Voluntary Anti-Doping Association

Official Prohibited List

This document contains the primary Official Prohibited List (Substances and Methods) of the Voluntary Anti-Doping Association (VADA). VADA guidelines concerning these specific substances and groups are intended to closely track internationally recognized standards for substances prohibited by sport, such as the World Anti-Doping Agency (WADA) Official Prohibited List of 2013. Therefore, nomenclature for these substances, classification groups and other uses by the WADA Prohibited List will be preserved, unless otherwise specified by VADA.

VADA Prohibited List

PROHIBITED SUBSTANCES

The following classification groups and substances are prohibited at all times during participation in the VADA program. The following classification groups and substances listed herein are not restricted to the specifically-listed common or chemical names, nor are they restricted to the specific compounds or isomers listed below. Moreover, VADA has the right, at any time, to modify, edit, and add any substance or method according to any new laws, guidelines, VADA polices, or anti-doping ideals.

S0. NON-APPROVED SUBSTANCES

This group refers to any pharmacological substance not addressed in any section of the List below and which has not been currently approved for human administration by any governmental regulatory health authority, such as the U.S. Food & Drug Administration (e.g. drugs under development preclinical or clinical or
discontinuous, designer drugs, veterinary medicines). These substances are prohibited at all times.

**S1. ANABOLIC AGENTS**

Anabolic agents are prohibited. Although they may not be specifically listed, this category includes new or currently unknown substances such as prohormones and designer steroids.

**1. Anabolic Androgenic Steroids (AAS)**

a. Exogenous AAS, including:

**Definition:** “Exogenous” refers to a substance that is not normally naturally biosynthesized in the human body via the metabolic pathway.

1-androstenediol, 1-androstenedione, bolandiol, bolasterone, boldenone, boldione, calusterone, clotrebol, danazol, dehydrochlormethyltestosterone, desoxymethyltestosterone, drostanolone; ethylestrenol, fluoxymesterone; formebolone; furazabol, gestrinone, 4-hydroxytestosterone, mesterolone, metenolone, metenolone, methandienone, methandriol, methasterone, methylidenolone, methyl-1-testosterone, methylnortestosterone, methyltestosterone; metribolone, mibolerone; nandrolone; 19-norandrostenedione, norboletone, norclostebol, norethandrolone, oxabolone, oxandrolone, oxymesterone, oxymetholone, prostanol quinbolone, stanozolol, stenbolone, 1-testosterone, tetrahydrogestrinone, trenbolone, 19-norandrosterone, 19-noretiocholanolone.

Any other chemical compound, isomer, or metabolite related to the above compounds by similar chemical structure or by providing a similar biological effect(s) is also prohibited.

b. Endogenous AAS when administered exogenously.

**Definition:** “Endogenous” refers to a substance that is naturally biosynthesized in the human body via the metabolic pathway.

The following steroids listed herein are biosynthesized testosterone precursor compounds presented in the metabolic pathway of the testosterone production and other steroid hormones. These natural substances can be also synthesized by different chemical reactions for medical or other purposes.

5-Androstenediol, Androstenediol (androst-5-ene-3β, 17β-diol)

Progesterone (preg-4-ene-3, 20-dione)

Pregnenolone (3b-hydroxy-5-pregnen-20-one)
Androstenedione (androst-4-ene-3,17-dione)
Dehydroepiandrosterone, DHEA, prasterone (3β-Hidroxy-androst-5-en, 17β-one)
Testosterone (17β-hydroxyandrost-4-ene-3-one)
4-androstenediol (androst-4-ene-3β, 17β-diol)
Androst-4-ene-3α, 17α-diol
Androst-4-ene-3α, 17β-diol;
Androst-4-ene-3β, 17α-diol
Androst-5-ene-3α, 17α-diol
Androst-5-ene-3α, 17β-diol
Androst-5-ene-3β, 17α-diol

The following steroids listed are biosynthesized from cholesterol via different intermediate testosterone production and catabolism and can be used as 'masking agents' or other active hormones in the metabolic pathway. These steroids can be a metabolite of a testosterone precursor, testosterone metabolites and masking agents, which may include different isomers.

5-androstenedione (androst-5-ene-3, 17-dione)
Dihydrotestosterone, DHT (17β-hydroxy-5α-androstan-3-one)
Epi-dihydrotestosterone, (17α-hydroxy-5α-androstan-3-one)
Epitestosterone (17α-hydroxyandrost-4-en-3-one)
Androsterone (3α-hydroxy-5α-androstan-17-one)
Epi-androsterone (3β-hydroxy-5α-androstan-17-one)
Etiocholanolone (3α-hydroxy-5β-androstan-17-one)
Epi-etiocholanolone (3β-hydroxy-5β-androstan-17-one)
5α-androstane-3α, 17β-diol
5α-androstane-3β, 17α-diol
5α-androstane-3β, 17β-diol

Any other chemical compound related to the above compounds by similar chemical structure or by providing a similar biological effect(s) is also prohibited.

2. Other Anabolic Agents

The following anabolic substances listed are not limited to the mentioned common names or isomers or related compounds.

Clenbuterol, selective androgen receptor modulators (SARMs), tibolone, zeranol, zilpaterol.

Any other chemical compound related to the above compounds by similar chemical structure or by providing a similar biological effect(s) is also prohibited.
S2. PEPTIDE HORMONES, GROWTH FACTORS AND RELATED SUBSTANCES

The following substances and their releasing factors 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) in males

3. Insulins

4. Corticotrophins

5. Growth Hormone (GH), Insulin-like Growth Factor-1 (IGF-1), 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, vascularization, energy utilization, regenerative capacity or fiber type switching; and other substances with similar chemical structure or similar biological effect(s).

Any other chemical compound related to the above compounds by similar chemical structure or by providing a similar biological effect(s) is also prohibited.

S3. BETA-2 AGONISTS

All beta-2 agonists (including both optical isomers where relevant) are prohibited except salbutamol (maximum 1600 micrograms over 24 hours) and salmeterol when taken by inhalation in accordance with the manufacturers’ recommended therapeutic regime.

The presence in urine of salbutamol in excess of 1000 ng/mL or formoterol in excess of 30 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, formestane, 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: Peroxisome Proliferator Activated Receptor δ (PPARδ) agonists (e.g. GW 1516), PPARδ-AMP-activated protein kinase (AMPK) axis agonists (e.g. AICAR)

**S5. DIURETICS AND OTHER MASKING AGENTS**

Use of masking agents is prohibited. The family groups of masking agents include:

Diuretics, desmopressin, plasma expanders (e.g. glycerol, intravenous administration of albumin, dextran, hydroxyethyl starch and mannitol), probenecid, and other masking substances with similar biological effect(s). Local application of felypressin in dental anaesthesia is not prohibited.

Diuretics groups include:

Acetazolamide, amiloride, bumetanide, canrenone, chlorthalidone, 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) (except drosperinone, pamabrom and topical dorzolamide and brinzolamide, which are not prohibited).

The use of any quantity of a substance subject to threshold limits (i.e. salbutamol, morphine, cathine, ephedrine, methylephedrine and pseudoephedrine) in conjunction with a diuretic or other masking agent requires the application and approval of a specific Therapeutic Use Exemption (TUE) for that substance in addition to the one granted for the diuretic or other masking agent.
S6. STIMULANTS

All stimulants (including all optical isomers where relevant) are prohibited, except imidazole derivatives for topical use, bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradol, and synephrine.

Stimulants include:

Adrafinil, amfepramone, amiphenazole, amphetamine, amphetaminil, benfluorex, benzphetamine, benzylpiperazine, bromantan, clobenzorex, cocaine, cropropamide, crotetamide, dimethylamphetamine, etilamphetamine, famprofazone, fencamine, fenetylaine, fenfluramine, fenproporex, furfenorex, mephentermine, mesocarb, methamphetamine (d-), p-methylnalorphametamine, methylenedioxymethylamphetamine, modafinil, norfenfuramine, phendimetrazine, phenmetrazine, phentermine, 4-phenylpiracetam (carphedon), prenylamine, prolintane.

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

Cathine (Cathine is prohibited when its concentration in urine is greater than 5 micrograms per milliliter).

Ephedrine (Each of ephedrine and methylephedrine is prohibited when its concentration in urine is greater than 10 micrograms per milliliter).

Methylephedrine (Pseudoephedrine is prohibited when its concentration in urine is greater than 10 micrograms per milliliter).

Pseudoephedrine (Pseudoephedrine is prohibited when its concentration in urine is greater than 150 micrograms per milliliter).

Etamivan, etilefrine, fenbutrazate, fencamfamin, heptaminol, isomethephtene, levmetamfetamine, meclofenoxate, methylhexaneamine (dimethylpentylamine), methylphenidate, nikethamide, norfenefrine, octopamine, oxilofrine, parahydroxyamphetamine, pemoline, pentetrazol, phenpromethamine, propylhexedrine selegiline, sibutramine, strychnine, tuaminoheptane, and other substances with a similar chemical structure or similar biological effect(s).

S7. NARCOTICS

The following are prohibited:

Buprenorphine, dextromoramide, diamorphine (heroin), fentanyl and its derivatives, sufentanil, dromorphone, methadone, morphine, oxycodone, oxymorphone, pentazocine, pethidine, hydromorphone, remifentanil.
S8. GLUCOCORTICOSTEROIDS

All glucocorticosteroids are prohibited when administered by oral, intravenous, intramuscular or rectal routes including any related substance or chemical structure or isomer that provide similar biological effect(s).

The following lists are some examples of these substances:

Flunisolide, flocortolone, fludrocortisone, dexamethasone, prednisone, methylprednisolone, budesonide, flumethasone, fluticasone propionate, prednisolone, betamethasone, ciclesonide, hydrocortisone, beclomethasone, triamcinolone, desonide.

PROHIBITED METHODS

M1. MANIPULATION OF BLOOD AND BLOOD COMPONENTS

The following methods are prohibited:

1. Blood doping, including the administration or reintroduction of any quantity of autologous, 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 (RSR13) and modified hemoglobin products (e.g. hemoglobin-based blood substitutes, microencapsulated hemoglobin 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 methods are prohibited:

1. Tampering, or attempting to tamper, in order to alter the integrity and validity of Samples collected during Doping Control is prohibited. These include but are not limited to catheterization, urine substitution and/or adulteration (e.g. proteases).

2. Intravenous infusions are prohibited except for those legitimately received in the
course of hospital admissions or clinical investigations.

3. Sequential withdrawal, manipulation and reinfusion of whole blood into the circulatory system are prohibited.

**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.