JADCO
Jamaica Anti-Doping Commission

Committed to the Fight Against Doping in Sport

2021
PROHIBITED LIST

In partnership with

WORLD
ANTI-DOPING
AGENCY
play true

The World Anti-Doping Agency (WADA) was established in 1999 as an international, independent agency composed and funded equally by the Sports Movement and Governments of the world. Its key activities include scientific research, education, developing of anti-doping capacities and monitoring of the World Anti-Doping Code (Code) – the document harmonizing anti-doping policies in all sport and all countries.

The Jamaica Anti-Doping Commission (JADCO) is the National Anti-Doping Organization designated by the Government of Jamaica as the agency responsible for regulating and controlling doping in sport. JADCO has several functions including creating anti-doping rules, disseminating information, implementing public education programmes and testing athletes.

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Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g.

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SUBSTANCES & METHODS PROHIBITED IN-COMPETITION

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Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. heart failure, hypertension.

THE 2021 PROHIBITED LIST WORLD ANTI-DOPI

VALID 1 JANUARY 2021

Introduction

The *Prohibited List* is a mandatory *International Standard* a
World Anti-Doping Program.

The *List* is updated annually following an extensive
process facilitated by *WADA*. The effective date of th
January 2021.

The official text of the *Prohibited List* shall be maintained b
shall be published in English and French. In the event of
between the English and French versions, the English
prevail.

Below are some terms used in this *List of Prohibited Sul*
Prohibited Methods.

Prohibited In-Competition

Subject to a different period having been approved by
given sport, the *In-Competition* period shall in principle b
commencing just before midnight (at 11:59 p.m.) on the
Competition in which the *Athlete* is scheduled to particip
end of the *Competition* and the *Sample* collection process

Prohibited at all times

This means that the substance or method is prohibited *In*
Out-of-Competition as defined in the *Code*.

Specified and non-Specified

As per Article 4.2.2 of the *World Anti-Doping Code*, "for
the application of Article 10, all *Prohibited Substances* shal
Substances except as identified on the *Prohibited List*. N
Method shall be a *Specified Method* unless it is specifically
a *Specified Method* on the *Prohibited List*". As per the com
article, "*the Specified Substances* and *Methods* identified in

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Article 4.2.2

should not in any way be considered less important or less dangerous than other doping substances or methods. Rather, they are simply substances and methods which are more likely to have been consumed or used by an *Athlete* for a purpose other than the enhancement of sport performance."

Substances of Abuse

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).

S0 NON-APPROVED SUBSTANCES

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited substances in this class are *Specified Substances.*

Any pharmacological substance which is not addressed by any of the subsequent sections of the *List* and with no current approval by any governmental regulatory health authority for human therapeutic use (e.g. drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is prohibited at all times.

S1 ANABOLIC AGENTS

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited substances in this class are non-*Specified Substances.*

Anabolic agents are prohibited.

1. ANABOLIC ANDROGENIC STEROIDS (AAS

When administered exogenously, including but no

- 1-Androstenediol (5α-androst-1-ene-3β, 17β-d
- 1-Androstenedione (5α-androst-1-ene-3, 17-di
- 1-Androsterone (3α-hydroxy-5α-androst-1-ene
- 1-Epiandrosterone (3β-hydroxy-5α-androst- 1-
- 1-Testosterone (17β-hydroxy-5α-androst-1- en
- 4-Androstenediol (androst-4-ene-3β,17β- diol)
- 4-Hydroxytestosterone (4,17β-dihydroxyandro
- 5-Androstenedione (androst-5-ene-3,17- dione
- 7α-hydroxy-DHEA
- 7β-hydroxy-DHEA
- 7-Keto-DHEA
- 19-Norandrostenediol (estr-4-ene-3,17-diol)
- 19-Norandrostenedione (estr-4-ene-3,17- dion
- Androstanolone (5α-dihydrotestosterone, 17β-
5α-androstan-3-one)
- Androstenediol (androst-5-ene-3β,17β-diol)
- Androstenedione (androst-4-ene-3,17- dione)
- Bolasterone
- Boldenone
- Boldione (androsta-1,4-diene-3,17-dione)
- Calusterone
- Clostebol
- Danazol ([1,2]oxazolo[4',5':2,3]pregna-4-en- 20
- Dehydrochlormethyltestosterone (4-chloro-17
hydroxy-17α-methylandrosta-1,4-dien- 3-one)
- Desoxymethyltestosterone (17α-methyl-5α-an
ol and 17α-methyl-5α- androst-3-en-17β-ol)
- Drostanolone
- Epiandrosterone (3β-hydroxy-5α-androstan-17
- Epi-dihydrotestosterone (17β-hydroxy-5β-andr
- Epitestosterone
- Ethylestrenol (19-norpregna-4-en-17α-ol)
- Fluoxymesterone

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-3-one)

st-4-en-3-one)
e)

e)
-hydroxy-

-yn-17α-ol)
β-

drost-2-en-17β-

7-one)
rostan- 3-one)

- Formebolone
- Furazabol (17α-methyl [1,2,5] oxadiazolo[3',4':2,3]-5α-androstan-17β-ol)
- Gestrinone
- Mestanolone
- Mesterolone
- Metandienone (17β-hydroxy-17α-methylandrosta-1,4-dien-3-one)
- Metenolone
- Methandriol
- Methasterone (17β-hydroxy-2α,17α- dimethyl-5α-androstan-3-one)
- Methyl-1-testosterone (17β-hydroxy-17α- methyl-5α-androst-1-en-3-one)
- Methylclostebol
- Methyldienolone (17β-hydroxy-17α-methylestra-4,9-dien-3-one)
- Methylnortestosterone (17β-hydroxy-17α- methylestr-4-en-3-one)
- Methyltestosterone
- Metribolone (methyltrienolone, 17β-hydroxy-17α-methylestra-4,9,11-trien-3-one)
- Mibolerone
- Nandrolone (19-nortestosterone)
- Norboletone
- Norclostebol (4-chloro-17β-ol-estr-4-en-3- one)
- Norethandrolone
- Oxabolone
- Oxandrolone
- Oxymesterone
- Oxymetholone
- Prasterone (dehydroepiandrosterone, DHEA, 3β-hydroxyandrost-5-en-17-one)
- Prostanozol (17β-[(tetrahydropyran-2-yl) oxy]-1'H-pyrazolo[3,4:2,3]-5α-androstane)
- Quinbolone
- Stanozolol
- Stenbolone
- Testosterone
- Tetrahydrogestrinone (17-hydroxy-18a- h pregna-4,9,11-trien-3- one)
- Trenbolone (17β-hydroxyestr-4,9,11-trien

and other substances with a similar chemica biological effect(s).

2. OTHER ANABOLIC AGENTS

Including, but not limited to:

Clenbuterol, selective androgen receptor mo e.g. andarine, LGD-4033 (ligandrol), enobosa RAD140], tibolone, zeranol and zilpaterol.

S2 PEPTIDE HORMONES, G FACTORS, RELATED SUB AND MIMETICS

PROHIBITED AT ALL TIMES (IN- AND OU

All prohibited substances in this class are *Substances.*

The following substances, and other substan chemical structure or similar biological effec

1. ERYTHROPOIETINS (EPO) AND AGEN ERYTHROPOIESIS

nomo-19-nor-17α-

n-3- one)

l structure or similar

odulators [SARMs,
rm (ostarine) and

ROWTH
STANCES,

T-OF-COMPETITION)

e *non-Specified*

nces with similar
t(s), are prohibited.

TS AFFECTING

Including, but not limited to:

- **1.1** Erythropoietin receptor agonists, e.g. darbepoetins (dEPO); erythropoietins (EPO); EPO-based constructs [e.g. EPO-Fc, methoxy polyethylene glycol-epoetin beta (CERA)]; EPO-mimetic agents and their constructs (e.g. CNTO-530, peginesatide).
- **1.2** Hypoxia-inducible factor (HIF) activating agents, e.g. cobalt; daprodustat (GSK1278863); IOX2; molidustat (BAY 85-3934); roxadustat (FG-4592); vadadustat (AKB-6548); xenon.
- **1.3** GATA inhibitors, e.g. K-11706.
- **1.4** Transforming growth factor beta (TGF-β) signalling inhibitors, e.g. luspatercept; sotatercept.
- **1.5** Innate repair receptor agonists, e.g. asialo EPO; carbamylated EPO (CEPO).

2. PEPTIDE HORMONES AND THEIR RELEASING FACTORS

- **2.1** Chorionic gonadotrophin (CG) and luteinizing hormone (LH) and their releasing factors in males, e.g. buserelin, deslorelin, gonadorelin, goserelin, leuprorelin, nafarelin and triptorelin.
- **2.2** Corticotrophins and their releasing factors, e.g. corticorelin.
- **2.3** Growth hormone (GH), its fragments and releasing factors, including, but not limited to: growth hormone fragments, e.g. AOD-9604 and hGH 176-191; growth hormone-releasing hormone (GHRH) and its analogues, e.g. CJC-1293, CJC-1295, sermorelin and tesamorelin; growth hormone secretagogues (GHS), e.g. lenomorelin (ghrelin) and its mimetics, e.g. anamorelin, ipamorelin, macimorelin and tabimorelin; GH-releasing peptides (GHRPs), e.g. alexamorelin, GHRP-1, GHRP-2 (pralmorelin), GHRP-3, GHRP-4, GHRP-5, GHR
(hexarelin).

3. GROWTH FACTORS AND GRO MODULATORS

Including, but not limited to:

- Fibroblast growth factors (FGFs)
- Hepatocyte growth factor (HGF)
- Insulin-like growth factor 1 (IGF-
- Mechano growth factors (MGFs)
- Platelet-derived growth factor (P
- Thymosin-β4 and its derivatives
- Vascular endothelial growth fact

and other growth factors or growth
muscle, tendon or ligament protein
vascularisation, energy utilization, re
type switching.

S3 BETA-2 AGONISTS

PROHIBITED AT ALL TIMES (IN
All prohibited substances in this class

All selective and non-selective beta-
optical isomers, are prohibited.

Including, but not limited to:

- Arformoterol
- Fenoterol
- Formoterol
- Higenamine

RP-6, and examorelin

WTH FACTOR

1) and its analogues

DGF)
e.g. TB-500
or (VEGF)

factor modulators affecting
synthesis/degradation,
egenerative capacity or fibre

N- AND OUT-OF-COMPETITION)
s are *Specified Substances.*

2 agonists, including all

Indacaterol
Levosalbutamol
Olodaterol
Procaterol

- Reproterol
- Salbutamol
- Salmeterol
- Terbutaline
- Tretoquinol (trimetoquinol)
- Tulobuterol
- Vilanterol

EXCEPTIONS

- Inhaled salbutamol: maximum 1600 micrograms over 24 hours in divided doses not to exceed 800 micrograms over 12 hours starting from any dose;
- Inhaled formoterol: maximum delivered dose of 54 micrograms over 24 hours;
- Inhaled salmeterol: maximum 200 micrograms over 24 hours;
- Inhaled vilanterol: maximum 25 micrograms over 24 hours.

NOTE

The presence in urine of salbutamol in excess of 1000 ng/mL or formoterol in excess of 40 ng/mL is not consistent with therapeutic use of the substance and will be considered as an *Adverse Analytical Finding (AAF)* unless the *Athlete* proves, through a controlled pharmacokinetic study, that the abnormal result was the consequence of a therapeutic dose (by inhalation) up to the maximum dose indicated above.

S4 HORMONE AND METABOLIC MODULATORS

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

Prohibited substances in classes S4.1 and S4.2 are *Specified Substances.* Those in classes S4.3 and S4.4 are non-*Specified Substances.*

The following hormone and metabolic modulators are prohibited.

1. AROMATASE INHIBITORS

Including, but not limited to:

- 2-Androstenol (5α-androst-2-en-17-ol)
- 2-Androstenone (5α-androst-2-en-17-one)
- 3-Androstenol (5α-androst-3-en-17-ol)
- 3-Androstenone (5α-androst-3-en-17-one)
- 4-Androstene-3,6,17 trione (6-oxo)
- Aminoglutethimide
- Anastrozole
- Androsta-1,4,6-triene-3,17-dione (androstatrienedione)
- Androsta-3,5-diene-7,17-dione (arimistane)
- Exemestane
- Formestane
- Letrozole
- Testolactone

2. ANTI-ESTROGENIC SUBSTANCES [ANTI-ESTROGENS AND SELECTIVE ESTROGEN RECEPTOR MODULATORS (SERMS)]

Including, but not limited to:

- Bazedoxifene
- Clomifene
- Cyclofenil
- Fulvestrant
- Ospemifene
- Raloxifene
- Tamoxifen
- Toremifene

3. AGENTS PREVENTING ACTIVIN RECEPTOR IIB ACTIVATION

Including, but not limited to:

- Activin A-neutralizing antibodies
- Activin receptor IIB competitors such as:
  - Decoy activin receptors (e.g. ACE-031)
- Anti-activin receptor IIB antibodies (e.g. bimagrumab)
- Myostatin inhibitors such as:
  - Agents reducing or ablating myostatin expression
  - Myostatin-binding proteins (e.g. follistatin, myostatin propeptide)
  - Myostatin-neutralizing antibodies (e.g. domagrozumab, landogrozumab, stamulumab)

4. METABOLIC MODULATORS

4.1 Activators of the AMP-activated protein kinase (AMPK), e.g. AICAR, SR9009; and peroxisome proliferator-activated receptor delta (PPARδ) agonists, e.g. 2-(2-methyl-4-((4-methyl-2-(4-(trifluoromethyl)phenyl)thiazol-5-yl)methylthio) phenoxy) acetic acid (GW1516, GW501516)

4.2 Insulins and insulin-mimetics

4.3 Meldonium

4.4 Trimetazidine

S5 DIURETICS AND MASKING AGENTS

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited substances in this class are *Specified Substances.*

The following diuretics and masking agents are prohibited, as are other substances with a similar chemical structure or similar biological effect(s).

Including, but not limited to:

- Desmopressin; probenecid; plasma expanders, e.g. intravenous administration of albumin, dextran, hydroxyethyl starch and mannitol.

- Acetazolamide; amiloride; bumetanide; canrenone; chlortalidone; etacrynic acid; furosemide; indapamide; metolazone; spironolactone; thiazides, e.g. bendroflumethiazide, chlorothiazide and hydrochlorothiazide; triamterene and vaptans, e.g. tolvaptan.

EXCEPTIONS

- Drospirenone; pamabrom; and topical ophthalmic administration of carbonic anhydrase inhibitors (e.g. dorzolamide, brinzolamide);
- Local administration of felypressin in dental anaesthesia.

NOTE

The detection in an *Athlete's Sample* at all times or *In-Competition*, as applicable, of any quantity of the following substances subject to threshold limits: formoterol, salbutamol, cathine, ephedrine, methylephedrine and pseudoephedrine, in conjunction with a diuretic or masking agent, will be considered as an *Adverse Analytical Finding (AAF)* unless the *Athlete* has an approved *Therapeutic Use Exemption (TUE)* for that substance in addition to the one granted for the diuretic or masking agent.

PROHIBITED METHODS

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited methods in this class are non-*Specified* except methods in M2.2. which are *Specified Methods.*

M1. MANIPULATION OF BLOOD AND BLOOD COMPONENTS

The following are prohibited:

1. The *Administration* or reintroduction of any quantity of autologous, allogenic (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 haemoglobin products, e.g. haemoglobin-based blood substitutes and microencapsulated haemoglobin produc excluding supplemental oxygen by inhalation.

3. Any form of intravascular manipulation of the blood or blood components by physical or chemical means.

M2. CHEMICAL AND PHYSICAL MANIPULATION

The following are prohibited:

1. *Tampering*, or *Attempting to Tamper*, to alter the integrity and validity of *Samples* collected during *Doping Control*.

   Including, but not limited to:
   Sample substitution and/or adulteration, e.g. addition of proteases to *Sampl*e.

2. Intravenous infusions and/or injections of more than a total of 100 mL per 12-hour period except for those legitimately received in the course of hospital treatments, surgical procedures or clinical diagnostic investigations.

ts,

M3. GENE AND CELL DOPING

The following, with the potential to enhance sport performance, are prohibited:

1. The use of nucleic acids or nucleic acid analogues that may alter genome sequences and/ or alter gene expression by any mechanism. This includes but is not limited to gene editing, gene silencing and gene transfer technologies.
2. The use of normal or genetically modified cells.

S6 STIMULANTS

PROHIBITED IN-COMPETITION

All prohibited substances in this class are *Specified Substances* except those in S6.A, which are non-*Specified Substances.*

Substances of Abuse in this section: cocaine and methylenedioxymethamphetamine (MDMA / “ecstasy”)

All stimulants, including all optical isomers, e.g. *d- and l-* where relevant, are prohibited. Stimulants include:

A: NON-SPECIFIED STIMULANTS

- Adrafinil
- Amfepramone
- Amfetamine
- Amfetaminil
- Amiphenazole
- Benfluorex
- Benzylpiperazine
- Bromantan
- Clobenzorex
- Cocaine
- Cropropamide
- Crotetamide
- Fencamine
- Fenetylline
- Fenfluramine
- Fenproporex
- Fonturacetam [4-phenylpiracetam (carphedon)]
- Furfenorex
- Lisdexamfetamine
- Mefenorex

A stimulant not expressly listed in
Substance.

B: SPECIFIED STIMULANTS

Including, but not limited to:

- 3-Methylhexan-2-amine (1,2-dimethylpentylamine)
- 4-Methylhexan-2-amine (methylhexaneamine)
- 4-Methylpentan-2-amine (1,3-dimethylbutylamine)
- 5-Methylhexan-2-amine (1,4-dimethylpentylamine)
- Benzfetamine
- Cathine**
- Cathinone and its anlogues, e.g. mephedrone, methedrone, and α - pyrrolidinovalerophenone
- Dimetamfetamine (dimethylamphetamine)

Mephentermine
Mesocarb
Metamfetamine*(d-)*
p-methylamfetamine
Modafinil
Norfenfluramine
Phendimetrazine
Phentermine
Prenylamine
Prolintane

this section is a *Specified*

Ephedrine***
Epinephrine****
(adrenaline)
Etamivan
Etilamfetamine
Etilefrine
Famprofazone
Fenbutrazate
Fencamfamin
Heptaminol
Hydroxyamfetamine
(parahydroxyamphetamine)
Isometheptene
Levmetamfetamine
Meclofenoxate
Methylenedioxymethamphetamine

- Methylephedrine***
- Methylphenidate
- Nikethamide
- Norfenefrine
- Octodrine (1,5-dimethylhexylamine)
- Octopamine
- Oxilofrine (methylsynephrine)
- Pemoline
- Pentetrazol
- Phenethylamine and its derivatives

- Phenmetrazine
- Phenpromethamine
- Propylhexedrine
- Pseudoephedrine*****
- Selegiline
- Sibutramine
- Strychnine
- Tenamfetamine (methylenedioxyamphetamine)
- Tuaminoheptane

and other substances with a similar chemical structure or similar biological effect(s).

ⓘ EXCEPTIONS

- Clonidine;
- Imidazole derivatives for dermatological, nasal or ophthalmic use (e.g. brimonidine, clonazoline, fenoxazoline, indanazoline, naphazoline, oxymetazoline, xylometazoline) and those stimulants included in the 2021 Monitoring Program*.

* Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol, and synephrine: These substances are included in the 2021 Monitoring Program and are not considered Prohibited Substances.
** Cathine: Prohibited when its concentration in urine is greater than 5 micrograms per millilitre.
*** Ephedrine and methylephedrine: Prohibited when the concentration of either in urine is greater than 10 micrograms per millilitre.

**** Epinephrine (adrena
e.g. nasal, ophthalmologi
agents.
***** Pseudoephedrine:
greater than 150 microgr

S7 NARCOT

PROHIBITED IN-CO
All prohibited substan
Substance of Abuse in t

The following narcotics,
d- and *l-* where relevant

- Buprenorphine
- Dextromoramide
- Diamorphine (heroin)
- Fentanyl and its derivatives
- Hydromorphone
- Methadone

S8 CANNAB

PROHIBITED IN-CO
All prohibited substan
Substance of Abuse in t

All natural and synthetic

- In cannabis (hashish
- Natural and syntheti

aline): Not prohibited in local administration, c, or co-administration with local anaesthetic

Prohibited when its concentration in urine is rams per millilitre.

ICS

MPETITION

ces in this class are *Specified Substances.* this section: diamorphine (heroin)

including all optical isomers, e.g. , are prohibited.

- Morphine
- Nicomorphine
- Oxycodone
- Oxymorphone
- Pentazocine
- Pethidine

INOIDS

MPETITION

ces in this class are *Specified Substances.* his section: tetrahydrocannabinol (THC)

c cannabinoids are prohibited, e.g.

, marijuana) and cannabis products
ic tetrahydrocannabinols (THCs)

- Synthetic cannabinoids that mimic the effects of THC

EXCEPTIONS

- Cannabidiol

S9 GLUCOCORTICOIDS

PROHIBITED IN-COMPETITION

All prohibited substances in this class are *Specified Substances.*

All glucocorticoids are prohibited when administered by oral, intravenous, intramuscular or rectal route.

Including, but not limited to:

- Beclometasone
- Betamethasone
- Budesonide
- Ciclesonide
- Cortisone
- Deflazacort
- Dexamethasone
- Flucortolone
- Flunisolide
- Fluticasone
- Hydrocortisone
- Methylprednisolone
- Mometasone
- Prednisolone
- Prednisone
- Triamcinolone acetonide

P1 BETA-BLOCKERS

PROHIBITED IN PARTICULAR SPORTS

All prohibited substances in this class are *Specified Substances.*

Beta-blockers are prohibited *In-Competition* only, in the following sports, and also prohibited *Out-of-Competition* where indicated (*).

- Archery (WA)*
- Automobile (FIA)
- Billiards (all disciplines) (WCBS)
- Darts (WDF)
- Golf (IGF)
- Shooting (ISSF, IPC)*
- Skiing/Snowboarding (FIS) in ski jumping, freestyle aerials/halfpipe and snowboard halfpipe/big air
- Underwater sports (CMAS) in constant-weight apnoea with or without fins, dynamic apnoea with and without fins, free immersion apnoea, Jump Blue apnoea, spearfishing, static apnoea, target shooting, and variable weight apnoea

*Also prohibited *Out-of-Competition*

Including, but not limited to:

- Acebutolol
- Alprenolol
- Atenolol
- Betaxolol
- Bisoprolol
- Bunolol
- Carteolol
- Carvedilol
- Celiprolol
- Esmolol
- Labetalol
- Metipranolol
- Metoprolol
- Nadolol
- Nebivolol
- Oxprenolol
- Pindolol
- Propranolol
- Sotalol
- Timolol

JADCO
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