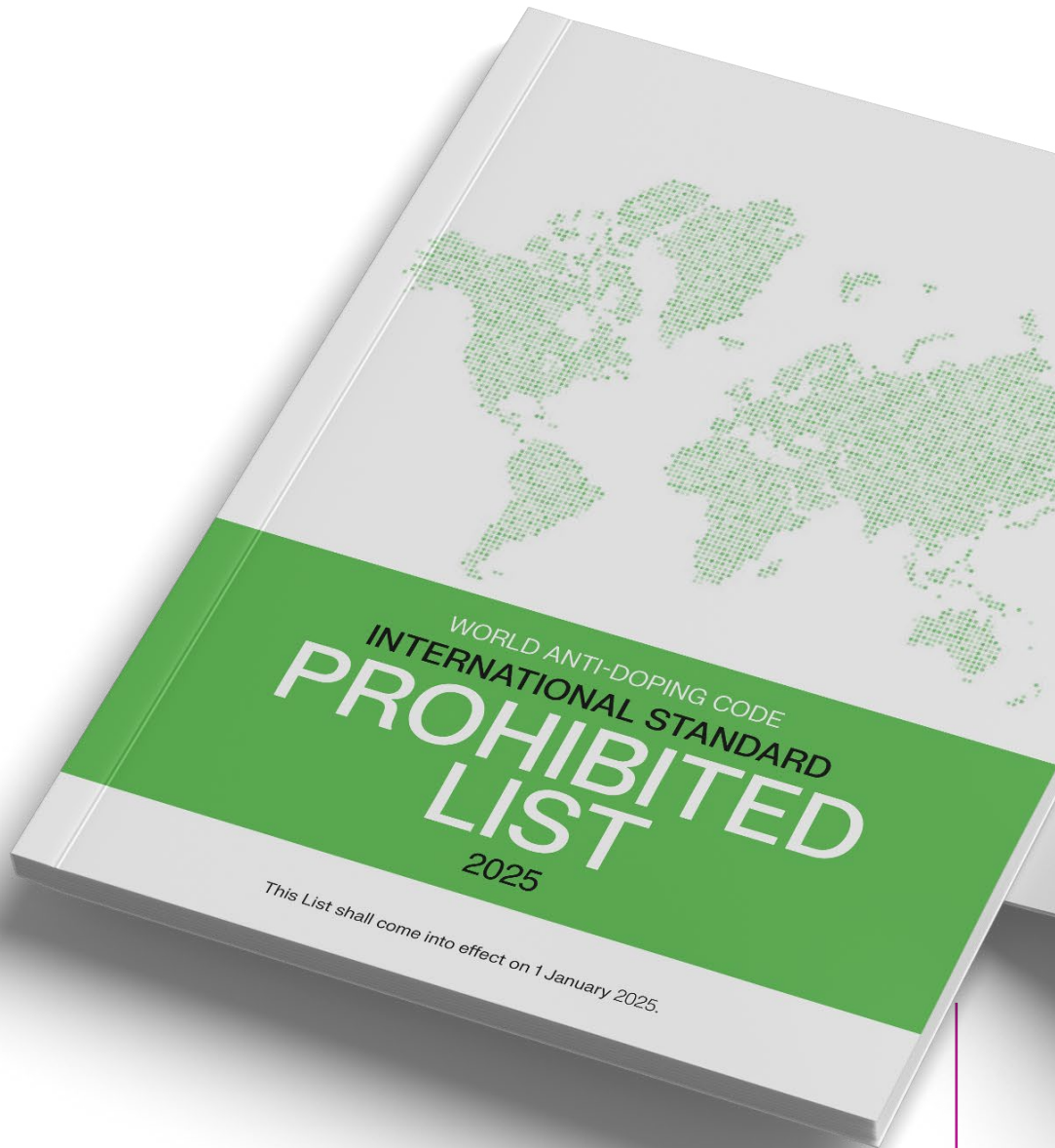


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Please note that the list of examples of medical conditions below is not inclusive.

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Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. male hypogonadism.	
S2 Peptide hormones, growth factors, related substances, and mimetics	7
Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. anaemia, male hypogonadism, growth hormone deficiency, polycystic ovarian syndrome.	
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Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. asthma and other respiratory disorders.	
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Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. breast cancer, diabetes, infertility (female).	
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How are substances and methods added to the List?

For a substance or method to be added to the List, it must meet 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.

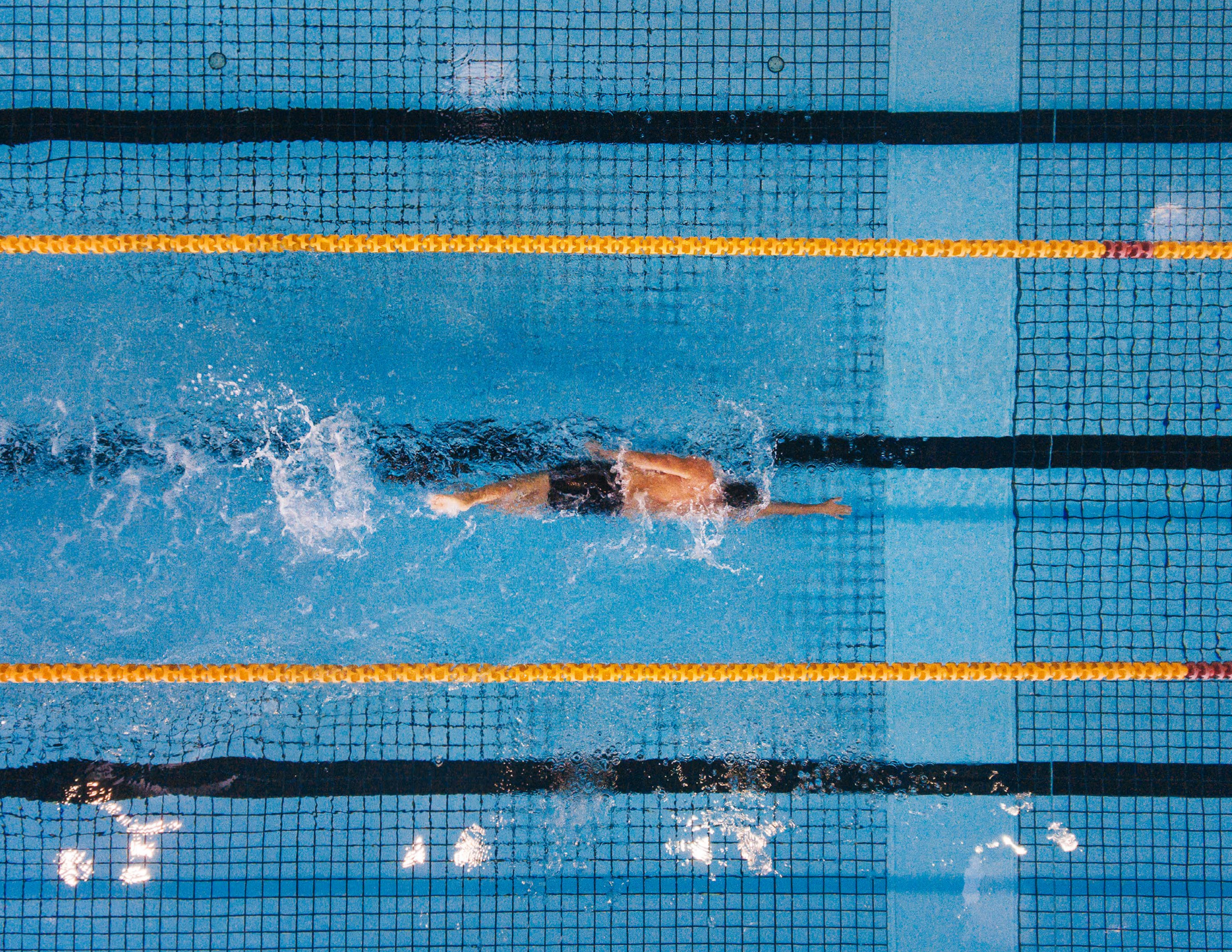
How often is the List updated?

The List is updated every year.

The new List is published on the World Anti-Doping Agency's (WADA) website (www.wada-ama.org) at the latest on 1 October and comes into force on the 1 January the following year.

It is possible to make changes to the List more than once a year. WADA must communicate these changes at least 3-months before they come into force.





What has changed in the 2025 List?

- **The dosing rules for Formoterol has changed**
 - **Is it allowed?** Yes - if you follow the new dosing rules. Starting 1 January 2025, you can take formoterol every **12 hours but** don't exceed **54 micrograms** in a 24-hour period. This is important for athletes who have asthma or similar conditions.
 - **When is it banned?** Formoterol is banned at all times so athletes must not exceed the maximum dose within a 24-hour period.
- **Donation of blood or blood components** (e.g. plasma, red blood cells, platelets and peripheral blood stem cells)
 - **Is it allowed?** Donating blood or blood components (like plasma, red blood cells, white blood cells, platelets, and peripheral blood stem cells) is not banned. However, it must be done in a collection center that is accredited by the relevant regulatory authority in your country. This means the center meets specific standards for safety and quality.
 - **Why this matters:** The rules help ensure that athletes can still donate blood without breaking the anti-doping rules.



■ New examples added to some categories

As mentioned above, the substances and methods within each category included in the List are examples of what is banned within that category. The 2025 List includes new examples for some categories of substances, including the following:

- **S0. Non-approved substances**
 - » S-107 and S48168 (ARM210)
- **S4. Hormones and Metabolic Modulators**
 - » Elacestrant was added as an example of an anti-estrogen.
 - » Mitochondrial open reading frame of the 12S rRNA-c (MOTS-c) was added as an example of an AMP-activated protein kinase activator.
 - » For clarity, S519 and S597 were added as examples of insulin-mimetics. Insulinmimetics compounds or selective insulin receptor modulators (SIRMs) mimic insulin action by binding to the insulin receptor2.
- **S5. Diuretics and Masking Agents**
 - » Xipamide was added as an example of a diuretic.
- **S6. Stimulants**
 - » Midodrine and tesofensine were added as examples of specified stimulants.

■ Other Updates

- **S6:** Hydrafenil (fluorenol) was changed from S6.B to S6.A, as this substance is more potent than modafinil and is not licensed for medical use.
- **P1:** Beta-blockers removed from certain skiing and snowboarding events.

Some of new examples added to the List can be found in supplements.

For the full list new examples, please see the [2025 List Explanatory Note](#).

Reminder: Tramadol



One of the big changes to the 2024 List was the addition of the narcotic tramadol.

Tramadol is a painkiller that is **banned in-competition**.

If an athlete needs to use tramadol during the in-competition period to treat a diagnosed medical condition, they must apply for a Therapeutic Use Exemption (TUE) before taking the substance or competing.

If tramadol is used for therapeutic reasons within 24 hours before the start of the in-competition period, athletes should be aware that there is a risk of testing positive for tramadol.

Therefore, a 24-hour washout period is recommended. The washout period refers to the time from the last administered dose to the time of the start of the in-competition period.

For more information about tramadol:



[Tramadol Factsheet for Athletes & Athlete Support Personnel](#)

[Tramadol Factsheet for Medical Professionals](#)

Why is it important to be familiar with the List?

- It is important to be familiar with the List and the changes coming into force to avoid inadvertent doping.
- Remember, athletes are ultimately responsible for any banned substance found in their system, regardless as to how it got there or if there was an intention to cheat. This is the principle of strict liability.
- Athlete support personnel can also be sanctioned if they:
 - Administer or attempt to administer a banned substance;
 - Administer or attempt to administer a banned method; or
 - Have a banned substance or method in their possession without any medical justification.
- Contact the relevant Anti-Doping Organization (ADO) if you are unsure of the status of a substance and/or method.
- Remember that athletes with a legitimate medical reason for using a banned substance or method may apply for a Therapeutic Use Exemption (TUE).

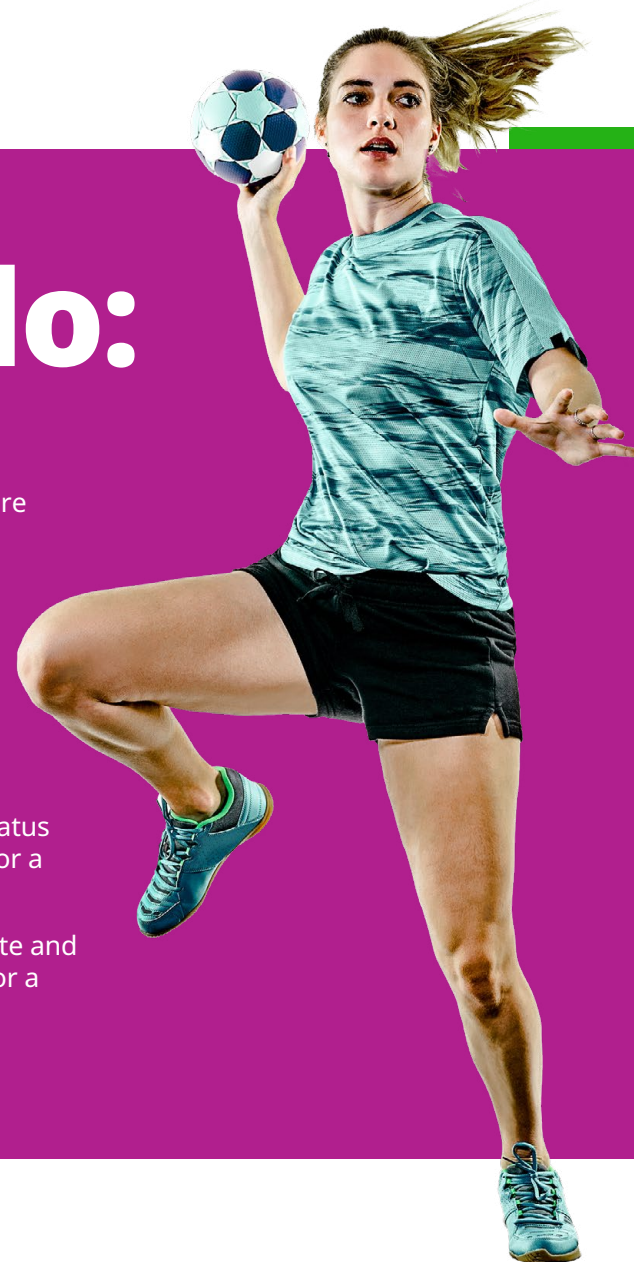
Athletes should apply to the appropriate organization if they need a TUE.

National Anti-Doping Organizations (NADOs) approve TUEs for national-level athletes. These are valid at any national-level event, in any country.

International Federations (IFs) approve TUEs for international-level athletes. These are valid at the international-level.

Things to do:

1. Athletes and athlete support personnel should ensure they are familiar with the 2025 List and its changes.
2. Athletes who take medications regularly or occasionally should recheck their medication against the 2025 List.
3. Athletes who need to take a banned substance or method should contact their ADO to apply for a Therapeutic Use Exemption (TUE).
4. Athletes who take a medication that has changed status (is now banned) should contact their ADO to apply for a TUE.
5. Athletes who have a TUE should check the expiry date and ensure that it is still valid, if not, they should apply for a new TUE.





WADA's regulatory documents are available on the Agency's website. The material that WADA provides on its ADEL platform is intended for educational and informational purposes only. Any content or language used within the ADEL material would not supersede the provisions of the World Anti-Doping Code and/or the International Standards.

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