Summary of Major Modifications and Explanatory Notes

world anti-doping agency

2026 Prohibited List

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

PROHIBITED SUBSTANCES

S1. Anabolic agents

- It was clarified in S1.1. that esters of the prohibited steroids are also prohibited.

S2. Peptide hormones, growth factors, related substances, and mimetics

- Pegmolesatide was added as an example of a new EPO-mimetic agent.

S3. Beta-2 Agonists

- The dosing intervals of salmeterol were revised to avoid potential ergogenic effects beyond therapeutic action[1]. The maximum delivered dose is unchanged at 200 micrograms over 24 hours.

S4. Hormone and Metabolic Modulators

- 2-Phenylbenzo[h]chromen-4-one, also known as α-naphthoflavone or 7,8-benzoflavone, was added as an example of an aromatase inhibitor. This synthetic substance has been found in supplements.
- 5-N,6-N-bis(2-fluorophenyl)-[1,2,5]oxadiazolo[3,4-b]pyrazine-5,6-diamine, also known as BAM15, was added as an example of an activator of the AMP-activated protein kinase (AMPK). This synthetic substance has been found in supplements.

[1] Thoueille P, Danion A, Hostrup M, Petrou M, Deventer K, Buclin T, Girardin F, Mazzoni I, Rabin O, Guidi M. Pharmacometric-based evaluation of salmeterol and its metabolite α-hydroxysalmeterol in plasma and urine: practical implications for doping control. Submitted for publication.

PROHIBITED METHODS

M1. Manipulation of Blood and Blood Components

- It was clarified that withdrawal of blood or blood components is prohibited except for 1) analytical purposes including medical tests or *Doping Control*, or for 2) donation purposes performed in a collection center accredited by the relevant regulatory authority of the country in which it operates. Note that Platelet-Rich Plasma (PRP) and related procedures remain not prohibited.
- The non-diagnostic use of carbon monoxide (CO) was added to the *Prohibited Methods* as a new section, M 1.4. It can increase erythropoiesis under certain conditions. The use of carbon monoxide for diagnostic purposes, such as total haemoglobin mass measurements or the determination of pulmonary diffusion capacity, is not prohibited. The current wording was chosen to differentiate between illicit use and the intake resulting from natural combustion processes (e.g. smoking), the environment (e. g. exhaust gases) or diagnostic procedures.

M3. Gene and Cell Doping

- Cell components (e.g. nuclei and organelles such as mitochondria and ribosomes) are added to the existing prohibition of using normal or genetically modified cells.

PROHIBITED SUBSTANCES

S6. Stimulants

- 2-[Bis(4-fluorophenyl)methylsulfinyl]acetamide (flmodafinil) and 2-[bis(4-fluorophenyl) methylsulfinyl]-N-hydroxyacetamide (fladrafinil) were added to the S6.A list of non-specified stimulants. These unapproved substances are potent analogs of modafinil and adrafinil, and are sold as supplements.

S9. Glucocorticoids

- The following clarification is added as a footnote to the Glucocorticoid Washout Table:

  "Use of sustained-release glucocorticoid formulations may result in detectable glucocorticoid levels past the washout period due to prolonged systemic absorption."

Route	Glucocorticoid	Washout period*
Oral**	All glucocorticoids;	3 days
	Except: triamcinolone; triamcinolone acetonide	10 days
Intramuscular***	Betamethasone; dexamethasone; methylprednisolone	5 days
	Prednisolone; prednisone	10 days
	Triamcinolone acetonide	60 days
Local injections*** (including periarticular, intra-articular, peritendinous and intratendinous)	All glucocorticoids;	3 days
	Except: prednisolone; prednisone; triamcinolone acetonide; triamcinolone hexacetonide	10 days
Rectal	All glucocorticoids;	3 days
	Except: triamcinolone diacetate; triamcinolone acetonide	10 days

*The “washout period” refers to the time from the last administered dose to the time of the start of the *In-Competition* period (i.e. beginning at 11:59 p.m. on the day before a *Competition* in which the *Athlete* is scheduled to participate, unless a different period was approved by *WADA* for a given sport). This is to allow elimination of the glucocorticoid to below the reporting level.

** Oral routes also include e.g. oromucosal, buccal, gingival and sublingual.

*** Use of sustained-release glucocorticoid formulations may result in detectable glucocorticoid levels past the washout period due to prolonged systemic absorption.

- The Washout Period Table is also found in the List FAQ https://www.wada-ama.org/en/prohibited-list#faq-anchor as well as in the Glucocorticoids and Therapeutic Use Exemptions Guidelines https://www.wada-ama.org/en/resources/therapeutic-use-exemption/glucocorticoids-and-therapeutic-use-exemptions-guidelines

MONITORING PROGRAM

- It is clarified that the urine monitoring of semaglutide includes also the monitoring of tirzepatide.

* 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.