



From 1st January 2021 a revised version of the World Anti-Doping Code and International Standards are enforced. The Code and Standards make up the regulatory framework for anti-doping worldwide.

The World Anti-Doping Code sets out the anti-doping rules for all sports and all countries. The Code protects an athlete's fundamental right to participate in clean sport. The Code promotes and protects the health, fairness and equal opportunity for athletes worldwide. The 2021 Code, which came into effect on 1st January 2021, is the fourth version. The Code has been accepted by the entire Olympic Movement as well as by various sports bodies and National Anti-Doping Organisations (NADO) across the world. It has also been recognised by more than 185 governments, through the UNESCO Convention against Doping in Sport. For the first time, there are two new Standards related to Results Management and Education.

This revised framework means that there are some new anti-doping rules that athletes and others must abide by to support clean sport, while others have been amended. There are some really positive changes for athletes that you should be aware of:

Identification of athletes' rights has been included in the Code as part of the Fundamental Rationale for the Code. Accordingly, on 1st January, the Athletes' Anti-Doping Rights Act also entered into force.

The International standard 2021 Prohibited List also entered into force on 1st January. It has been redesigned to make it more user friendly; including, a new index to help athletes search for prohibited substances. This is the list of substances and methods that are banned in sport. The International Standard for Prohibited List is one of the eight International Standards under the World Anti-Doping Code. The List identifies the substances and methods banned (prohibited) in sport.



- Some substances and methods are banned only in competition - the rest are banned at all times.
- Some substances and methods are banned above specific concentrations (decision limits).
- Some substances and methods are only banned in particular sports. The substances and methods on the List are classified into categories (e.g. steroids, stimulants, gene doping). The substances and methods included in each category is not the complete list. They are only examples of the types of substances that would be included in that category. The List is updated every year. 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, have been classified as 'specified'. Important: Major modification planned for the 2022 List. From 1st January 2022, all glucocorticoids administered by injection will be banned in-competition.
- Substances of abuse are now set out in the Prohibited List; and, if taken out-of-competition and not in relation to sport performance, a three-month ban applies which can be reduced to one month if a rehabilitation program is satisfactorily completed. These are substances that frequently abused in society outside of the context of sport. The following substances were identified as 'Substances of Abuse' in the 2021 List:
 - Cocaine
 - Diamorphine (heroin)
 - Methylenedioxymethamphetamine (MDMA/'ecstasy')
 - Tetrahydrocannabinol (THC)



It is important to be familiar with the List and the changes coming into force to avoid inadvertent doping.

- Remember, athletes are ultimately responsible for any banned substance found in their system, regardless as to how it got there or if there was an intention to cheat. This is the principle of strict liability.
- Athlete support personnel can also be sanctioned if they: administer or attempt to administer a prohibited substance; administer or attempt to administer a prohibited method; have a prohibited substance or method in their possession without any medical justification. Athletes with a legitimate medical reason for using a prohibited substance or method may apply for a Therapeutic Use Exemption (TUE).

There is more protection for persons reporting potential violations.

Definitions of in-competition and recreational athletes, as well as the new category of protected persons, are added to the Code that will increase consistency.

In order to maintain the integrity and value of clean sport to the world, WADA coordinates harmonised and athlete-centered anti-doping programs worldwide with regards to prevention, deterrence and detection of doping.

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