

附件

世界反兴奋剂条例

国际标准

禁用清单

2021年

《禁用清单》的正式文本由世界反兴奋剂机构保存，并以英文和法文公布。
如果英文与法文版本、中文译文与英文版本存在不一致的地方，应以英文版本为准。
本清单自2021年1月1日起生效

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其中某些物质可能存在于治疗如贫血、男性性腺机能减退、生长激素缺乏症等疾病的药物中，但不限于此。

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

其中某些物质可能存在于治疗如心力衰竭、高血压等疾病的药物中，但不限于此。

THE 2021 PROHIBITED LIST
2021年《禁用清单》
WORLD ANTI-DOPING CODE
《世界反兴奋剂条例》
VALID 1 JANUARY 2021
2021年1月1日起生效

Introduction

导言

The Prohibited List is a mandatory International Standard as part of the World Anti-Doping Program.

《禁用清单》是一份强制性的国际标准，是世界反兴奋剂体系的组成部分。

The List is updated annually following an extensive consultation process facilitated by WADA. The effective date of the List is 01 January 2021.

在世界反兴奋剂机构（以下简称“WADA”）的推动下，通过广泛的协商程序，《禁用清单》每年更新一次。本《禁用清单》的生效日期为2021年1月1日。

The official text of the Prohibited List shall be maintained by WADA and shall be published in English and French. In the event of any conflict between the English and French versions, the English version shall prevail.

《禁用清单》的正式文本应由WADA保存，并以英文和法文版本公布。如果英文与法文版本之间发生任何冲突，应当以英文版本为准。

Below are some terms used in this List of Prohibited Substances and Prohibited Methods.

以下是禁用物质和禁用方法在本《禁用清单》中使用的一些术语。

Prohibited In-Competition

赛内禁用

Subject to a different period having been approved by WADA for a given sport, the In-Competition period shall in principle be the period commencing just before midnight (at 11:59 p.m.) on the day before a Competition in which the Athlete is scheduled to participate until the end of the Competition and the Sample collection process.

除非WADA为某一运动项目批准了不同的时间段，否则赛内原则上是指从运动员计划参加比赛的前一天午夜前(23:59)开始，直至该比赛和样本采集过程结束。

Prohibited at all times

所有场合禁用

This means that the substance or method is prohibited In- and Out-of-Competition as defined in the Code.

这意味着该物质或方法在《条例》定义的赛内和赛外中均禁用。

Specified and non-Specified

特定和非特定

As per Article 4.2.2 of the World Anti-Doping Code, “for purposes of the application of Article 10, all Prohibited Substances shall be Specified Substances except as identified on the Prohibited List. No Prohibited Method shall be a Specified Method unless it is specifically identified as a Specified Method on the Prohibited List”. As per the comment to the article, “the Specified Substances and Methods identified in Article 4.2.2 should not in any way be considered less important or less dangerous than other doping substances or methods. Rather, they are simply substances and methods which are more likely to have been consumed or used by an Athlete for a purpose other than the enhancement of sport performance.”

依照《条例》条款4.2.2，“为适用第10条，除《禁用清单》中明确列出的以外，所有禁用物质应当为特定物质。除非在《禁用清单》上明确规定为特定方法，否则任何禁用方法均不属于特定方法。”。根据该条款释义，“条款4.2.2中规定的特定物质和特定方法不应当视为没有其他兴奋剂物质或方法重要或危险。相反，这些物质和方法更容易被运动员服用或使用，用于提高运动能力以外的其他目的。”

Substances of Abuse

滥用物质

Pursuant to Article 4.2.3 of the Code, Substances of Abuse are substances 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), methylenedioxymethamphetamine (MDMA/“ecstasy”), tetrahydrocannabinol (THC).

依照《条例》条款4.2.3，滥用物质指经常在体育运动以外的社会环境中被滥用的物质。

下列是指定的滥用物质：可卡因，二醋吗啡（海洛因），N-甲基亚甲二氧基苯丙胺（MDMA/“亚甲基二氧甲基苯丙胺”（摇头丸主要成分）），四氢大麻酚（THC）。

S0.NON-APPROVED SUBSTANCES

未获批准的物质

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

所有场合禁用(赛内和赛外)

All prohibited substances in this class are Specified Substances.

本类别中的所有禁用物质均为特定物质。

Any 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 use (e.g. drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is prohibited at all times.

本《禁用清单》以下各节未涉及的任何具有药理学活性的物质，以及目前尚未获得任何政府健康管理部门批准用于人体治疗的任何具有药理学活性的物质（例如，处于临床前或临床研究中或已终止临床试验的药物、策划药物、仅被批准用于兽医的物质），在所有场合都禁用。

S1.ANABOLIC AGENTS

蛋白同化制剂

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

在所有场合都禁用（赛内和赛外）

All prohibited substances in this class are non-Specified Substances.

本类别中的所有禁用物质均为非特定物质。

Anabolic agents are prohibited.

蛋白同化制剂禁用。

1.ANABOLIC ANDROGENIC STEROIDS (AAS)

蛋白同化雄性类固醇（AAS）

when administered exogenously, including but not limited to:

外源性摄入时禁用，包括但不限于：

1-Androstenediol (5α -androst-1-ene- 3β , 17β -diol);

1-雄烯二醇

1-Androstenedione (5α -androst-1-ene-3,17-dione);

1-雄烯二酮

1-Androsterone (3α -hydroxy- 5α -androst-1-ene-17-one);

1-雄酮

1-Epiandrosterone (3β -hydroxy- 5α -androst-1-ene-17-one);

1-表雄酮

1-Testosterone (17β -hydroxy- 5α -androst-1-en-3-one);

1-睾酮

4-Androstenediol (androst-4-ene- 3β , 17β -diol);

4-雄烯二醇

4-Hydroxytestosterone (4, 17β -dihydroxyandrost-4-en-3-one);

4-羟基睾酮

5-Androstenedione (androst-5-ene-3,17-dione);

5-雄烯二酮

7α -hydroxy-DHEA;

7α -羟基-普拉睾酮

7β -hydroxy-DHEA;

7β -羟基-普拉睾酮

7-Keto-DHEA;

7-羰基-普拉睾酮

19-Norandrostenediol (estr-4-ene-3,17-diol);

19-去甲雄烯二醇

19-Norandrostenedione (estr-4-ene-3,17-dione);

19-去甲雄烯二酮

Androstanolone

(5α -dihydrotestosterone, 17β -hydroxy- 5α -androstan-3-one);

雄诺龙(双氢睾酮)

Androstenediol (androst-5-ene- 3β , 17β -diol);

5-雄烯二醇 (3β , 17β)

Androstenedione (androst-4-ene-3,17-dione);
雄烯二酮

Bolasterone;
勃拉睾酮

Boldenone;
勃地酮

Boldione (androsta-1,4-diene-3,17-dione);
1,4-雄烯二酮

Calusterone;
卡芦睾酮

Clostebol;
氯司替勃

Danazol ([1,2]oxazolo[4',5':2,3]pregna-4-en-20-yn-17 α -ol);
达那唑

Dehydrochlormethyltestosterone
(4-chloro-17 β -hydroxy-17 α -methylandrosta-1,4-dien-3-one);
去氢氯甲睾酮（脱氢氯甲睾酮）

Desoxymethyltestosterone(17 α -methyl-5 α -androst-2-en-17 β -ol and
17 α -methyl-5 α -androst-3-en-17 β -ol);
去氧甲睾酮

Drostanolone;
屈他雄酮

Epiandrosterone (3 β -hydroxy-5 α -androstan-17-one);
表雄酮

Epi-dihydrotestosterone (17 β -hydroxy-5 β -androstan-3-one);
表双氢睾酮

Epitestosterone;
表睾酮

Ethylestrenol (19-norpregna-4-en-17 α -ol);
乙雌烯醇

Fluoxymesterone;
氟甲睾酮

Formebolone;
甲酰勃龙

Furazabol(17 α -methyl[1,2,5]
oxadiazolo[3',4':2,3]-5 α -androstan-17 β -ol);
夫拉扎勃

Gestrinone;
孕三烯酮

Mestanolone;
美雄诺龙

Mesterolone;
美睾酮

Metandienone (17 β -hydroxy-17 α -methylandrosta-1,4-dien-3-one);
美雄酮

Metenolone;
美替诺龙

Methandriol;
美雄醇

Methasterone (17 β -hydroxy-2 α ,17 α -dimethyl-5 α -androstan-3-one);
甲基屈他雄酮

Methyl-1-testosterone (17 β -hydroxy-17 α -methyl-5 α -androst-1-en-3-one);
甲基-1-睾酮

Methylclostebol;
甲基氯司替勃

Methyldienolone (17 β -hydroxy-17 α -methylestra-4,9-dien-3-one);
甲二烯诺龙

Methylnortestosterone (17 β -hydroxy-17 α -methylestr-4-en-3-one);
甲诺睾酮

Methyltestosterone;
甲睾酮

Metribolone(methyltrienolone,17 β -hydroxy-
17 α -methylestra-4,9,11-trien-3-one);
美曲勃龙

Mibolerone;
米勃酮

Nandrolone (19-nortestosterone);
诺龙

Norboletone;

诺勃酮

Norclostebol (4-chloro-17 β -ol-estr-4-en-3-one);

诺司替勃

Norethandrolone;

诺乙雄龙

Oxabolone;

羟勃龙

Oxandrolone;

氧雄龙

Oxymesterone;

羟甲睾酮

Oxymetholone;

羟甲烯龙

Prasterone(dehydroepiandrosterone,DHEA, 3 β -hydroxyandrost-5-en-17-one);

普拉睾酮 (脱氢表雄酮)

Prostanozolol(17 β -[(tetrahydropyran-2-yl) oxy]-1'H-pyrazolo[3,4:2,3]-5 α -androstane);

前列他唑

Quinbolone;

奎勃龙

Stanozolol;

司坦唑醇

Stenbolone;

司腾勃龙

Testosterone;

睾酮

Tetrahydrogestrinone (17-hydroxy-18a-homo-19-nor-17 α -pregna-4,9,11-trien-3-one);

四氢孕三烯酮

Trenbolone (17 β -hydroxyestr-4,9,11-trien-3-one);

群勃龙

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

以及具有类似化学结构或类似生物效应的其他物质。

2.OTHER ANABOLIC AGENTS

其他蛋白同化制剂

Including, but not limited to:

包括但不限于:

Clenbuterol, selective androgen receptor modulators [SARMs, e.g. andarine, LGD-4033 (ligandrol), enobosarm (ostarine) and RAD140], tibolone, zeranol and zilpaterol.

克仑特罗, 选择性雄激素受体调节剂 (SARMs, 如andarine、LGD-4033 (ligandrol)、依诺波沙 (ostarine) 和RAD140), 替勃龙, 泽仑诺和齐帕特罗。

S2.PEPTIDE HORMONES, GROWTH FACTORS, RELATED SUBSTANCES, AND MIMETICS

肽类激素、生长因子、相关物质和模拟物

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

所有场合禁用 (赛内和赛外)

All prohibited substances in this class are non-Specified Substances.

本类别中的所有禁用物质均为非特定物质。

The following substances, and other substances with similar chemical structure or similar biological effect(s), are prohibited:

下列物质以及具有类似化学结构或类似生物效应的其他物质禁用:

1.Erythropoietins (EPO) and agents affecting erythropoiesis,

促红素类以及影响红细胞生成的制剂

including, but not limited to:

包括但不限于:

1.1 Erythropoietin receptor agonists,

e.g.darbepoetins (dEPO); erythropoietins (EPO);

促红素受体激动剂, 如: 达促红素类 (dEPO);促红素类 (EPO);

EPO-based constructs[e.g.EPO-Fc, methoxy polyethylene glycol-epoetin beta (CERA)];

基于促红素类分子结构的构建物(如: 促红素融合蛋白(EPO-Fc), 培促红素 β (CERA));

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

促红素模拟物及其构建物 (如EPO-Fc(IgG4)融合蛋白 (CNTO-530), 培尼沙肽)。

1.2 Hypoxia-inducible factor (HIF) activating agents, e.g. cobalt; daprodustat (GSK1278863); IOX2; molidustat (BAY 85-3934); roxadustat (FG-4592); vadadustat (AKB-6548); Xenon.

缺氧诱导因子激活剂, 如: 钴化合物; 达普司他; IOX2(特异性的脯氨酰羟化酶-2 (PHD2) 抑制剂); 莫立司他; 罗沙司他; 伐达度司他; 氙气。

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

GATA抑制剂, 如: K-11706。

1.4 Transforming growth factor beta (TGF- β) signalling inhibitors, e.g. luspatercept; sotatercept.

转化生长因子- β (TGF- β) 信号传导抑制剂, 如: 罗特西普; 索特西普。

1.5 Innate repair receptor agonists, e.g. asialo EPO; carbamylated EPO (CEPO).

先天修复受体激动剂, 如: 唾液酸促红素; 氨甲酰促红素。

2. Peptide Hormones and their Releasing Factors,

肽类激素及其释放因子

2.1 Chorionic Gonadotrophin (CG) and Luteinizing Hormone (LH) and their releasing factors in males, e.g. Buserelin, deslorelin, gonadorelin, goserelin, leuprorelin, nafarelin and triptorelin;

男性禁用绒促性素 (CG) 及促黄体生成素 (LH) 及其释放因子, 如: 布舍瑞林, 地洛瑞林, 戈那瑞林, 戈舍瑞林, 亮丙瑞林, 那法瑞林, 曲普瑞林。

2.2 Corticotrophins and their releasing factors, e.g. Corticorelin;

促皮质素类及其释放因子, 如: 可的瑞林。

2.3 Growth hormone (GH), its fragments and releasing factors, including, but not limited to: growth hormone fragments, e.g. AOD-9604 and hGH 176-191; growth hormone-releasing hormone (GHRH) and its analogues, e.g. CJC-1293, CJC-1295, sermorelin and tesamorelin; growth hormone secretagogues (GHS), e.g. lenomorelin (ghrelin) and its mimetics, e.g. anamorelin, ipamorelin, macimorelin and tabimorelin; GH-releasing peptides (GHRPs), e.g. alexamorelin, GHRP-1, GHRP-2 (pralmorelin), GHRP-3, GHRP-4, GHRP-5, GHRP-6, and examorelin (hexarelin).

生长激素 (GH) 及其片段和释放因子, 包括但不限于: 生长激素片段, 如: AOD-9604 和 hGH 176-191; 生长激素释放激素 (GHRH) 及其类似物, 如: CJC-1293, CJC1295, 舍莫瑞林和替莫瑞林; 生长激素促分泌剂类 (GHS), 如: 来诺瑞林 (葛瑞林 (脑肠肽)) 和来诺瑞林 (葛瑞林 (脑肠肽)) 模拟物类, 如: 阿那瑞林, 伊莫瑞林, 马昔瑞林和

他莫瑞林；生长激素释放肽类（GHRPs），如：艾瑞莫瑞林，生长激素释放肽-1，生长激素释放肽-2(普拉莫瑞林)，生长激素释放肽-3（GHRP-3），生长激素释放肽-4（GHRP-4），生长激素释放肽-5（GHRP-5），生长激素释放肽-6（GHRP-6），艾莫瑞林（hexarelin）。

3.Growth Factors and Growth Factor Modulators

生长因子以及生长因子调节剂

Including, but not limited to:

包括但不限于:

Fibroblast Growth Factors (FGFs);

成纤维细胞生长因子类（FGFs）

Hepatocyte Growth Factor (HGF);

肝细胞生长因子（HGF）

Insulin-like Growth Factor-1 (IGF-1) and its analogues;

胰岛素样生长因子1（IGF-1）及其类似物

Mechano Growth Factors (MGFs);

机械生长因子类（MGFs）

Platelet-Derived Growth Factor (PDGF);

血小板衍生生长因子（PDGF）

Thymosin- β 4 and its derivatives e.g. TB-500;

胸腺肽- β 4及其衍生物 如：TB-500

Vascular endothelial Growth Factor (VEGF);

血管内皮生长因子（VEGF）

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

以及任何作用于肌肉、肌腱或韧带组织，影响蛋白质的合成/分解、血管结构、能量利用、再生能力或纤维类型转换的生长因子或生长因子调节剂。

S3.BETA-2 AGONISTS

β ₂激动剂

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

所有场合禁用 (赛内和赛外)

All prohibited substances in this class are Specified Substances.

本类别中的所有禁用物质均为特定物质。

All selective and non-selective beta-2 agonists, including all optical isomers, are prohibited.

Including, but not limited to:

所有选择性和非选择性 β_2 激动剂，包括所有光学异构体，均禁用。包括但不限于：

Arformoterol;

阿福特罗

Fenoterol;

非诺特罗

Formoterol;

福莫特罗

Higenamine;

去甲乌药碱

Indacaterol;

茚达特罗

Levosalmamol;

左沙丁胺醇

Olodaterol;

奥达特罗

Procaterol;

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Reproterol;

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Salbutamol;

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Salmeterol;

沙美特罗

Terbutaline;

特布他林

Tretoquinol (trimetoquinol);

曲托喹酚

Tulobuterol

妥洛特罗
Vilanterol;
维兰特罗

EXCEPTIONS

例外

- Inhaled salbutamol: maximum 1600 micrograms over 24 hours in divided doses not to exceed 800 micrograms over 12 hours starting from any dose;
吸入使用沙丁胺醇（salbutamol）24小时内最多不超过1600微克，任意12小时不超过800微克；
- Inhaled formoterol: maximum delivered dose of 54 micrograms over 24 hours;
吸入使用福莫特罗（formoterol）24小时内最大摄入剂量不超过54微克；
- Inhaled salmeterol: maximum 200 micrograms over 24 hours;
吸入使用沙美特罗（salmeterol）24小时内最多不超过200微克；
- Inhaled vilanterol: maximum 25 micrograms over 24 hours.
吸入使用维兰特罗（vilanterol）24小时内最多不超过25微克。

NOTE

注意

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 an 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.

尿中沙丁胺醇浓度超过1000 ng/ml，或福莫特罗浓度超过40 ng/ml，不符合该物质的治疗用途。除非运动员通过受控的药代动力学研究，证明该异常结果是由治疗性吸入最大剂量药物所致，否则将视为阳性检测结果（AAF）。

S4.HORMONE AND METABOLIC MODULATORS

激素及代谢调节剂

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

所有场合禁用（赛内和赛外）

Prohibited substances in classes S4.1 and S4.2 are Specified Substances. Those in classes

S4.3 and S4.4 are non-Specified Substances.

在S4.1和S4.2中的禁用物质均为特定物质。S4.3和S4.4中的禁用物质为非特定物质。

The following hormone and metabolic modulators are prohibited:

下列激素和代谢调节剂禁用：

1.AROMATASE INHIBITORS

芳香酶抑制剂

including, but not limited to:

包括但不限于：

2-Androstenol (5 α -androst-2-en-17-ol);

2-雄烯醇 (5 α -雄甾-2-烯-17-醇)

2-Androstenone (5 α -androst-2-en-17-one);

2-雄烯酮 (5 α -雄甾-2-烯-17-酮)

3-Androstenol (5 α -androst-3-en-17-ol);

3-雄烯醇 (5 α -雄甾-3-烯-17-醇)

3-Androstenone (5 α -androst-3-en-17-one);

3-雄烯酮 (5 α -雄甾-3-烯-17-酮)

4-Androstene-3,6,17 trione (6-oxo);

4-雄烯-3,6,17-三酮 (6-氧代)

Aminoglutethimide;

氨鲁米特

Anastrozole;

阿那罗唑

Androsta-1,4,6-triene-3,17-dione (androstatrienedione);

雄甾-1,4,6-三烯-3,17-二酮 (雄三烯二酮)

Androsta-3,5-diene-7,17-dione (arimistane);

雄甾-3,5-二烯-7,17-二酮

Exemestane;

依西美坦

Formestane;

福美坦

Letrozole;

来罗唑

Testolactone.

睾内酯

2.ANTI-ESTROGENIC SUBSTANCES [ANTI-ESTROGENS AND SELECTIVE ESTROGEN RECEPTOR MODULATORS (SERMs)] 抗雌激素作用物质[抗雌激素和选择性雌激素受体调节剂 (SERMs)]

Including, but not limited to:

包括但不限于:

Bazedoxifene;

巴多昔芬

Clomifene;

氯米芬

Cyclofenil;

环芬尼

Fulvestrant.

氟维司群

Ospemifene;

奥培米芬

Raloxifene;

雷洛昔芬

Tamoxifen;

他莫昔芬

Toremifene.

托瑞米芬

3.AGENTS PREVENTING ACTIVIN RECEPTOR IIB ACTIVATION 激活素受体IIB活化抑制剂类

Including, but not limited to:

包括但不限于:

Activin A-neutralizing antibodies;

激活素A中和抗体类

Activin receptor IIB competitors such as: Decoy activin receptors (e.g. ACE-031);

激活素受体IIB竞争剂类，如：伪激活素受体类（如：ACE-031）

Anti-activin receptor IIB antibodies (e.g. Bimagrumab);

激活素受体IIB抗体类（如：比马鲁单抗）

Myostatin inhibitors such as:

肌抑素抑制剂类，如：

Agents reducing or ablating myostatin expression;

肌抑素表达消减剂类

Myostatin-binding proteins (e.g. Follistatin, myostatin propeptide);

肌抑素结合蛋白类（如：卵泡抑素，肌抑素前肽）

Myostatin-neutralizing antibodies (e.g. Domagrozumab, landogrozumab, stamulumab).

肌抑素中和抗体类（如：多古组单抗,兰度戈组单抗,司他芦单抗）

4.METABOLIC MODULATORS

代谢调节剂

4.1 Activators of the AMP-activated protein kinase (AMPK), e.g. AICAR, SR9009; and peroxisome proliferator-activated receptor delta (PPAR δ) agonists,e.g.2-(2-methyl-4-((4-methyl-2-(4-(trifluoromethyl)phenyl)thiazol-5-yl)methylthio)phenoxy) acetic acid (GW1516, GW501516);

AMP-激活的蛋白激酶（AMPK）激动剂，如阿卡地新（AICAR），SR9009；和过氧化物酶体增植物激活受体 δ （PPAR δ ）激动剂，如：2-(2-甲基-4-((4-甲基-2-(4-(三氟甲基)苯基)噻唑-5-基)甲硫基)苯氧基)乙酸（GW1516, GW501516）；

4.2 Insulins and insulin-mimetics;

胰岛素类以及胰岛素模拟物类

4.3 Meldonium;

美度铵

4.4 Trimetazidine.

曲美他嗪

S5.DIURETICS AND MASKING AGENTS

利尿剂和掩蔽剂

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

所有场合禁用（赛内和赛外）

All prohibited substances in this class are Specified Substances.

本类别中的所有禁用物质均为特定物质。

The following diuretics and masking agents are prohibited, as are other substances with a similar chemical structure or similar biological effect(s).

下列利尿剂和掩蔽剂，以及具有类似化学结构或类似生物效应的其他物质禁用。

Including, but not limited to:

包括但不限于：

- Desmopressin; probenecid; plasma expanders,e.g.intravenous administration of albumin, dextran, hydroxyethyl starch and mannitol.

去氨加压素；丙磺舒；血容量扩充剂类，如：静脉输入白蛋白，右旋糖酐，羟乙基淀粉和甘露醇。

- Acetazolamide; amiloride; bumetanide; canrenone; chlortalidone;etacrynic acid; furosemide; indapamide; metolazone; spironolactone;thiazides, e.g. Bendroflumethiazide, chlorothiazide and hydrochlorothiazide; triamterene and vaptans, e.g. Tolvaptan.

乙酰唑胺；阿米洛利；布美他尼；坎利酮；氯噻酮；依他尼酸；呋塞米；吲达帕胺；美托拉宗；螺内酯；噻嗪类，如：卞氟噻嗪、氯噻嗪以及氢氯噻嗪；氨苯蝶啶和伐普坦类，如：托伐普坦。

EXCEPTIONS

例外

- Drospirenone; pamabrom; and topical ophthalmic administration of carbonic anhydrase inhibitors (e.g. Dorzolamide, brinzolamide);

屈螺酮、巴马溴以及眼科局部用药的碳酸酐酶抑制剂如：

多佐胺和布林佐胺

- Local administration of felypressin in dental anaesthesia.

牙科局部麻醉中使用的苯赖加压素。

NOTE

注意

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 limits: formoterol, salbutamol, cathine, ephedrine, methylephedrine and pseudoephedrine, in conjunction with a diuretic or masking agent, will be considered as an Adverse Analytical Finding (AAF) unless the

Athlete has an approved Therapeutic Use Exemption (TUE) for that substance in addition to the one granted for the diuretic or masking agent.

对于福莫特罗、沙丁胺醇、去甲伪麻黄碱、麻黄碱、甲基麻黄碱和伪麻黄碱这些阈值物质，除非运动员已经获得这类物质以及利尿剂或掩蔽剂的治疗用药豁免（TUE）的批准，否则运动员在任何时间或赛内检查的样品中发现任何剂量的阈值物质与利尿剂或掩蔽剂同时存在时，兴奋剂检测结果将被视为阳性检测结果（AAF）。

PROHIBITED METHODS

禁用方法

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

所有场合禁用（赛内和赛外）

All prohibited methods in this class are non-Specified except methods in M2.2. which are Specified Methods.

除M2.2.中的禁用方法为特定方法外，本类别中所有禁用方法均为非特定方法。

M1. MANIPULATION OF BLOOD AND BLOOD COMPONENTS

篡改血液和血液成分

The following are prohibited:

以下方法禁用：

1.The Administration or reintroduction of any quantity of autologous, allogenic (homologous) or heterologous blood, or red blood cell products of any origin into the circulatory system.

向循环系统内施用或回输任何数量的自体、同种异体（同源）或异源血液或任何来源的血红细胞制品。

2.Artificially enhancing the uptake, transport or delivery of oxygen. Including, but not limited to: Perfluorochemicals; efaproxiral (RSR13) and modified haemoglobin products, e.g. haemoglobin-based blood substitutes and microencapsulated haemoglobin products, excluding supplemental oxygen by inhalation.

人为提高氧气摄入、输送或释放的方法。包括但不限于：使用全氟化合物、乙丙昔罗（RSR13）以及经修饰的血红蛋白制剂,如以血红蛋白为主剂的血液替代品，微囊血红蛋白制剂等。但不包括吸入方式补充氧气。

3.Any form of intravascular manipulation of the blood or blood components by physical or

chemical means.

通过物理或化学手段，以任何形式向血管内输送全血或血液成分。

M2.CHEMICAL AND PHYSICAL MANIPULATION

化学和物理篡改

The following are prohibited:

以下方法禁用：

1.Tampering, or Attempting to Tamper, to alter the integrity and validity of Samples collected during Doping Control. Including, but not limited to: Sample substitution and/or adulteration, e.g. addition of proteases to Sample.

1.在兴奋剂管制过程中，篡改或企图篡改样本的完整性和有效性。包括但不限于：置换样本和/或样本掺假，例如，向样本中添加蛋白酶。

2.Intravenous infusions and/or injections of more than a total of 100 mL per 12-hour period except for those legitimately received in the course of hospital treatments, surgical procedures or clinical diagnostic investigations.

每12小时的静脉输液和/或静脉注射量累计超过100ml，但在医院治疗、手术治疗或临床诊断检查过程中正当使用的除外。

M3.GENE AND CELL DOPING

基因和细胞兴奋剂

The following, with the potential to enhance sport performance, are prohibited:

以下具有可能提高运动能力的手段禁用：

1.The use of nucleic acids or nucleic acid analogues that may alter genome sequences and/or alter gene expression by any mechanism. This includes but is not limited to gene editing, gene silencing and gene transfer technologies.

使用可以通过任何机制改变基因组序列和/或改变基因表达的核酸或核酸类似物，包括但不限于基因编辑、基因沉寂（基因沉默）和基因转移技术。

2.The use of normal or genetically modified cells.

使用常规细胞或经基因修饰的细胞。

S6.STIMULANTS

刺激剂

PROHIBITED IN-COMPETITION

赛内禁用的物质和方法

All prohibited substances in this class are Specified Substances except those in S6.A, which are non-Specified Substances.

Substances of Abuse in this section: cocaine and methylenedioxymethamphetamine (MDMA /“ecstasy”)

除了S6.A中的禁用物质是非特定物质，这个类别中的其他所有禁用物质都是特定物质。

这章节内的滥用物质：可卡因和N-甲基亚甲二氧基苯丙胺（MDMA/“亚甲基二氧甲基苯丙胺”（摇头丸主要成分））

All stimulants, including all optical isomers, e.g. *d*- and *l*- where relevant, are prohibited.
所有刺激剂，包括所有光学异构体(例如*d*-型和*l*-型)均禁用。

Stimulants include:

刺激剂包括：

A:NON-SPECIFIED STIMULANTS

非特定刺激剂

Adrafinil;

阿屈非尼

Amfepramone;

安非拉酮

Amfetamine;

苯丙胺

Amfetaminil;

安非他尼

Amiphenazole;

阿米苯唑

Benfluorex;

苯氟雷司

Benzylpiperazine;

苄基哌嗪

Bromantan;

布罗曼坦
Clobenzorex;
氯苄雷司
Cocaine;
可卡因
Cropropamide;
克罗丙胺
Crotetamide;
克罗乙胺
Fencamine;
芬咖明
Fenetylline;
芬乙茶碱
Fenfluramine;
芬氟拉明
Fenproporex;
芬普雷司
Fonturacetam [4-phenylpiracetam (carphedon)];
芳妥西坦[4-苯基吡拉西坦（卡非多）]
Furfenorex;
呋芬雷司
Lisdexamfetamine;
利右苯丙胺
Mefenorex;
美芬雷司
Mephentermine;
美芬丁胺
Mesocarb;
美索卡
Metamfetamine(*d*-);
甲基苯丙胺（右旋）
p-methylamfetamine;
对-甲基苯丙胺
Modafinil;

莫达非尼

Norfenfluramine;

去乙芬氟拉明

Phendimetrazine;

苯甲曲秦

Phentermine;

芬特明

Prenylamine;

普尼拉明

Prolintane.

普罗林坦

A stimulant not expressly listed in this section is a Specified Substance.

本节未明确列出的刺激剂均为特定物质。

B:SPECIFIED STIMULANTS

特定刺激剂

Including, but not limited to:

包括但不限于:

3-Methylhexan-2-amine (1,2-dimethylpentylamine);

3-甲基己烷-2-胺 (1, 2-二甲基戊胺)

4-Methylhexan-2-amine (methylhexaneamine);

4-甲基己烷-2-胺 (甲基己胺)

4-Methylpentan-2-amine (1,3-dimethylbutylamine);

4-甲基戊烷-2-胺 (1,3-二甲基正丁胺)

5-Methylhexan-2-amine (1,4-dimethylpentylamine);

5-甲基己烷-2-胺 (1, 4-二甲基戊胺)

Benzfetamine;

苯非他明

Cathine**;

去甲伪麻黄碱

Cathinone and its analogues, e.g. mephedrone, methedrone, and α - pyrrolidinovalerophenone;

卡西酮及其同系物 (例如, 4-甲基甲卡西酮, 4-甲氧基甲卡西酮, α -吡咯烷基苯戊酮)

Dimetamfetamine (dimethylamphetamine);

二甲基苯丙胺

Ephedrine***;

麻黄碱

Epinephrine**** (adrenaline);

肾上腺素

Etamivan;

香草二乙胺

Etilamfetamine;

乙非他明

Etilefrine;

依替福林

Famprofazone;

泛普法宗

Fenbutrazate;

芬布酯

Fencamfamin;

芬坎法明

Heptaminol;

辛胺醇

Hydroxyamfetamine (parahydroxyamphetamine);

羟苯丙胺 (对-羟基苯丙胺)

Isometheptene;

异美汀

Levmetamfetamine;

左去氧麻黄碱

Meclofenoxate;

甲氯芬酯

Methylenedioxymethamphetamine;

N-甲基亚甲二氧基苯丙胺

Methylephedrine***;

甲基麻黄碱

Methylphenidate;

哌甲酯

Nikethamide;

尼可刹米

Norfenefrine;

去甲苯福林

Octodrine (1,5-dimethylhexylamine);

奥托君 (1,5-二甲基己胺)

Octopamine;

奥克巴胺

Oxilofrine (methylnephrine);

奥洛福林 (甲基辛弗林, 又译名: 甲昔奈福林)

Pemoline;

匹莫林

Pentetrazol;

戊四氮

Phenethylamine and its derivatives;

苯乙胺及其衍生物

Phenmetrazine;

芬美曲秦

Phenpromethamine;

苯丙甲胺

Propylhexedrine;

丙己君

Pseudoephedrine*****;

伪麻黄碱

Selegiline;

司来吉兰

Sibutramine;

西布曲明

Strychnine;

士的宁

Tenamfetamine (methylenedioxyamphetamine);

替苯丙胺 (亚甲二氧基苯丙胺)

Tuaminoheptane;

异庚胺

and other substances with a similar chemical structure or similar biological effect(s).
以及具有类似化学结构或类似生物效应的其他物质。

EXCEPTIONS

例外

- Clonidine;

可乐定

- Imidazole derivatives for dermatological, nasal or ophthalmic use (e.g. brimonidine, clonazoline, fenoxazoline, indanazoline, naphazoline, oxymetazoline, xylometazoline) and those stimulants included in the 2021 Monitoring Program*.

皮肤、鼻腔或眼科使用的咪唑衍生物（如，溴莫尼定、氯萘唑啉、非诺唑啉、萘唑啉、萘甲唑啉、羟甲唑啉、赛洛唑啉）和列入2021年监控程序*的刺激剂。

*Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol, and synephrine: These substances are included in the 2021 Monitoring Program, and are not considered Prohibited Substances.

丁胺苯丙酮、咖啡因、尼古丁、去氧肾上腺素、苯丙醇胺、哌苯甲醇和昔奈福林：这些被列入2021年监控程序的物质不属于禁用物质。

**Cathine: Prohibited when its concentration in urine is greater than 5 micrograms per milliliter.

去甲伪麻黄碱：尿中浓度超过 5 微克/毫升时禁用。

***Ephedrine and methylephedrine: Prohibited when the concentration of either in urine is greater than 10 micrograms per milliliter.

麻黄碱或甲基麻黄碱：尿中浓度超过10微克/毫升时禁用。

****Epinephrine (adrenaline): Not prohibited in local administration, e.g. nasal, ophthalmologic, or co-administration with local anaesthetic agents.

肾上腺素：局部使用（如鼻、眼）或与局部麻醉剂合用时不禁用。

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

伪麻黄碱：尿中浓度超过150微克/毫升时禁用。

S7.NARCOTICS

麻醉剂

PROHIBITED IN-COMPETITION

赛内禁用

All prohibited substances in this class are Specified Substances.

Substance of Abuse in this section: diamorphine (heroin).

本类别中的所有禁用物质均为特定物质。

本节中的滥用物质：二醋吗啡（海洛因）。

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

下列麻醉剂禁用，包括所有光学异构体，例如 *d*-型和*l*-型:

Buprenorphine;

丁丙诺啡

Dextromoramide;

右吗拉胺

Diamorphine (heroin);

二醋吗啡（海洛因）

Fentanyl and its derivatives;

芬太尼及其衍生物

Hydromorphone;

氢吗啡酮

Methadone;

美沙酮

Morphine;

吗啡

Nicomorphine;

尼可吗啡

Oxycodone;

羟考酮

Oxymorphone;

羟吗啡酮

Pentazocine;

喷他佐辛

Pethidine.

哌替啶

S8.CANNABINOIDS

大麻（酚）类

PROHIBITED IN-COMPETITION

赛内禁用

All prohibited substances in this class are Specified Substances.

Substance of Abuse in this section: tetrahydrocannabinol (THC)

本类别中的所有禁用物质均为特定物质。

本节中的滥用物质：四氢大麻酚（THC）。

All natural and synthetic cannabinoids are prohibited, e.g.

所有天然和合成的大麻酚（素）类都禁用，例如

- In cannabis (hashish, marijuana) and cannabis products
大麻成分（大麻脂，大麻）和大麻制品
- Natural and synthetic tetrahydrocannabinols (THCs)
天然和合成的四氢大麻酚（THCs）
- Synthetic cannabinoids that mimic the effects of THC
模拟四氢大麻酚效果的合成大麻酚（素）类

EXCEPTIONS

例外

- Cannabidiol.
大麻二醇

S9.GLUCOCORTICOIDS

糖皮质激素

PROHIBITED IN-COMPETITION

赛内禁用

All prohibited substances in this class are Specified Substances.

本类别中的所有禁用物质均为特定物质。

All glucocorticoids are prohibited when administered by oral, intravenous, intramuscular or rectal routes.

所有糖皮质激素禁止口服、静脉注射、肌肉注射或直肠给药。

Including but not limited to:

包括但不限于:

Beclometasone;

倍氯米松

Betamethasone;

倍他米松

Budesonide;

布地奈德

Ciclesonide;

环索奈德

Cortisone;

可的松

Deflazacort;

地夫可特

Dexamethasone;

地塞米松

Flucortolone;

氟可龙

Flunisolide;

氟尼缩松

Fluticasone;

氟替卡松

Hydrocortisone;

氢化可的松

Methylprednisolone;

甲泼尼龙

Mometasone;

莫米松

Prednisolone;

泼尼松龙

Prednisone;

泼尼松

Triamcinolone acetonide.

曲安奈德

P1.BETA-BLOCKERS

β-阻断剂

PROHIBITED IN PARTICULAR SPORTS

特殊项目禁用

All prohibited substances in this class are Specified Substances.

本类别中的所有禁用物质均为特定物质。

Beta-blockers are prohibited In-Competition only, in the following sports, and also prohibited Out-of-Competition where indicated. (*)

β-阻断剂在下列运动项目中赛内禁用，在标注星号 (*) 的运动项目中赛外也禁用。

- Archery (WA)*
射箭 (WA, 国际射箭联合会) *
- Automobile (FIA)
汽车运动 (FIA, 国际汽车运动联合会)
- Billiards (all disciplines) (WCBS)
台球 (所有小项) (WCBS, 世界台球联盟)
- Darts (WDF)
飞镖 (WDF, 世界飞镖联合会)
- Golf (IGF)
高尔夫 (IGF, 国际高尔夫联合会)
- Shooting (ISSF, IPC)*
射击 (ISSF, 国际射击联合会, IPC, 国际残奥委会) *
- Skiing/Snowboarding (FIS) in ski jumping, freestyle aerials/halfpipe and snowboard halfpipe/big air
滑雪/单板滑雪 (FIS, 国际滑雪联合会), 包括的项目有跳台滑雪、自由式滑雪空中技巧 / U型场地、单板滑雪U型场地 / 大跳台
- Underwater sports (CMAS) in constant-weight apnoea with or without fins, dynamic apnoea with and without fins, free immersion apnoea, Jump Blue apnoea, spearfishing, static apnoea, target shooting, and variable weight apnoea.
水下运动 (CMAS, 世界水下运动联合会), 包括的项目有恒定配重-有蹼/无蹼, 动

态直线-有蹼/无蹼，无限制自由下潜，水下绕桩，水下渔猎，静态闭气，目标射击和有变量配重下潜。(中文版译注：水下运动各项目暂无通用译名，均为暂译名。)

***Also prohibited Out-of-Competition**

*赛外也禁用

Including, but not limited to:

包括但不限于：

Acebutolol;

醋丁洛尔

Alprenolol;

阿普洛尔

Atenolol;

阿替洛尔

Betaxolol;

倍他洛尔

Bisoprolol;

比索洛尔

Bunolol;

布诺洛尔

Carteolol;

卡替洛尔

Carvedilol;

卡维地洛

Celiprolol;

塞利洛尔

Esmolol;

艾司洛尔

Labetalol;

拉贝洛尔

Metipranolol;

美替洛尔

Metoprolol;

美托洛尔

Nadolol;

纳多洛尔

Nebivolol;

奈必洛尔

Oxprenolol;

氧烯洛尔

Pindolol;

吲哚洛尔

Propranolol;

普萘洛尔

Sotalol;

索他洛尔

Timolol.

噻吗洛尔

附

**THE 2021 MONITORING
PROGRAM
2021监控程序**

The following substances are placed on the 2021 Monitoring Program:

以下物质列入2021年监控程序：

1. Anabolic Agents:

蛋白同化制剂：

In and Out-of-Competition: Ecdysterone

赛内和赛外：蜕皮甾酮

2. Beta-2 Agonists:

β_2 激动剂：

In and Out-of-Competition: Salmeterol and vilanterol below the Minimum Reporting Level.

赛内和赛外：沙美特罗和维兰特罗低于最低报告水平

3. 2-ethylsulfanyl-1H-benzimidazole (bemitil):

2-(乙基硫代)-1H-苯并咪唑 (bemitil) :

In and Out-of-Competition

赛内和赛外

4. Stimulants:

刺激剂：

In-Competition only: Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol and synephrine

仅赛内：丁胺苯丙酮，咖啡因，尼古丁，去氧肾上腺素，去甲麻黄碱，哌苯甲醇，昔奈福林

5.Narcotics:

麻醉剂:

In-Competition only: Codeine, hydrocodone and tramadol

仅赛内: 可待因, 氢可酮, 曲马多

6.Glucocorticoids:

糖皮质激素:

In-Competition (by routes of administration other than oral, intravenous, intramuscular or rectal) and **Out-of-Competition** (all routes of administration)

赛内 (口服、静脉注射、肌肉注射或直肠给药以外的给药途径) 和赛外 (全部给药途径)

*The World Anti-Doping Code (Article 4.5) states: “WADA, in consultation with Signatories and governments, shall establish a monitoring program regarding substances which are not on the Prohibited List, but which WADA wishes to monitor in order to detect potential patterns of misuse in sport.”

*《条例》(条款4.5)规定,“WADA应当与各签约方和各国政府协商,制定一项监控程序,监控那些尚未列入《禁用清单》但WADA希望监控的物质,以便发现其在体育运动中潜在的滥用方式。”

SUMMARY OF MAJOR MODIFICATIONS AND EXPLANATORY NOTES

2021 Prohibited List

2021年《禁用清单》主要修订及注释概要

Redesign of the List

重新设计《禁用清单》

- The 2021 Prohibited List is redesigned to improve navigation and usability.

重新设计了2021年《禁用清单》，以改善导览和可用性。

Specified Methods

特定方法

- M2.2 is now a Specified Method in accordance with Article 4.2.2 of the 2021 World Anti-Doping Code (the Code).

依照2021版《条例》条款4.2.2，M2.2现在是一种特定方法。

Substances of Abuse

滥用物质

- Article 4.2.3 of the Code defines Substances of Abuse as those “Prohibited Substances which are specifically identified as Substances of Abuse on the Prohibited List because they are frequently abused in society outside of the context of sport.”

《条例》条款4.2.3将滥用物质定义为“在《禁用清单》中被特别确定为滥用物质的禁用物质，因为这些禁用物质经常在体育运动以外的社会环境中滥用。”

- Cocaine, diamorphine (heroin), methylenedioxymethamphetamine (MDMA/“ecstasy”) and tetrahydrocannabinol (THC) are designated as Substances of Abuse.

可卡因，二醋吗啡（海洛因），N-甲基亚甲二氧基苯丙胺（MDMA/“亚甲基二氧甲基苯丙胺”（摇头丸主要成分）），四氢大麻酚（THC）被确定为滥用物质。

- Other substances are currently under review and may be designated as Substances of Abuse in the future.

其他物质目前正在审查中，今后可能被确定为滥用物质。

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

所有场合禁用的物质和方法 (赛内和赛外)

PROHIBITED SUBSTANCES

禁用物质

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

肽类激素、生长因子、相关物质和模拟物

- Transforming growth factor-beta (TGF- β) signalling inhibitors are now included with their full rather than abbreviated name.

转化生长因子- β (TGF- β) 信号传导抑制剂, 现在使用了它的全称而不是简称。

- IOX2 is added as an example of a hypoxia-inducible factor (HIF) activating agent.
- 增加了IOX2作为缺氧诱导因子激活剂的示例。

S3. Beta-2 Agonists

β_2 激动剂

- Inhaled vilanterol is now permitted up to the manufacturer's maximum recommended dose. The dose is expressed as the metered dose of 25 micrograms which is equivalent to a delivered dose of 22 micrograms.

现在允许吸入维兰特罗,最多达到制造商推荐的最大剂量。该剂量表示为25微克的计量剂量,相当于22微克的给药剂量。

- It is clarified that arformoterol and levosalbutamol are prohibited by adding them as examples.

通过添加示例,明确了阿福特罗和左沙丁胺醇是禁用的。

S4. Hormone and Metabolic Modulators

激素及代谢调节剂

- Sub-classes 4.2 and 4.3 were amalgamated to become anti-estrogenic substances (including selective estrogen receptor modulators (SERMs)). This clarification in terminology reflects that, for anti-doping purposes, all these substances act by a common mechanism of binding to estrogen receptors and blocking estrogen action. This clarification did not add or remove any substances from this category.

将4.2和4.3两个亚类别合并为抗雌激素作用物质(包括选择性雌激素受体调节剂(SERMs))。这一术语上的澄清表明,出于反兴奋剂的目的,所有此类物质都是通过与雌激素受体结合并阻断雌激素作用的共同机制而发挥作用。该说明未增加或移除这个类别中的任何物质。

S5. Diuretics and Masking Agents

利尿剂和掩蔽剂

•The wording regarding the exception to allow the ophthalmic use of carbonic anhydrase inhibitors is clarified as “topical ophthalmic administration”.

明确了允许眼科使用碳酸酐酶抑制剂的例外情况的措辞，将其改为“眼科局部用药”。

PROHIBITED METHODS

禁用方法

M2. Chemical and Physical Manipulation

化学和物理篡改

•As explained above, M2.2 is changed from a non-Specified to a Specified Method.

如上所述，M2.2从非特定方法改为特定方法。

SUBSTANCES AND METHODS PROHIBITED IN-COMPETITION

赛内禁用的物质和方法

PROHIBITED SUBSTANCES

禁用物质

S6. Stimulants

刺激剂

• Examples of imidazole derivatives for topical use are added to the exceptions. These are brimonidine, clonazoline, fenoxazoline, indanazoline, naphazoline, oxymetazoline and xylometazoline.

例外中增加了局部使用咪唑衍生物的例子。它们是溴莫尼定、氯萘唑啉、非诺唑啉、茛唑啉、萘甲唑啉、羟甲唑啉、赛洛唑啉。

S9. Glucocorticoids

糖皮质激素类

•Additional examples of glucocorticoids are added to the List. The names of some existing examples are clarified to better reflect the active drug compound.

《禁用清单》增加了糖皮质激素类的其他示例，明确了某些现有示例的名称，以更好地反映活性药物化合物。

•As proposed in the draft 2021 Prohibited List circulated for consultation to stakeholders in May 2020, WADA’s Executive Committee approved, at its 14-15 September 2020 meeting, prohibiting all injectable routes of administration of glucocorticoids during the In-Competition period. Examples of injectable routes of administration include: intravenous, intramuscular, periarticular, intra-articular, peritendinous, intratendinous, epidural, intrathecal, intrabursal, intralesional (e.g. intrakeloid), intradermal, and subcutaneous. However, in order to thoroughly and widely communicate the rule changes and to allow sufficient time for information and education, the Executive Committee decided to introduce the prohibition of all injectable glucocorticoid routes and the implementation of the new rules on 1 January 2022. This one-year period will allow, for example, Athletes and medical personnel to get a better understanding of the practical implementation of the washout periods, Laboratories to update their procedures to incorporate the revised and substance-specific new reporting values, and sports authorities to develop educational tools for Athletes, medical and support personnel, addressing the safe use of glucocorticoids for clinical purposes in anti-doping.

2021年《禁用清单》草案于2020年5月分发给所有利益相关方以征求意见。根据该《草案》的建议，WADA执行委员会在2020年9月14至15日的会议上批准，在赛内期间，禁用所有糖皮质激素的注射给药途径。注射给药途径包括：静脉注射，肌肉注射，关节周围注射，关节内注射，腱鞘周围注射，腱鞘内注射，硬膜外注射，鞘内注射，囊内注射，病灶内注射（如，瘢痕组织），皮内注射和皮下注射。然而，为了全面和广泛地通知规则的变化，并为宣传和教育留出足够的时间，执行委员会决定于2022年1月1日禁用所有糖皮质激素的注射途径，并实施新规则。这一年期间可以使运动员和医务人员更好的理解过渡期的实际执行情况；实验室更新他们的检测程序，来纳入修订后和特定物质的新报告值；以及体育部门为运动员、医务人员和运动员辅助人员开发教育工具，解决在反兴奋剂工作中，以临床为目的的安全使用糖皮质激素的问题。

P1. Beta-blockers

β-阻断剂

• Nebivolol was added as an example.

增加奈必洛尔作为示例。

Monitoring Program

监控程序

Beta-2 Agonists: In and Out-of-Competition:

β_2 激动剂: 赛内和赛外:

- Any combination of beta-2 agonists was removed as the required prevalence data were obtained.

获得所需的发病率数据后，移除了任何 β_2 激动剂的组合。

- Findings for salmeterol and vilanterol below the Minimum Reporting Level are included in the Monitoring Program to better monitor their therapeutic use vs risk of abuse.

将低于最低报告水平的沙美特罗和维兰特罗的结果纳入监控程序，以更好地监控其治疗使用和滥用风险。

* For further information on previous modifications and clarifications please consult the Prohibited List Q & A at www.wada-ama.org/en/questions-answers/prohibited-list-qa

*关于以前的修改和说明的更多信息，请在以下网址查阅《禁用清单》问答：

www.wada-ama.org/en/questions-answers/prohibited-list-qa