

Summary of Major Modifications and Explanatory Notes

Κατάλογος Απαγορευμένων 2025

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

PROHIBITED SUBSTANCES

S0. Non-Approved Substances

- S-107 and S48168 (ARM210) were added to S0 as examples of the class of ryanodine receptor-1-calstabin complex stabilizers. The ryanodine receptor-1-calstabin complex is a major component of calcium storage and release, serving to maintain skeletal muscle function.

S3. Beta-2 Agonists

- Based on a recent publication¹ on potential performance-enhancing doses of inhaled formoterol, the dosing intervals were updated to ensure that ergogenic effects are not achieved. These new 12-hourly dosing intervals are consistent with manufacturers' recommended use; the maximum delivered dose is unchanged at 54 micrograms over 24 hours.

¹ Jeppesen JS, Jessen S, Thomassen M, Backer V, Bangsbo J, Hostrup M. Inhaled beta2-agonist, formoterol, enhances intense exercise performance, and sprint ability in elite cyclists. Scand J Med Sci Sports. 2024;34:e14500.doi:10.1111/sms.14500

S4. Ορμονικοί και Μεταβολικοί Ρυθμιστές

- Η Ελασεστράντη προστέθηκε ως παράδειγμα αντιστρογόνου.
- Το μιτοχονδριακό ανοικτό πλαίσιο ανάγνωσης του 12S rRNA-c (MOTS-c) προστέθηκε ως παράδειγμα ενός ενεργοποιητή πρωτεϊνικής κινάσης ενεργοποιούμενης από AMP.
- Για λόγους σαφήνειας, οι S519 και S597 προστέθηκαν ως παραδείγματα μιμητών ινσουλίνης. Οι ενώσεις που μιμούνται την ινσουλίνη ή οι εκλεκτικοί τροποποιητές του υποδοχέα της ινσουλίνης (SIRMs) μιμούνται τη δράση της ινσουλίνης με πρόσδεση στον υποδοχέα της ινσουλίνης².

S5. Διουρητικά και Παράγοντες Απόκρυψης

- Xipamide was added as an example of a diuretic.

² a) Schäffer L, Brissette RE, Spetzler JC, Pillutla RC, Østergaard S, Lennick M, Brandt J, Fletcher PW, Danielsen GM, Hsiao KC, Andersen AS, Dedova O, Ribel U, Hoeg-Jensen T, Hansen PH, Blume AJ, Markussen J, Goldstein NI. Assembly of high-affinity insulin receptor agonists and antagonists from peptide building blocks. *Proc Natl Acad Sci U S A*. 2003 Apr 15;100(8):4435-9. doi:10.1073/pnas.0830026100
b) Schäffer L (2006) Pharmaceutically active insulin receptor-modulating molecules. PCT Int Appl WO2006018450

PROHIBITED METHODS

M1. Manipulation of Blood and Blood Components

- Donation of blood or blood components (e.g. plasma, red blood cells, white blood cells, platelets and peripheral blood stem cells) including by apheresis is not prohibited when performed in a collection center accredited by the relevant regulatory authority of the country in which it operates.

M3. Gene and Cell Doping

- Έγινε μικρή συντακτική αλλαγή για λόγους σαφήνειας.

ΟΥΣΙΕΣ ΚΑΙ ΜΕΘΟΔΟΙ ΑΠΑΓΟΡΕΥΜΕΝΕΣ ΕΝΤΟΣ ΑΓΩΝΑ

ΑΠΑΓΟΡΕΥΜΕΝΕΣ ΜΕΘΟΔΟΙ

S6.

- Hydrafenil (fluorenol) was changed from S6.B to S6.A, as this substance is more potent than modafenil and is not licensed for medical use.
- Midodrine and tesofensine were added as examples of specified stimulants.
- Guanfacine was clarified as not prohibited.

PROHIBITED IN PARTICULAR SPORTS

P1. Beta-Blockers

- Based on information provided by International Ski and Snowboard Federation (FIS), the skiing/snowboarding disciplines of ski jumping, freestyle aericals/halfpipe and snowboard halfpipe/big air were removed.

MONITORING PROGRAM

- Fentanyl and tramadol were added to monitor patterns of *Out-of-Competition* use.

* For further information on previous modifications and clarifications, please consult the *Prohibited List* Frequently Asked Questions at <https://www.wada-ama.org/en/prohibited-list#faq-anchor>.