

# 2020 Prohibited List – Update

## Introduction

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The World Anti-Doping Agency (WADA) has announced the 2020 Prohibited List (the List), will come into effect on **1 January 2020**. The new list is available [here](#).



## What is the List?

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The Prohibited List sets out which substances and methods are banned in sport. The List is updated annually in response to scientific research and consultation with a wide range of stakeholders

**You must** check the changes made each year so you do not inadvertently break the rules.

You need to check any medication you use or intent to use in case you need to apply for a Therapeutic Use Exemption (TUE).

Remember the principle of **strict liability** – you are **solely responsible** for any banned substances found in your system, regardless of how it got there, or whether there was an intention to cheat or not.

## Here are some of the key changes in the 2020 Prohibited List

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### ANABOLIC AGENTS

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

- Prohibited substances in this section have not changed however, **Methylclostebol** and **1-epiandrosterone** were added as examples of anabolic androgenic steroids.

#### 2. Other Anabolic Agents

- LGD-4033** is now also listed by its commonly used name, **ligandrol**. Athletes should be aware that this substance has recently been found in certain dietary supplements marketed for increasing lean muscle mass.

### HORMONE AND METABOLIC MODULATORS

- Bazedoxifene** and **ospemifene** were added as further examples of selective estrogen receptor modulators (SERMs).

### GENE AND CELL DOPING

- “Gene silencing”** and **“gene transfer”** were added as further examples of gene doping methods.



## STIMULANTS

- **Octodrine (1,5-dimethylhexylamine)** was added as an example of a Specified Stimulant. Octodrine has recently started appearing in supplement products marketed for fat burning and pre-workout.

## Medication and Supplements

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- You should always remain vigilant regarding the potential for prohibited substances found in some dietary supplements. [Read UKAD's position on dietary supplements.](#)
- For further information on the full list of modifications please consult the [WADA 2020 Prohibited List](#) and the [WADA 2020 Summary of Major Modifications and Explanatory Notes](#).

## Where Can I Find More Information?

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- A summary of the 2020 Major Modifications and Explanatory Notes is available on the WADA [website](#)
- Download our free **100% me Clean Sport App** via iTunes, Google Play or the Windows Store
- For further clarification on the 2019 List, or general substances, methods, and product enquiries, contact UKAD at [substanceenquiry@ukad.org.uk](mailto:substanceenquiry@ukad.org.uk)