



ANTI-DOPING COMMISSION – Bulletin No.003-2021 / B-ACODEPA

RECOMMENDATIONS REGARDING THE CHANGES IN THE WADA-AMA 2021 LIST OF PROHIBITIONS

1. INTRODUCTION

The WADA Executive Committee (ExCo) during its September 14-15th 2020 meeting approved the 2021 List of Prohibited Substances and Prohibited Methods and published it on September 30th 2020 and it came into effect on January 1st, 2021. The 2021 List, which has incorporated changes in the substances and their design, has been generating some doubts in the sports community, mainly due to inaccurate information from certain media.

In this sense, the Anti-Doping Commission sees fit to clarify these issues, for the good of athletes.

2. OBJETIVOS

- To explain the 2021 Prohibited List and its classification.
- To know the definition and meaning of "Substances of Abuse".
- To understand the implication of substances of abuse.

3. CONTENT

3.1. 2021 LIST OF PROHIBITIONS

Definition: The Prohibited List is an International Standard, developed and reviewed by a committee of international experts, who present it to the WADA Executive Committee for approval and publication.



The Prohibited List considers prohibited substances and prohibited methods, which must meet two of the following three characteristics:

- *Improved sports performance.*
- *Actual or potential health risk.*
- *Attentive to the spirit of sport.*

Categories: The list categorizes the Prohibited Substances and Prohibited Methods into:

- ***Prohibited at all times:*** The Athlete may not consume the substances, or use the methods, described in the List at any time (in or out of competition).
- ***Prohibited In-Competition:*** The Athlete may not consume the substances described in the List in the period commencing just before midnight (at 11:59 p.m.) on the day before a Competition in which the Athlete is scheduled to participate until the end of the Competition and/or the Doping Control process if notified.
- ***Prohibited in certain sports*** An Athlete participating in any of the sports listed in the List may not consume the substance in or out of competition.

The List can be downloaded at:

https://www.wada-ama.org/sites/default/files/resources/files/2021list_en.pdf

3.2. SUSTANSUSTANCES OF ABUSE

Definition: Pursuant to Article 4.2.3 of the Code, Substances of Abuse are substances that are identified as such because they are frequently abused in society outside of the context of sport. The following are designated Substances of Abuse: cocaine, diamorphine (heroin), methylenedioxymethamphetamine (MDMA/"ecstasy"), tetrahydrocannabinol (THC).

Description of the substances:

1. In category S6.A-NON-SPECIFIC STIMULANTS, located on page 14 of the Schedule, the prohibition of *cocaine* is evident

The following situations should be considered more likely to correspond cocaine use in competition:

- Presence of the cocaine source compound at an estimated urinary concentration greater than (>) 10 ng / mL; or



- Presence of benzoylecgonine (main metabolite of cocaine) at a urinary concentration greater than ($>$) 1000 ng / mL combined with the presence of cocaine parent compound between ($\geq$) 1 ng / mL and ($\leq$) 10 ng / mL.
2. In category S6.B-SPECIFIC STIMULANTS, located on page 15 of the Schedule, the prohibition of methylenedioxymethamphetamine (MDMA / "ecstasy") is evidenced. (MDMA / "ecstasy").
 3. In category S7-NARCOTICS, located on page 16 of the List, the prohibition of diamorphine (heroin) is evident.
 4. In category S8-CANABINOIDS, located on page 17 of the List, we come across tetrahydrocannabinol (THC); this category is banned in 2021.

The following situation should be considered more likely to correspond to competitive use of tetrahydrocannabinol (THC):

- The presence in urine of carboxy-THC at a concentration above ($>$) the decision limit (DL) of 180 ng / mL.

3.3. CONSEQUENCES OF SUSTANCE ABUSE

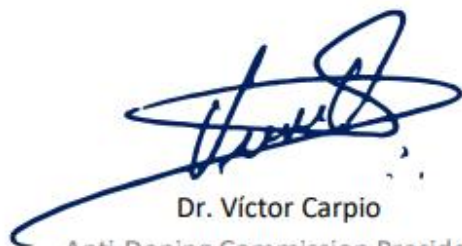
In accordance with Article 10.2.4.1 of the Code, where the Anti-Doping Rule Violation involves a Substance of Abuse and *"the Athlete can establish that any Ingestion or Use occurred in the Out-of-Competition period and was not related to enhancing sport performance"*, then the period of Ineligibility shall be three (03) months, which may be reduced to one (1) month, if the Athlete successfully completes a Substance of Abuse treatment program approved by the Anti-Doping Organization that managed the outcome.

In the event the Athlete fails to demonstrate the above, the period of Ineligibility shall be 2 or 4 years, as described in Articles 10.2.1, 10.2.2, 10.2.3 and 10.2.4 of the Code.



4. RECOMMENDATIONS

- 4.1. It is recommended that the Pan American Confederations, National Olympic Committees, National Federations and Sports Organizations of interest be informed.
- 4.2. Any consultation, clarification or expansion on the content and interpretation of the List should be channeled to reliable sources (WADA website, National Anti-Doping Organizations, Medical and Anti-Doping Commissions of International Federations, Medical Commissions of Major Event Organizers, ACODEPA Anti-Doping Commission, among others).



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