

2016 Prohibited List

6 January 2016

The 2016 List of Prohibited Substances and Methods took effect on 1 January 2016.

It can be downloaded from the [Prohibited List section](#) of the UKAD website or consulted via the free 100%me Clean Sport App available to download via iTunes, Googleplay or the Windows Store.

A [summary of modifications](#) to the 2016 Prohibited List can be found on WADA's website and includes:

Prohibited Substances

S2: Peptide hormones, Growth Factors, Related Substances and Mimetics:

- Leuprorelin replaced triptorelin as a more universal example of a chorionic gonadotrophin and luteinizing hormone-releasing factor.

S4. Hormone and Metabolic Modulators:

- Insulin-mimetics were added to the List to include all insulin-receptor agonists.
- Meldonium (Mildronate) was added because of evidence of its use by athletes with the intention of enhancing performance.

S5. Diuretics and Masking Agents:

- It was clarified that the ophthalmic use of carbonic anhydrase inhibitors is permitted.

Substances and Methods Prohibited In-Competition

S6. Stimulants:

- It was clarified that clonidine is permitted.

Substances Prohibited in Particular Sports

P1: Alcohol:

- After consideration of the Federation International de Motocyclisme (FIM)'s request, their Federation was removed from the list of sports prohibiting alcohol as a doping agent. WADA understands that FIM will address the use of alcohol using their own regulations.

Monitoring Program

- Meldonium was removed from the Monitoring Program and added to the Prohibited List.
- Hydrocodone, morphine/codeine ratio and tapentadol were removed from the Monitoring Program.

Athletes are advised to check all medications before use and UK Anti-Doping recommends using [Global DRO](#), which provides information about the prohibited status of specific substances based on the current Prohibited List.