



# The 2023 Prohibited List

## Effective 1 January 2023



How does a substance / method make it to the Prohibited List?

Any substance & method that satisfies any two of the following three criteria:



Potential to enhance sport performance



Represents an actual / potential health risk



Violates the spirit of sport

Substances / methods which mask the effect or detection of prohibited substances / prohibited methods will also be added too!



## Some Major Modifications on the 2023 Prohibited List:

### S9. Glucocorticoids

Otic administration is **not prohibited**

### M1. Manipulation of Blood and Blood Components

**Prohibited at All Times:**  
Voxelotor was added as an example

### P1. Beta-Blockers

**Prohibited In-Competition:**  
Mini-Golf

**Prohibited at All Times:**  
Underwater Sports in all subdisciplines of Freediving, Spearfishing & Target Shooting

## Important update in 2024!

**S7. Narcotics - Tramadol** will be prohibited in-competition from 1 January 2024

### Why Tramadol?

- Tramadol abuse represents actual or potential health risk
- Potential to enhance sport performance

### Why 2024?

The delay allows sufficient time for :

- Communicating this change to the anti-doping community
- The medical practitioners to address the safe use of Tramadol for clinical purposes within anti-doping

Download the 2023 Prohibited List



Please contact ADOHK office to get a pocket-sized version of the 2023 Prohibited List.