

Prohibited List 2024 Update



What is the Prohibited List?

- The Prohibited List is the International Standard that designates what substances and methods are prohibited in-competition and out-of-competition.
- The List also indicates whether particular substances are banned in particular sports.
- Substances and methods are classified by categories (e.g., Steroids, stimulants, gene doping)



Be aware

of the most up-to-date List available on the WADA Website - www.wada-ama.org – the list is updated annually, published by October 1st, and comes into effect on January 1st of the following year. This year's Prohibited list can be found [here](#) and with the corresponding information can be found on the ISU's website "[Prohibited List Section](#)"

Why are those products on the list?

Products and methods are considered as Doping if they meet 2 of these 3 criteria:

1. **It has the potential to enhance or enhances sport performance.**
2. **It represents an actual or potential health risk to the Athlete.**
3. **It violates the spirit of sport (this definition is outlined in the Code)**



Who can help me understand this list?

Because the list refers to the scientific name of substances and to other medical terms, it may be difficult to understand for an average reader. The following can help determine whether the ingredients of a certain product might be on the List.

- Competent health professionals (physicians, pharmacists)
- Your NADO (National Anti-Doping Agency) might offer an information service (hotline, mail, online database etc.) to help you check the status of medications sold in your country. Find your NADO's website here: <http://www.inado.org/members.html>.

- Global DRO- The Global Drug Reference Online (Global DRO) is a searchable database that **provides information about the prohibited status of specific medications and/or the active ingredient based on the current World Anti-Doping Agency (WADA) Prohibited List**. Link to Global DRO can be found [here](#)

What's new?

All Major Modifications for 2024 are outlined in the [2024 Summary of Major Modifications and Explanatory Notes](#), including particular information regarding **Tramadol**.

WADA has singled out one major modification to the list, saying the drug '**Tramadol**' – a strong painkiller – will be prohibited in sporting competitions as of 1st of January 2024.

Why is Tramadol banned?

Tramadol has fulfilled all three criteria which are the ability to enhance a sportsman's performance, an actual or potential health risk to the athlete, and violating the spirit of sport. A study by WADA was conducted to test if 'Tramadol' has a performance-enhancing effect. The study found it can give an athlete a performance advantage, potentially affecting his medalling position during competitions. As a synthetic opioid, tramadol has a tendency towards becoming an addiction and a substance of abuse to the athlete, hence going against the spirit of sport.



Data gathered from the WADA's monitoring programme using urine specimens indicated a large usage of 'Tramadol' among athletes. The rising trend in usage could potentially be due to athletes intentionally trying to dope during their competitions, which indicated an urgency for WADA to ban tramadol.

Tramadol- effects and more

The use of tramadol can have two types of side-effects: nausea, drowsiness, and loss of concentration (increasing the risk of crashes during races (Short Track and Speed Skating), falls during routine performances (Figure and Synchro Skating), and also gradual dependence on the substance with a risk of developing an addiction. Tramadol is available on prescription, but is also freely available on the internet, which increases the risk of uncontrolled self-medication.

FAQ's

I have been using the tablet '*End-o-Pain*' that my pharmacy provides me without prescription which helps with a recurring back issue every time during the competition without which I cannot otherwise compete, what is the correct approach from below?

- a. '*End-o-Pain*' does not guarantee me medals, it just helps me to compete so it's okay.
- b. If the pharmacy is giving me '*End-o-pain*' without prescription, it's mostly harmless.
- c. I need to check '*End-o-pain*' with my doctor for possible prohibitive contents including 'Tramadol.'



- d. I am never usually tested and unless my 'samples' come positive, I shouldn't bother and continue taking '*End-o-pain*' as it has helped for so long.

For the above question, **Option C** is the correct approach, as it is possible that '*End-o-pain*' contains 'Tramadol' since it's such a strong pain killer that makes you completely reliant on it and without which you cannot function. It is irrelevant if the painkiller guarantees you winning the medals or the fact that you have not been tested yet. Testing occurs randomly and not only on the ones winning medals. Even if you don't think that it's enhancing your performance significantly, it is important for the contents of your consumed medications to be medically verified by your doctor before the consumption, as it may contain a side effect or a long-term adverse effect on your body that may occur at a later stage. If '*End-o-pain*' contains 'Tramadol', which is such a strong pain killer, then the question probably needs to be asked whether or not the athlete should be competing if they need painkillers like these to get through the pain and be competition ready.

If you have any further additional questions or queries regarding this topic, contact us at antidoping@isu.ch