



Hong Kong Anti-Doping Committee  
香港運動禁藥委員會

# Prohibited List

WADA updates the Prohibited List every year.

WADA issued the first Prohibited List in 2004.

Other than English, the 2021 Prohibited List has been officially translated into 13 other languages on WADA's website.



## 3 Prohibition Categories in the Prohibited List



### Prohibited at All Times

- S0. Non-approved Substances
- S1. Anabolic Agents
- S2. Peptide Hormones, Growth Factors, Related Substances, and Mimetics
- S3. Beta-2 Agonists
- S4. Hormone and Metabolic Modulators
- S5. Diuretics and Masking Agents
- M1. Manipulation of Blood and Blood Components
- M2. Chemical and Physical Manipulation
- M3. Gene and Cell Doping



### Prohibited during In-Competition only

- S6. Stimulants
- S7. Narcotics
- S8. Cannabinoids
- S9. Glucocorticoids



### Prohibited in Particular Sports

- P1. Beta-blockers



## Major Changes in the 2022 Prohibited List (effective from 1 January 2022)



### S0. Non-approved Substances

- **Body Protecting Compound-157 (BPC-157)**: added as an example

! Athletes should remain vigilant since BPC-157 is an experimental peptide sold as a supplement



### S3. Beta-2 Agonists

- **Salbutamol**: Now permitted when 600 micrograms is inhaled over 8 hours starting from the time any dose is taken.

! The total permitted daily dose remains at 1,600 micrograms over 24 hours.



### S9. Glucocorticoids

- **All injectable routes of administration** are now prohibited in-competition.

! Oral administration remains prohibited in-competition.

! To reduce the risk of a positive test, athletes should follow the **minimum washout periods** recommended by WADA if they need to use glucocorticoids Out-of-Competition.

Athletes who need to use a prohibited substance / prohibited method on the List to treat a medical condition must apply for a Therapeutic Use Exemption (TUE) before use.

For complete and detailed information, please refer to the 2022 Prohibited List and the Summary of Major Modifications and Explanatory Notes on WADA's website ([www.wada-ama.org](http://www.wada-ama.org)).