

2023 PROHIBITED LIST

In partnership with



The World Anti-Doping Agency (WADA) was established in asthma and other respiratory disorders. 1999 as an international, independent agency composed ar funded equally by the Sports Movement and Government of the world. Its key activities include scientific researc education, developing of anti-doping capacities and monitoring of the World Anti-Doping Code (Code) - the S5 Diuretics and masking agents 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.

TABLE OF CONTENTS

S7 Narcotics Please note that the list of examples of medical conditions below is not inclusive

SUBSTANCES & METHODS PROHIBITED AT ALL TIMES from musculoskeletal injuries.

SO Non-approved substances

and mimetics

anaemia, male hypogonadism, growth hormone deficiency

4 Hormone and metabolic modulators

Some of these substance(s) may be found, without limitation in medications used for the treatment of e.g. breast cancer diabetes, infertility (female), polycystic ovarian syndrome

Some of these substance(s) may be found, without limitation in medications used for the treatment of e.g. heart failure, process facilitated by WADA. The effective date of the List is C

Some of these substance(s) may be found, without limitation,

Prohibited Methods for the treatment of e.g. anaphylaxis, attention deficit

Some of these substance(s) may be found, without limitation given sport, the In-Competition period shall in principle be the period in medications used for the treatment of e.g. pain, including commencing just before midnight (at 11:59 p.m.) on the day before a

S8 Cannabinoids

S9 Glucocorticoids

Some of these substance(s) may be found, without

for the treatment of e.g. male hypogonadism

P1 Beta-blockers Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g.

3 Beta-2 agonists

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

The Prohibited List is a mandatory International Standard as part of the

World Anti-Doping Program. The List is updated annually following an extensive consultat

The official text of the Prohibited List shall be maintained by WAD

Some of these substance(s) may be found, without limitatio medications used for the treatment of e.g. allergy, anaphylaxis asthma, inflammatory bowel disease.

limitation, in medications used

2 Peptide hormones, growth factors, related substances

VALID 1 IANUARY 2023

January 2023

hyperactivity disorders (ADHD), cold and influenza symptoms

Subject to a different period having been approved by WADA for a

This means that the substance or method is prohibited In- and Out-o

LIRSTANCES PROHIBITED IN PARTICUL AR SPORTS

hypertension

in medications used for the treatment of e.g. heart failure, a Specified Method on the Prohibited List". As per the comment to the

THE 2023 PROHIBITED LIST WORLD ANTI-DOPING CO than other doping substances or methods. Rather, they are simply

substances and methods which are more likely to have been consume or used by an Athlete for a purpose other than the enhancement

4-Androstenediol (androst-4-ene-3ß, 17ß-diol)

When administered exogenously, including but not limited to 1-Androstenediol (5g-androst-1-ene-3ß.17ß-diol)

Pursuant to Article 4.2.3 of the Code. Substances of Abuse are substance

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), methylenedioxymethamphetamin

(e.g. drugs under pre-clinical or clinical development or discontinued

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

prohibited substances in this class are non-Specified

designer drugs, substances approved only for veterinary use) is

and shall be published in English and French. In the event of any conflict between the English and French versions, the English version

Below are some terms used in this List of Prohibited Substances and PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

limited to BPC-157

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 us Competition in which the Athlete is scheduled to participate until the

end of the Competition and the Sample collection process.

prohibited at all times. This class covers many different substances including but not Competition as defined in the Code

As per Article 4.2.2 of the World Anti-Doning Code, "for purpose

article "the Specified Substances and Methods identified in Article 4.2.

should not in any way be considered less important or less dangerous

Specified and non-Specifie

the application of Article 10, all Prohibited Substances shall be Specified Some of these substance(s) may be found without limitation Substances except as identified on the Prohibited List. No Prohibited Method shall be a Specified Method unless it is specifically identified a

1. ANABOLIC ANDROGENIC STEROIDS (AAS)

1-Androstenedione (5g-androst-1-ene-3,17-dione) 1-Epiandrosterone (3ß-hydroxy-5g-androst-1-ene-17-one) 1-Testosterone (17ß-hydroxy-5g-androst-1-en-3-one) (MDMA/"ecstasy"), tetrahydrocannabinol (THC).

4-Hydroxytestosterone (4.17R-dihydroxyandrost-4-en-3-one 5-Androstenedione (androst-5-ene-3.17-dione)

7ß-hydroxy-DHFA

androstan-3-one)

Boldenone

- 7-Keto-DHFA 17g-methylepithiostanol (epistane) All prohibited substances in this class are Specified Substances
 - Methyl-1-testosterone (17ß-hydroxy-17g- methyl-5g-andros
 - 19-Norandrostenediol (estr-4-ene-3 17-diol)
 - Methylclostebo 19-Norandrostenedione (estr-4-ene-3.17-dione)
 - Methyldienolone (17ß-hydroxy-17g- methylestra-4.9-dien-3-on Androst-4-ene-3.11.17- trione (11-ketoandrostenedion
 - Methylnortestosterone (17R-hydroxy-17g- methylestr-4-en-Androstanolone (5g-dihydrotestosterone 17g-hydroxy-5g
 - Androstenediol (androst-5-ene-3ß.17ß-diol)
 - Androstenedione (androst-4-ene-3.17-dione) 4,9,11-trien-3-one)
 - Boldione (androsta-1.4-diene-3.17-dione)

 - Norethandrolone
 - Danazol ([1,2]oxazolo[4'.5':2,3]pregna-4-en-20-vn-17g-ol) Dehydrochlormethyltestosterone (4-chloro-17ß-hydroxy-17
 - Desoxymethyltestosterone (17g-methyl5g-androst-2-en-17ß-o and 17g-methyl-5gandrost-3-en-17g-ol)

Epiandrosterone (3ß-hydroxy-5g-androstan- 17-one) Epi-dihydrotestosterone (17ß-hydroxy-5ß- androstan-3-one)

Fluoxymesterone

Mestanolone

Mesterolone

Metenolone

Methandrio

- - Stanozolol

Metandienone (17ß-hydroxy-17g- methylandrosta-1.4-dien-3-

Methasterone (17ß-hydroxy-2g.17g-dimethyl-5g-androstan

erythropoietins (EPO); EPO-based constructs [e.g. EPO-Fo Tetrahydrogestrinone (17-hydroxy-18a- homo-19-nor-17g-Furazabol (17g-methyl [1,2,5] oxadiazolo[3',4';2,3]-5g-androst pregna-4.9.11-trien-3-one)

[3.4:2.3] -5g-androstane)

- - Trenbolone (17ß-hydroxyestr-4.9.11-trien-3-one)

Prostanozol (17ß-[(tetrahydropyran-2-yl)oxy]-1'H-pyrazolo

- daprodustat (GSK1278863); IOX2; molidustat (BAY 85-3934); and other substances with a similar chemical structure or similar roxadustat (FG-4592); vadadustat (AKB-6548); xenon.

2. OTHER ANABOLIC AGENTS

AND MIMETICS

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

All prohibited substances in this class are non-Specified

The following substances, and other substances with similar

ncluding, but not limited to:

Clenbuterol, osilodrostat, ractopamine, selective androgen receptor modulators ISARMs, e.g. andarine, enobosarm (ostarine), LGD-4033 PEPTIDE HORMONES AND THEIR RELEASING (ligandrol), RAD140, S-23 and YK-111, zeranol and zilpatero

Metribolone (methyltrienolone, 17ß-hydroxy-17g-methylest **FACTORS. RELATED SUBSTANCES.**

biological effect(s).

Mibolerone

Nandrolone (19-nortestosterone

- Norholetone
- Norclostebol (4-chloro-17ß-ol-estr-4-en-3-one)
 - Oxaholone

Oxandrolone

Oxymesterone

- methylandrosta-1 4-dien-3- one)
 - Oxymetholone Prasterone (dehydroepiandrosterone, DHEA, 3ß-hydroxyandros
 - chemical structure or similar biological effect(s), are prohibited

ERYTHROPOIESIS

ERYTHROPOIETINS (EPO) AND AGENTS AFFECTING

EPO-mimetic agents and their constructs (e.g. CNTO-530

1.2 Hypoxia-inducible factor (HIF) activating agents, e.g. cobalt:

1.4 Transforming growth factor beta (TGF-ß) signalling

1.5 Innate repair receptor agonists, e.g. asialo EPO:

inhibitors, e.g. luspatercept; sotatercept.

1.3 GATA inhibitors, e.g. K-11706.

carbamylated EPO (CEPO).

including, but not limited to:

and triptoreling

Including, but not limited to

growth hormone secretagogues (GHS) and the mimetics [e.g. lenomorelin (ghrelin), anamorelin ipamorelin, macimorelin and tabimorelin] 1.1 Erythropoietin receptor agonists, e.g. darbepoetins (dEPO)

MODULATORS

GH-releasing peptides (GHRPs) [e.g. alexamoreling Indacaterol GHRP-1, GHRP-2 (pralmorelin), GHRP-3, GHRP-4, GHRP GHRP-6, and examorelin (hexarelin)]

GROWTH FACTORS AND GROWTH FACTOR

Including, but not limited to:

analogues (e.g. CJC-1293, CJC-1295, sermorelin and

- Fibroblast growth factors (FGFs)
- Hepatocyte growth factor (HGF)
- Insulin-like growth factor 1 (IGF-1) and its analogues Mechano growth factors (MGFs)
- Platelet-derived growth factor (PDGF)
- Thymosin-R4 and its derivatives e.g. TB-500
- Vascular endothelial growth factor (VEGF)

and other growth factors or growth factor modulators affecting muscle, tendon or ligament protein synthesis/degradation vascularisation, energy utilization, regenerative capacity or fib type switching

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

- · growth hormone analogues, e.g. lonapegsomatropin somapacitan and somatrogon All prohibited substances in this class are Specified Substances growth hormone fragments, e.g. AOD-9604 and hGH
- 2.4 Growth hormone releasing factors, including, but not

2.1 Chorionic gonadotrophin (CG) and luteinizing hormone

(LH) and their releasing factors in males, e.g. buserelin.

2.2 Corticotrophins and their releasing factors, e.g. corticoreling

2.3 Growth hormone (GH), its analogues and fragments

deslorelin, gonadorelin, goserelin, leuprorelin, nafarelin

optical isomers, are prohibited. · growth hormone-releasing hormone (GHRH) and it

Levosalbutamo

Fenoterol

Formoterol

Including, but not limited to

EXCEPTIONS

Inhaled salbutamol: maximum 1600 micrograms over 2 hours in divided doses not to exceed 600 micrograms over

- 8 hours starting from any dose; Inhaled formoterol: maximum delivered dose of 54 micro grams over 24 hours:
- Inhaled salmeterol: maximum 200 micrograms over 24

Tretoquinol

Tulobuterol

Vilanterol

(trimetoguino

- 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 a 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

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

All selective and non-selective beta-2 agonists, including all

Prohibited substances in classes \$4.1 and \$4.2 are Specifie Substances. Those in classes \$4.3 and \$4.4 are non-Specified



The Jamaica Anti-Doping Commission

Ballater Multiplex 1 Ballater Avenue Kingston 10

Website: jadco.gov.jm









The following hormone and metabolic modulators are prohibited. Agents reducing o

4.1. AROMATASE INHIBITORS

Including, but not limited to:

Androsta-1.4.6-triene

2-Androstenone (5g-androst-2--Androstenol (5g-androst-?

Androsta-3.5-diene-7. 17-dione (arimistane Exemestane

receptors (e.g. ACE-031)

Anti-activin receptor IIB

3-Androstenone (5a-androst-3-Formestan 4-Androstene-3,6,17 trione (6-oxo) • Letrozole

Aminoglutethimide

4.2. ANTI-ESTROGENIC SUBSTANCES (ANTI-ESTROGEN

Tel: (876) 960-2416 | 929-3500

commed@jadco.gov.jm

JamaicaAntiDopingCommission

4.4.1 Activators of the AMP-activated protein kinase (AMPK).

4.4.2 Insulins and insulin-mimetics

Testolactone

AND SELECTIVE ESTROGEN RECEPTOR MODULATOR

(SERMS)]

Including, but not limited to:

such as: - Decov activir

topical ophthalmic administration of a carbonic anhydrase inhibito

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

e.g. AICAR, SR9009; and peroxisome proliferator-activated

methyl-2-(4-(trifluoromethyl)phenyl)thiazol-5-yl)methylthio)

receptor delta (PPARδ) agonists, e.g. 2-(2-methyl-4-((4-

approved Therapeutic Use Exemption (TUE) for that substance in addition

Tamoxifen

Toremifene

All diuretics and masking agents, including all optical isomers, e.g.

4.3. AGENTS PREVENTING ACTIVIN RECEPTOR IIB ACTIVATIO

Including, but not limited to:

All prohibited methods in this class are non-Specified Desmopressin: probenecid: plasma expanders, e.g. intravenous administration of albumin, dextran, hydroxyethyl starch and

antibodies (e.g. bimagruma Myostatin inhibitors such as:

etacrynic acid: furosemide: indapamide: metolazon Myostatin- or precursor neutralizing antibodies (e.g. apitegromab, domagro

zumab, landogrozumak

biological effect(s).

EXCEPTIONS

NOTE

spironolactone; thiazides, e.g. bendroflumethiazide chlorothiazide and hydrochlorothiazide: torasemide: triamterene and vaptans, e.g. tolyaptan.

autologous, allogenic (homologous) or heterologous and other substances with a similar chemical structure or similar blood, or red blood cell products of any origin into the

circulatory system.

proteases to Sample.

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

or local administration of felypressin in dental anaesthesia), will be

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

Including, but not limited to: Drospirenone: pamabrom: and topical ophthalmic administration of carbonic anhydrase inhibitors (e.g. dorzolamide, brinzolamide);

Local administration of felypressin in dental anaesthesia.

phenoxy) acetic acid (GW1516, GW501516)

stamulumab)

4.4.3 Meldonium

444 Trimetazidine

ablating myostati

Myostatin-binding protein

4.4. METABOLIC MODULATORS

(e.g. follistatin, myostatin

expression

limits: formoterol, salbutamol, cathine, ephedrine, methylephedrine and pseudoephedrine, in conjunction with a diuretic or masking agent (except

considered as an Adverse Analytical Finding (AAF) unless the Athlete has a

All prohibited substances in this class are Specified Substances to the one granted for the diuretic or masking agent.

d- and l- where relevant, are prohibited.

Including, but not limited to:

except methods in M2.2, which are Specified Methods

Acetazolamide: amiloride: bumetanide: canrenone: chlortalidone:

M1. MANIPULATION OF BLOOD AND BLOOD COMPONENTS M3. GENE AND CELL DOPING

The Administration or reintroduction of any quantity of

Tampering, or Attempting to Tamper, to alter the integrity ar

Intravenous infusions and/or injections of more than a total

validity of Samples collected during Doping Control.

performance, are prohibited: The use of nucleic acids or nucleic acid analogues

Artificially enhancing the uptake, transport or delivery

technologies. Perfluorochemicals; efaproxiral (RSR13); voxelotor and modified haemoglobin products, e.g. haemoglobin based blood substitutes and microencapsulated haemoglobin products, excluding supplemental oxygen

PROHIBITED IN-COMPETITION Any form of intravascular manipulation of the blood of blood components by physical or chemical means

M2. CHEMICAL AND PHYSICAL MANIPULATION Substances of Abuse in this section: cocaine and

methylenedioxymethamphetamine (MDMA / "ecstasy")

All stimulants, including all optical isomers, e.g. d- and l- where

Stimulants include:

Including, but not limited to Sample substitution and/or adulteration, e.g. addition of A: NON-SPECIFIED STIMULANTS

Clobenzorex of 100 mL per 12-hour period except for those legitimately Amfepramone Cocaine received in the course of hospital treatments, surgical Amfetamine Cropropamide procedures or clinical diagnostic investigations Amfetaminil

Benfluorex

Bromantan

Benzylpiperazi

The following, with the potential to enhance sport Furfenorex Lisdexamfetan

- Mefenorex that may alter genome sequences and/or alter gene expression by any mechanism. This includes but is no Mesocarb limited to gene editing, gene silencing and gene transfe
- The use of normal or genetically modified cells.

3-Methylhexan-2-amine All prohibited substances in this class are Specified Substan (1,2-dimethylpentylamine) except those in S6.A, which are non-Specified Substances.

4-fluoromethylphenidate 4-Methylhexan-2-amine

(methylhexaneamine

Ethylphenida Etilamfetamin

Fonturacetam

[4-phenylpiracet

B: SPECIFIED STIMULANTS

Including, but not limited to:

Etilefrine Famprofazone

relevant, are prohibited

Crotetamide Amiphenazole

Fencamine Fenetylline

> Fenfluramine Fenproporex

Cathinone and its ana-

Cathine** Isometheptene

logues, e.g. mephedrone methedrone, and a -

5-Methylhexan-2-amine

4-dimethylamylar

Benzfetamine

Dimetamfetamine

Meclofenoxate pyrrolidinovalerophenone Methylenedioxymetham

Metamfetamine(d

p-methylamfetam

Norfenfluramine

(dimethylamphetamir

(adrenaline)

Fenhutrazate

Fencamfamin

Hydrafinil (fluorenc

Hvdroxvamfetamin

Levmetamfetamine

(narahydroxyamnhet-amine

Heptaminol

Etamivan

Phendimetrazi

Phentermine

Prenvlamine

Prolintane

A stimulant not expressly listed in this section is a Specified

Modafinil

Methylnaphthida and its derivatives [((±)-methyl-2-(naphth Phenmetrazine len-2- yl)-2-(piperidin-2-yl) Phenpromethamine Propylhexedrine

Phenethylamine

Selegiline

Sibutramine

Solriamfeto

amine)

Tuaminoheptane

Pseudoephedrine****

Methylephedrine*

 Nikethamide Norfenefrine Octodrine (1.5-dime

> hexvlamine' Strychnine Octopamine Tenamfetamine Oxilofrine

(methylsynephr Pemoline

Pentetrazol

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

(i) EXCEPTIONS

· Clonidine:

 Imidazoline derivatives for dermatological, nasa ophthalmic or otic use (e.g. brimonidine, clonazoline fenoxazoline, indanazoline, naphazoline, oxymetazoline tetryzoline, xylometazoline) and those stimulants include in the 2023 Monitoring Program*.

Bupropion, caffeine, nicotine, phenylephrine phenylpropanolamine, pipradrol, and synephrine: These substances are included in the 2023 Monitoring Program and are

not considered Prohibited Substances. All natural and synthetic cannabinoids are prohibited, e.g. ** Cathine (d-norpseudoephedrine) and its I-isomer: Prohibited In cannabis (hashish, marijuana) and cannabis products when its concentration in urine is greater than 5 micrograms per Natural and synthetic tetrahydrocannabinols (THCs)

*** Ephedrine and methylephedrine: Prohibited when the

concentration of either in urine is greater than 10 micrograms per **** Epinephrine (adrenaline): Not prohibited in local administration, e.g. nasal, ophthalmologic, or co-administration with local anaesthetic agents.

**** Pseudoephedrine: Prohibited when its concentration is urine is greater than 150 micrograms per millilitre.

PROHIBITED IN-COMPETITION

All prohibited substances in this class are Specified Substance bstance of Abuse in this section; diamorphine (heroin)

The following narcotics, including all optical isomers, e.g. d- and I- where relevant, are prohibited

All prohibited substances in this class are Specified Substance

Synthetic cannabinoids that mimic the effects of THC

bstance of Abuse in this section: tetrahydrocannabinol (THC)

Buprenorphin

Dextromoramide

PROHIBITED IN-COMPETITION

Diamorphine (heroin

Cortisone Fentanyl and its derivati

Deflazacort

Beclometasone

Betamethason

Budesonide

Ciclesonide

♠ NOTE

sublingual)] or rectal route

Including, but not limited to

Cannabidio

PROHIBITED IN-COMPETITION

All glucocorticoids are prohibited when administered by any

injectable, oral [including oromucosal (e.g. buccal, gingival,

Other routes of administration (including inhaled, and topical:

dental-intracanal, dermal, intra-nasal, ophthalmological and

perianal) are not prohibited when used within the manufacturer's

licensed doses and therapeutic indications

Flunisolide

Fluticasone

Hvdrocortisone

Mometasone

Prednisolone

Prednisone

Methylprednisolon

Dexamethason

Fluocortolone

Triamcinolone acetonide

PROHIBITED IN PARTICULAR SPORTS

All prohibited substances in this class are Specified Substances

Beta-blockers are prohibited In-Competition only, in the following sport All prohibited substances in this class are Specified Substances and also prohibited Out-of-Competition where indicated (*).

> Archery (WA)* Automobile (FIA

Billiards (all disciplines (WCBS)

Darts (WDF)

Golf (IGF)

Mini-Golf (WMF)

Shooting (ISSF, IPC)

Including, but not limited to

Esmolol

Timolol

target shooting

*Also prohibited Out-of-Competition

Alprenolol

 Metipranolol Metoprolol

Nadolol

Sotalol

Propranolol

Nebivolol

Skiing/Snowboarding

(FIS) in ski jumping, freestyle

aerials/halfpipe and snow

Underwater sports (CMAS)

in all subdisciplines of free

diving, spearfishing and

board halfpipe/big air

Oxprenolol

Labetalol

Pindolol