

5 Oct 2017

Presidents / Hon Secretaries / CEOs / GMs
National Sports Associations

2018 LIST OF PROHIBITED SUBSTANCES AND METHODS

The World Anti-Doping Agency (WADA) has published the List of Prohibited Substances and Methods for 2018 that will come into effect on **1 January 2018**. Highlights of the key changes to the 2018 Prohibited List are listed below for your information.

Substances And Methods Prohibited At All Times (In- and Out-of-Competition)

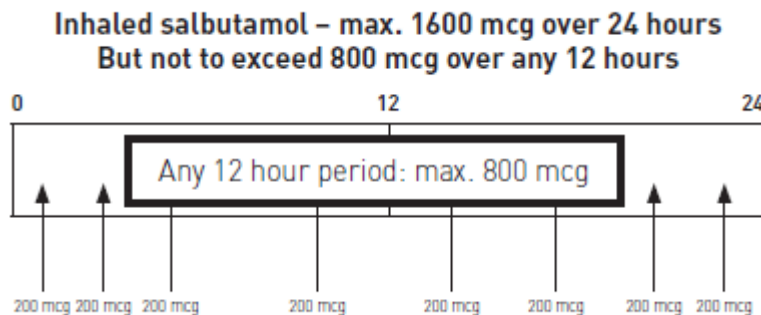
PROHIBITED SUBSTANCES

S2: Peptide Hormones, Growth Factors, Related Substances and Mimetics

Growth Hormone fragments are included in the Prohibited List.

S3: Beta-2-Agonists

Inhaled Salbutamol is allowed up to a maximum 1600 mcg over 24 hours, but doses shall not exceed 800 mcg over any 12-hour period. The figure below explains the dosing parameters of salbutamol.



S5: Diuretics and Masking Agents

Glycerol is removed from the Prohibited List.

PROHIBITED METHODS

M2: Chemical and Physical Manipulation

Intravenous Infusions: Permitted volume and timing are changed. Infusions of no more than a total of 100 ml per 12-hour period are now allowed. This is a change from the previous 50 ml per 6-hour period to allow greater flexibility for the safe administration of non-prohibited therapeutic substances.

M3: Gene Doping

Definition now includes current and emerging gene manipulating technologies.

Substances And Methods Prohibited In-Competition

S6: Stimulants

1,3-Dimethylbutylamine is included as an example.

Note: This is also known as DMBA and can be found in some over-the-counter dietary supplements.

S8: Cannabinoids

Cannabidiol is removed from the Prohibited List.

Note: Cannabidiol extracted from cannabis plants may contain varying concentrations of THC (Tetrahydrocannabinol), which remains a prohibited substance.

S9: Glucocorticoids

All glucocorticoids are prohibited when used by oral, intravenous, intramuscular or rectal routes. Examples of commonly used glucocorticoids were added for greater clarity:

Betamethasone	Deflazacort	Hydrocortisone	Prednisone
Budesonide	Dexamethasone	Methylprednisolone	Triamcinolone
Cortisone	Fluticasone	Prednisolone	

Substances Prohibited In Particular Sports

P1: Alcohol

Alcohol is removed from the Prohibited List.

Note: The four International Federations (Air Sports, Archery, Automobile and Powerboating) affected by this change will put in place protocols to test for alcohol use and appropriately sanction athletes who do not abide by the rules of their sport.

P2: Beta Blockers

This category was renamed to P1.

MONITORING PROGRAM

WADA has a programme that monitors substances which are not on the Prohibited List to detect patterns of misuse in sport.

- The following were added to evaluate the misuse in sport:
 - In- and Out-of-Competition: 2-ethylsulfanyl-1H-benzimidazole (Bemtilil)
 - In-Competition: Hydrocodone
- The following were removed:
 - Mitragynine

- Telmisartan

We would like to take this opportunity to remind all athletes to check the status of their medication prescribed by doctors or bought over-the-counter at pharmacies in Singapore by using the online database “[CheckDrugs](#)” which is accessible from Anti-Doping Singapore’s (ADS) website at www.antidoping.org.sg.

All carded athletes who need to be prescribed medication or methods of treatment that are prohibited should apply for a Therapeutic Use Exemption (TUE) to ADS before using it.

A copy of the 2018 Prohibited List and the Summary of Major Modifications with Explanatory Notes are attached for your reference (see link http://cycling.org.sg/wp-content/uploads/2011/05/prohibited_list_2018-1_en_comb.pdf) . The [iPhone and iPad application](#) for the 2018 Prohibited List, as well as the [mobile site](#) for other mobile devices will also be updated by WADA and available from 1 Jan 2018.

NSAs are to convey the content of this email and the 2018 Prohibited List to all its athletes, coaches, team officials and other support personnel in your NSAs.

Please do not hesitate to contact Ms Irene Tan at Tel: 65005451 or Email: irene_tan@sport.gov.sg if you need any clarification.

Thank you.