

International Olympic Committee
Medical Commission

PROHIBITED CLASSES OF SUBSTANCES AND PROHIBITED METHODS

January 1996

Antagen av RF:s Dopingkommission med giltighet fr.o.m. 96-05-01

Doping contravenes the ethics of both sport and medical science.

Doping consists of:

1. The administration of substances belonging to prohibited classes of pharmacological agents and/or
2. The use of various doping methods.

I. PROHIBITED CLASSES OF SUBSTANCES

- A. Stimulants
- B. Narcotics
- C. Anabolic Agents
- D. Diuretics
- E. Peptide and glycoprotein hormones and analogues

II. DOPING METHODS

- A. Blood doping
- B. Pharmacological, chemical and physical manipulation

III. CLASSES OF DRUGS SUBJECT TO CERTAIN RESTRICTIONS

- A. Alcohol
- B. Marijuana
- C. Local anæsthetics
- D. Corticosteroids
- E. Beta-blockers

Article I: PROHIBITED CLASSES OF SUBSTANCES

Prohibited substances fall into the following classes of substances:

- A. Stimulants
- B. Narcotics
- C. Anabolic Agents
- D. Diuretics
- E. Peptide and glycoprotein hormones and analogues

A. Stimulants

Prohibited substances in class (a) include the following examples:

amiphenazole
amphetamines
amineptine
caffeine *
cocaine
ephedrine
fencamfamin
mesocarbe
pentylentetrazol
pipradol
salbutamol **
salmeterol **
terbutaline **
 ... and related substances

* For caffeine the definition of a positive depends on the concentration of caffeine in the urine. The concentration in urine may not exceed 12 micrograms per milliliter.

** Permitted by inhaler only and must be declared in writing, prior to the competition to the relevant medical authority¹⁾

NOTE: All imidazole preparations are acceptable for topical use, e.g. oxymetazoline. Vasoconstrictors (e.g. adrenaline) may be administered with local anaesthetic agents. Topical preparations (e.g. nasal ophthalmological) of phenylephrine are permitted.

1) Inom svensk idrott tillämpas anmälningsplikten enligt följande:

Inhalation av salbutamol, salmeterol och/eller terbutalin skall för att vara tillåtet vid anmodan kunna styrkas med giltigt recept eller läkarintyg ej äldre än tre år.

B. Narcotic analgesics

Prohibited substances in class (b) include the following examples:

dextromoramide
dextropropoxyphen
diamorphine (heroin)
methadone
morphine
pentazocine
pethidine
 ... and related substances

NOTE: Codein, dextromethorphan, dihydrocodein, diphenoxylate and pholcodine are permitted.

C. Anabolic agents

The Anabolic class includes anabolic androgenic steroids (AAS) and Beta-2 agonists.

Prohibited substances in class (c) include the following examples:

1. Anabolic androgenic steroids (AAS)

clostebol
fluoxymesterone
metandienone
metenolone
nandrolone
oxandrolone
stanozolol
*testosterone**
 ... and related substances

- The presence of a testosterone (T) to epitestosterone (E) ratio greater than six (6) to one (1) in the urine of a competitor constitutes an offence unless there is evidence that this ratio is due to a physiological or pathological condition, e.g. low epitestosterone excretion, androgen production of tumor, enzyme deficiencies.

In the case of T/E higher than 6, it is mandatory that the responsible authority conduct an investigation before the sample is declared positive. A full report will be written and will include a review of previous, subsequent tests and any results of endocrine investigations. In the event that previous tests are not available, the athlete should be tested unannounced at least once per month for three months. The results of these investigations should be included in the report. Failure to cooperate in the investigations will result in declaring the sample positive.

2. Beta-2 agonists

clenbuterol

salbutamol

terbutaline

salmeterol

fenoterol

... and related substances

D. Diuretics

Prohibited substances in class (d) include the following examples:

acetazolamide

bumentanide

chlortalidone

ethacrynic acid

furosemide

hydrochlorothiazide

mannitol

mersalyl

spironolactone

triamterene

... and related substances

E. Peptide and glycoprotein hormones and analogues

Prohibited substances in class (e) include the following examples:

1. *Chorionic Gonatrophin (HCG -human chorionic gonadotrophin)*
2. *Corticotrophin (ACTH)*
3. *Growth hormone (HGH, somatotrophin)*
- ... and all the respective releasing factors for such substances.
4. *Erythropoietin (EPO)*

Article II: PROHIBITED METHODS

The following procedures are prohibited:

Blood doping

Blood transfusion is the administration of blood, red blood cells and related blood products to an athlete. This procedure may be preceded by withdrawal of blood from the athlete who continues to train in this blood depleted state.

Pharmacological, chemical and physical manipulation

Pharmacological, chemical and physical manipulation is the use of substances and of methods which alter, attempt to alter or may reasonably be expected to alter the integrity and validity of urine samples used in doping controls, including, without limitation, catheterisation, urine substitution and/or tampering, inhibition of renal excretion such as by probenecid and related compounds and testosterone application.

The success or failure of the use of a prohibited substance or method is not material. It is sufficient that the said substance or procedure was used or attempted for the infraction to be considered as consummated.

Article III: CLASSES OF DRUGS SUBJECT TO CERTAIN RESTRICTIONS

A. Alcohol

In agreement with the International Sports Federations and the responsible authorities, tests may be conducted for ethanol. The results may lead to sanctions.

B Marijuana

In agreement with the International Sports Federations and the responsible authorities, tests may be conducted for cannabinoids (Marijuana, Hashish ...). The results may lead to sanction.

C. Local anaesthetics

Injectable local anaesthetics are permitted under the following conditions:

- a. that bupivacaine, lidocaine, mepivacaine, procain, etc. are used but not cocaine. Vasoconstrictor agents (e.g. adrenaline) may be used in conjunction with local anaesthetics.
- b. only local or intraarticular injections may be administered;
- c. only when medically justified (e.g. the details including diagnosis, dose and route of administration must be submitted prior to the competition or immediately, if administered during the competition, in writing to the relevant medical authority). ²⁾

²⁾ Inom svensk idrott tillämpas denna anmälningsplikt enligt följande:

Bruk av lokalbedövningsmedel enligt ovan skall för att vara tillåtet vid anmodan kunna styrkas med läkarintyg.

D. Corticosteroids

The use of corticosteroids is banned except:

- a) for topical use (aural, dermatological and ophthalmological) but not rectal;
- b) by inhalation;
- c) by intra-articular or local injections.

The IOC Medical Commission has introduced mandatory reporting of athletes requiring corticosteroids by inhalation during competition.

Any team doctor wishing to administer corticosteroids by local or intraarticular injection, or by inhalation, to a competitor must give written notification to the relevant medical authority³⁾

³⁾ Inom svensk idrott tillämpas denna anmälningsplikt enligt följande:

Bruk av kortikosteroider - i form av lokal eller intraartikulär injektion, eller för inhalation eller sprayningar i näsan - skall för att vara tillåtet vid anmodan kunna styrkas med giltigt recept eller läkarintyg ej äldre än tre år.

E. Beta-blockers e.g.

Some examples of betablockers are:

acebutolol

alprenolol

atenolol

labetalol

metoprolol

nadolol

oxprenolol

propranolol

sotalol

... and related substances

Article IV

Except as specifically otherwise provided in the IOC Medical Code, the detected presence of any amount of substances in classes (a), (b), (c) (d) and (e) in respect of a test conducted in connection with a competition shall constitute a definitive case of doping. The quantity of the substance detected is not material to a definitive case of doping.

Article V

The detected presence of ephedrine, pseudoephedrine, phenylpropanolamine and cathine in respect of a test conducted in connection with a competition shall constitute prima facie case of doping. The person affected shall have the opportunity to rebut the presumption of doping by providing evidence that the substance was present under circumstances which, on a balance of probabilities, including the quantity of substance detected, would support a conclusion that doping was neither intended, nor the result of gross negligence, willful negligence nor imprudence. In all cases, the onus of rebutting the presumption of doping, when the substance has been detected, shall rest with the person affected.

Article VI

Out-of-competition testing is directed solely at prohibited substances in classes (c), (d) and (e). The only Positive results for purposes of out-of-competition testing and the application of the IOC Medical Code will be in respect of such classes of prohibited substances and pharmacological, chemical and physical manipulation (see II b).

Expanded list of examples

CAUTION: This is not an exhaustive list of banned substances. It is provided only to give the reader a more comprehensive list of banned substances. Many substances that do not appear on this expanded list are considered banned under the term "and related substances".

Stimulants

amfepramone
amineptine
amphetamine
caffeine
cathine
cocaine
cropropamide
crothetamide
ephedrine
etamivan
etilamphetamine
etilefrine
fencamfamin
fenetylline
fenfluramine
heptaminol
mdea
mefenorex
mephentermine
mesocarbe
methamphetamine
methoxyphenamine
methylephedrine
methylphenidate
nikethamide
norphenfluramine
parahydroxyamphetamine
pemoline
phendimetrazine
phentermine
phenylephedrine
phenylpropanolamine
pholedrine
prolintane
propylhexedrine
pseudoephedrine
salbutamol
strychnine

Narcotics

dextropropoxyphen
ethylmorphine
hydrocodone
morphine
pentazocine
pethidine
propoxyphene

1) Anabolic steroids

2) Beta-2 agonists

boldenone
clenbuterol
clostebol
danazol
dehydrochlormethyltest.
dihydrotestosterone
drostanolone
fluoxymesterone
formebolone
mesterolone
metandienone
metenolone
methandriol
methyltestosterone
nandrolone
norethandrolone
oxandrolone
oxymesterone
oxymetholone
stanozolol
testosterone
trenbolone

Beta blockers

acebutolol
alprenolol
atenolol
betaxolol
bisoprolol
bunolol
metoprolol
oxprenolol
propranolol
sotalol

Diuretics

acetazolamide
bendroflumethiazide
bumentanide
canrenone
chlortalidone
furosemide
hydrochlorothiazide
indapamide
spironolactone
triamterene

Masking agents

epitestosterone
probenecid

Peptide Hormones

HCG
hGH
erythropoietin
ACTH