附件

世界反兴奋剂条例
国际标准
禁用清单
2022年

《禁用清单》的正式文本由世界反兴奋剂机构保存，并以英文和法文公布。如英文与法文版本、中文与英文版本存在不一致，应以英文版本为准。

本清单自2022年1月1日起生效

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Please note that the list of examples of medical conditions below is not inclusive.
请注意，本目录中所列病症仅为举例。

THE 2022 PROHIBITED LIST
2022年《禁用清单》
WORLD ANTI-DOPING CODE
《世界反兴奋剂条例》

VALID 1 JANUARY 2022

2022年1月1日起生效

Introduction
导言

The *Prohibited List* is a mandatory *International Standard* as part of the World Anti-Doping Program.

《禁用清单》是具有强制性的国际标准，是世界反兴奋剂体系的组成部分。

The *List* is updated annually following an extensive consultation process facilitated by *WADA*. The effective date of the *List* is 01 January 2022.

《禁用清单》由世界反兴奋剂机构（以下简称“WADA”）在广泛征求意见后发布，每年更新一次。本《禁用清单》自2022年1月1日起生效。

The official text of the *Prohibited List* shall be maintained by *WADA* and shall be published in English and French. In the event of any conflict between the English and French versions, the English version shall prevail.

《禁用清单》的正式文本应由WADA保存，并以英文和法文版本公布。如英文与法文版本存在不一致，应以英文版本为准。

Below are some terms used in this *List* of *Prohibited Substances* and *Prohibited Methods*.

以下是禁用物质和禁用方法在本《禁用清单》中使用的一些术语。

Prohibited In-Competition
赛内禁用

Subject to a different period having been approved by *WADA* for a given sport, the *In-Competition* period shall in principle be the period commencing just before midnight(at 11:59 p.m.) on the day before a *Competition* in which the *Athlete* is scheduled to participate until the end of the *Competition* and the *Sample* collection process.

赛内原则上是指从运动员参赛的前一天晚 11:59 开始，直至该比赛和与之相关样本采集程序结束为止的一段时间，除非WADA为某一特定运动项目批准了不同的时间段。

Prohibited at all times
所有场合禁用

This means that the substance or method is prohibited *In-* and *Out-of-Competition* as defined in the *Code*.

即该物质或方法在《条例》定义的赛内和赛外均禁用。

Specified and *non-Specified*
特定和非特定

As per Article 4.2.2 of the *World Anti-Doping Code*, "for purposes of the application of Article 10, all *Prohibited Substances* shall be *Specified Substances* except as identified on the *Prohibited List*. No Prohibited Method shall be a *Specified Method* unless it is specifically identified as a *Specified Method* on the *Prohibited List*". As per the comment to the article, "the *Specified Substances* and *Methods* identified in Article 4.2.2 should not in any way be considered less important or less dangerous than other doping substances or methods. Rather, they are simply substances and methods which are more likely to have been consumed or used by an *Athlete* for a purpose other than the enhancement of sport performance."

依照《条例》条款4.2.2，"为适用第10条，除《禁用清单》中明确列出以外，所有禁用物质均为特定物质。除非在《禁用清单》上明确规定为特定方法，否则任何禁用方法均不属于特定方法"。根据该条款释义，"条款4.2.2中确定的特定物质和特定方法不应当视为没有其他兴奋剂物质或方法重要或危险。相反，这些物质和方法更容易被运动员服用或使用，用于提高运动能力以外的其他目的。"

Substances of Abuse
滥用物质

Pursuant to Article 4.2.3 of the Code, *Substances of Abuse* are substances that are identified as such because they are frequently abused in society outside of the context of sport. The following are designated *Substances of Abuse*:cocaine, diamorphine(heroin), methylenedioxymethamphetamine(MDMA/"ecstasy"),tetrahydrocannabinol(THC).

依照《条例》条款4.2.3，滥用物质指经常在体育运动以外的社会环境中被滥用的物质。下列是指定的滥用物质：可卡因，二醋吗啡（海洛因），*N*-甲基亚甲二氧基苯丙胺[MDMA/亚甲基二氧甲基苯丙胺（中文注：摇头丸主要成分）]，四氢大麻酚（THC）。

S0. NON-APPROVED SUBSTANCES

未获批准的物质

PROHIBITED AT ALL TIMES(IN- AND OUT-OF-COMPETITION)
所有场合禁用(赛内和赛外)
All prohibited substances in this class are *Specified Substances*.
本类别中所有禁用物质均为特定物质。

Any pharmacological substance which is not addressed by any of the subsequent sections of the *List* and with no current approval by any governmental regulatory health authority for human therapeutic use(e.g. drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is prohibited at all times.

本《禁用清单》以下各节未涉及的任何药理学物质，且未获得任何政府健康管理部门用于人体治疗的批准（例如，处于临床前或临床研究中或已终止临床试验的药物、策划药物、仅被批准用于兽医的物质），在所有场合都禁用。

This class covers many different substances including but not limited to BPC-157.

本类别涵盖众多不同的物质，包括但不限于BPC-157。

S1.ANABOLIC AGENTS

蛋白同化制剂

PROHIBITED AT ALL TIMES(IN- AND OUT-OF-COMPETITION)
所有场合禁用(赛内和赛外)
All prohibited substances in this class are non-*Specified Substances*.
本类别中所有禁用物质均为非特定物质。

Anabolic agents are prohibited.
蛋白同化制剂禁用。

1.ANABOLIC ANDROGENIC STEROIDS(AAS)
蛋白同化雄性类固醇（AAS）
When administered exogenously,including but not limited to:
外源性摄入时禁用，包括但不限于：
1-Androstenediol(5α -androst-1-ene-3β ,17β -diol);
1-雄烯二醇(5α -雄甾-1-烯-3β ,17β -二醇)
1-Androstenedione(5α -androst-1-ene-3,17-dione);
1-雄烯二酮(5α -雄甾-1-烯-3,17-二酮)
1-Androsterone(3α -hydroxy-5α -androst-1-ene-17-one);
1-雄酮（3α -羟基-5α -雄甾-1-烯-17-酮）
1-Epiandrosterone(3β -hydroxy-5α -androst-1-ene-17-one);
1-表雄酮(3β -羟基-5α -雄甾-1-烯-17-酮)
1-Testosterone(17β -hydroxy-5α -androst-1-en-3-one);
1-睾酮(17β -羟基-5α -雄甾-1-烯-3-酮)
4-Androstenediol(androst-4-ene-3β ,17β -diol);
4-雄烯二醇(雄甾-4-烯-3β ,17β -二醇)
4-Hydroxytestosterone(4,17β -dihydroxyandrost-4-en-3-one);
4-羟基睾酮(4,17β -二羟基雄甾-4-烯-3-酮)
5-Androstenedione(androst-5-ene-3,17-dione);
5-雄烯二酮(雄甾-5-烯-3,17-二酮)
7α -hydroxy-DHEA;
7α -羟基-普拉睾酮
7β -hydroxy-DHEA;
7β -羟基-普拉睾酮
7-Keto-DHEA;
7-羰基-普拉睾酮
19-Norandrostenediol(estr-4-ene-3,17-diol);
19-去甲雄烯二醇(雌甾-4-烯-3,17-二醇)
19-Norandrostenedione(estr-4-ene-3,17-dione);
19-去甲雄烯二酮(雌甾-4-烯-3,17-二酮)

Androstanolone
(5α -dihydrotestosterone,17β -hydroxy-5α -androstan-3-one);
雄诺龙(5α -双氢睾酮, 17β -羟基-5α -雄烷-3-酮)
Androstenediol(androst-5-ene-3β ,17β -diol);
5-雄烯二醇（雄甾-5-烯-3β ,17β -二醇）
Androstenedione(androst-4-ene-3,17-dione);
雄烯二酮（雄甾-4-烯-3,17-二酮）
Bolasterone;
勃拉睾酮
Boldenone;
勃地酮
Boldione(androsta-1,4-diene-3,17-dione);
1,4-雄烯二酮（雄甾-1,4-二烯-3,17-二酮）
Calusterone;
卡芦睾酮
Clostebol;
氯司替勃
Danazol([1,2]oxazolo[4',5':2,3]pregna-4-en-20-yn-17α -ol);
达那唑([1,2]噁唑[4',5':2,3]孕甾-4-烯-20-炔-17α -醇)
Dehydrochlormethyltestosterone
(4-chloro-17β -hydroxy-17α -methylandrosta-1,4-dien-3-one);
去氢氯甲睾酮（脱氢氯甲睾酮, 4-氯-17β -羟基-17α -甲基雄甾-1,4-二烯-3-酮）
Desoxymethyltestosterone(17α -methyl-5α -androst-2-en-17β -ol and
17α -methyl-5α -androst-3-en-17β -ol);
去氧甲睾酮(17α -甲基-5α -雄甾-2-烯-17β -醇 和 17α -甲基-5α -雄甾-3-烯-17β -醇)
Drostanolone;
屈他雄酮
Epiandrosterone(3β -hydroxy-5α -androstan-17-one);
表雄酮（3β -羟基-5α -雄烷-17-酮）
Epi-dihydrotestosterone(17β -hydroxy-5β -androstan-3-one);
表双氢睾酮(17β -羟基-5β -雄烷-3-酮)
Epitestosterone;
表睾酮
Ethylestrenol(19-norpregna-4-en-17α -ol);
乙雌烯醇(19-去甲孕-4-烯-17α -醇)
Fluoxymesterone;
氟甲睾酮
Formebolone;
甲酰勃龙
Furazabol(17α -methyl[1,2,5]
oxadiazolo[3',4':2,3]-5α -androstan-17β -ol);
夫拉扎勃(17α -甲基[1,2,5]噁二唑[3',4':2,3]-5α -雄烷-17β -醇)

Gestrinone;
孕三烯酮
Mestanolone;
美雄诺龙
Mesterolone;
美睾酮
Metandienone(17β -hydroxy-17α -methylandrosta-1,4-dien-3-one);
美雄酮(17β -羟基-17α -甲基雄甾-1,4-二烯-3-酮)
Metenolone;
美替诺龙
Methandriol;
美雄醇
Methasterone(17β -hydroxy-2α ,17α -dimethyl-5α -androstan-3-one);
甲基屈他雄酮(17β -羟基-2α ,17α -二甲基-5α -雄烷-3-酮)
Methyl-1-testosterone
(17β -hydroxy-17α -methyl-5α -androst-1-en-3-one);
甲基-1-睾酮(17β -羟基-17α -甲基-5α -雄甾-1-烯-3-酮)
Methylclostebol;
甲基氯司替勃
Methyldienolone(17β -hydroxy-17α -methylestra-4,9-dien-3-one);
甲二烯诺龙(17β -羟基-17α -甲基雌甾-4,9-二烯-3-酮)
Methylnortestosterone(17β -hydroxy-17α -methylestr-4-en-3-one);
甲诺睾酮(17β -羟基-17α -甲基雌甾-4-烯-3-酮)
Methyltestosterone;
甲睾酮
Metribolone(methyltrienolone,17β -hydroxy-
17α -methylestra-4,9,11-trien-3-one);
美曲勃龙(甲基群勃龙,17β -羟基-17α -甲基雌甾-4,9,11-三烯-3-酮)
Mibolerone;
米勃酮
Nandrolone(19-nortestosterone);
诺龙(19-去甲睾酮)
Norboletone;
诺勃酮
Norclostebol(4-chloro-17β -ol-estr-4-en-3-one);
诺司替勃(4-氯-17β -醇-雌甾-4-烯-3-酮)
Norethandrolone;
诺乙雄龙
Oxabolone;
羟勃龙
Oxandrolone;
氧雄龙
Oxymesterone;
羟甲睾酮

Oxymetholone;
羟甲烯龙
Prasterone(dehydroepiandrosterone,DHEA,
3β -hydroxyandrost-5-en-17-one);
普拉睾酮(脱氢表雄酮，3β -羟基雄甾-5-烯-17-酮)
Prostanozol(17β -[(tetrahydropyran-2-yl)
oxy]-1'H-pyrazolo[3,4:2,3]-5α -androstane);
前列他唑(17β -[(四羟基吡喃-2-基)氧]-1'氢-吡唑[3,4:2,3]-5α -雄烷)
Quinbolone;
奎勃龙
Stanozolol;
司坦唑醇
Stenbolone;
司腾勃龙
Testosterone;
睾酮
Tetrahydrogestrinone
(17-hydroxy-18a-homo-19-nor-17α -pregna-4,9,11-trien-3-one);
四氢孕三烯酮(17-羟基-18a-homo-19-去甲基-17α -孕甾-4,9,11-三烯-3-酮)
Tibolone;
替勃龙
Trenbolone(17β -hydroxyestr-4,9,11-trien-3-one);
群勃龙(17β -羟基雌甾-4,9,11-三烯-3-酮)
and other substances with a similar chemical structure or similar biological effect(s).
以及具有类似化学结构或类似生物效应的其他物质。

2.OTHER ANABOLIC AGENTS

其他蛋白同化制剂

Including, but not limited to:
包括但不限于：
Clenbuterol,osilodrostat,selective androgen receptor modulators[SARMs, e.g.andarine, enobosarm(ostarine), LGD-4033(ligandrol), and RAD140], zeranol and zilpaterol.
克仑特罗，奥唑司他，选择性雄激素受体调节剂[SARMs，如andarine、依诺波沙（ostarine）、LGD-4033（ligandrol）和RAD140]，泽仑诺和齐帕特罗。

S2. PEPTIDE HORMONES, GROWTH FACTORS, RELATED SUBSTANCES, AND MIMETICS
肽类激素、生长因子、相关物质和模拟物

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)
所有场合禁用(赛内和赛外)
All prohibited substances in this class are non-*Specified Substances*.
本类别中所有禁用物质均为非特定物质。

The following substances, and other substances with similar chemical structure or similar biological effect(s), are prohibited.
下列物质以及具有类似化学结构或类似生物效应的其他物质禁用。

1. Erythropoietins (EPO) and agents affecting erythropoiesis,
促红素类以及影响红细胞生成的制剂
Including, but not limited to:
包括但不限于：

1.1 Erythropoietin receptor agonists, e.g. darbepoetins (dEPO); erythropoietins (EPO);
促红素受体激动剂，如：达促红素（dEPO）；促红素类（EPO）；
EPO-based constructs [e.g. EPO-Fc, methoxy polyethylene glycol-epoetin beta (CERA)];
基于促红素类分子结构的构建物[如：促红素融合蛋白（EPO-Fc），培促红素β（CERA）];
EPO-mimetic agents and their constructs (e.g. CNTO-530, peginesatide).
促红素模拟物及其构建物[如：EPO-Fc(IgG4)融合蛋白（CNTO-530），培尼沙肽]。

1.2 Hypoxia-inducible factor (HIF) activating agents, e.g. cobalt; daprodustat (GSK1278863); IOX2; molidustat (BAY 85-3934); roxadustat (FG-4592); vadadustat (AKB-6548); Xenon.
缺氧诱导因子(HIF)激活剂类，如：钴化合物；达普司他(GSK1278863)；特异性的脯氨酰羟化酶-2(PHD2)抑制剂（IOX2）；莫立司他(BAY 85-3934)；罗沙司他(FG-4592)；伐达度司他(AKB-6548)；氙气。

1.3 GATA inhibitors, e.g. K-11706.
GATA抑制剂，如：K-11706。

1.4 Transforming growth factor beta (TGF-β) signalling inhibitors, e.g. luspatercept; sotatercept.
转化生长因子-β（TGF-β）信号传导抑制剂，如：罗特西普；索特西普。

1.5 Innate repair receptor agonists, e.g.asialo EPO; carbamylated EPO (CEPO).
先天修复受体激动剂类，如：唾液酸促红素；氨甲酰促红素(CEPO)。

2.Peptide Hormones and their Releasing Factors,
肽类激素及其释放因子

2.1 Chorionic Gonadotrophin(CG) and Luteinizing Hormone(LH) and their releasing factors in males, e.g.Buserelin, deslorelin, gonadorelin, goserelin, leuprorelin, nafarelin and triptorelin;
男性禁用绒促性素（CG）及促黄体生成素（LH）及其释放因子，如：布舍瑞林，地洛瑞林，戈那瑞林，戈舍瑞林，亮丙瑞林，那法瑞林，曲普瑞林。

2.2 Corticotrophins and their releasing factors, e.g. Corticorelin;
促皮质素类及其释放因子，如：可的瑞林。

2.3 Growth hormone(GH),its analogues and fragments including, but not limited to:
•growth hormone analogues, e.g.lonapegsomatropin, somapacitan and somatrogon;
•growth hormone fragments,e.g.AOD-9604 and hGH 176-191;
生长激素（GH）及其类似物和片段，包括但不限于：
生长激素类似物，如：隆培促生长素，帕西生长素，曲更生长素；
生长激素片段，如：AOD-9604和hGH 176-191(人生长激素176-191)；

2.4 Growth hormone releasing factors, including,but not limited to:
•growth hormone-releasing hormone(GHRH) and its analogues (e.g.CJC-1293,CJC-1295,sermorelin and tesamorelin)
•growth hormone secretagogues(GHS) and its mimetics [e.g.lenomorelin(ghrelin), anamorelin, lipamorelin, macimorelin and tabimorelin]
•GH-releasing peptides(GHRPs)[e.g.alexamorelin,GHRP-1,GHRP-2 (pralmorelin),GHRP-3,GHRP-4,GHRP-5,GHRP-6,and examorelin (hexarelin)]
生长激素释放因子，包括但不限于：
•生长激素释放激素（GHRH）及其类似物（如：CJC-1293，CJC-1295，舍莫瑞林和替莫瑞林）；
•生长激素促分泌剂类（GHS），[如：来诺瑞林（ghrelin），阿那瑞林，伊莫瑞林，马昔瑞林和他莫瑞林]；
•生长激素释放肽类（GHRPs），[如：艾瑞莫瑞林，生长激素释放肽-1（GHRP-1),生长激素释放肽-2(普拉莫瑞林),生长激素释放肽-3(GHRP-3),生长激素释放肽-4（GHRP-4），生长激素释放肽-5（GHRP-5），生长激素释放肽-6（GHRP-6）和艾莫瑞林（hexarelin）]。

3.Growth Factors and Growth Factor Modulators
生长因子以及生长因子调节剂

Including, but not limited to:

包括但不限于：
Fibroblast Growth Factors(FGFs);
成纤维细胞生长因子类（FGFs）
Hepatocyte Growth Factor(HGF);
肝细胞生长因子（HGF）
Insulin-like Growth Factor-1(IGF-1) and its analogues;
胰岛素样生长因子1（IGF-1）及其类似物
Mechano Growth Factors(MGFs);
机械生长因子类（MGFs）
Platelet-Derived Growth Factor(PDGF);
血小板衍生生长因子（PDGF）
Thymosin-β 4 and its derivatives e.g.TB-500;
胸腺肽-β 4及其衍生物如：TB-500
Vascular endothelial Growth Factor(VEGF);
血管内皮生长因子（VEGF）

and other growth factors or growth factor modulators affecting muscle, tendon or ligament protein synthesis/degradation, vascularisation, energy utilization, regenerative capacity or fibre type switching.
以及任何作用于肌肉、肌腱或韧带组织，影响蛋白质的合成/分解、血管结构、能量利用、再生能力或纤维类型转换的生长因子或生长因子调节剂。

S3.BETA-2 AGONISTS

β 2激动剂

PROHIBITED AT ALL TIMES(IN- AND OUT-OF-COMPETITION)
所有场合禁用(赛内和赛外)
All prohibited substances in this class are *Specified Substances*.
本类别中所有禁用物质均为特定物质。

All selective and non-selective beta-2 agonists, including all optical isomers, are prohibited.
所有选择性和非选择性β 2激动剂，包括所有光学异构体，均禁用。
Including, but not limited to:
包括但不限于：

Arformoterol;
阿福特罗
Fenoterol;
非诺特罗
Formoterol;
福莫特罗
Higenamine;
去甲乌药碱
Indacaterol;
茚达特罗
Levosalbutamol;
左沙丁胺醇
Olodaterol;
奥达特罗
Procaterol;
丙卡特罗
Reproterol;
瑞普特罗
Salbutamol;
沙丁胺醇
Salmeterol;
沙美特罗
Terbutaline;
特布他林
Tretoquinol(trimetoquinol);
曲托喹酚(trimetoquinol)
Tulobuterol;
妥洛特罗

Vilanterol;
维兰特罗

EXCEPTIONS
例外

- Inhaled salbutamol:maximum 1600 micrograms over 24 hours in divided doses not to exceed 600 micrograms over 8 hours starting from any dose;
  吸入使用沙丁胺醇（salbutamol）：24小时内最多不超过1600微克，且任意8小时不超过600微克；
- Inhaled formoterol:maximum delivered dose of 54 micrograms over 24 hours;
  吸入使用福莫特罗（formoterol）：24小时内最大摄入剂量不超过54微克；
- Inhaled salmeterol:maximum 200 micrograms over 24 hours;
  吸入使用沙美特罗（salmeterol）：24小时内最多不超过200微克；
- Inhaled vilanterol:maximum 25 micrograms over 24 hours.
  吸入使用维兰特罗（vilanterol）：24小时内最多不超过25微克。

NOTE
注意

The presence in urine of salbutamol in excess of 1000 ng/mL or formoterol in excess of 40 ng/mL is not consistent with therapeutic use of the substance and will be considered as an *Adverse Analytical Finding(AAF)* unless the *Athlete* proves, through a controlled pharmacokinetic study, that the abnormal result was the consequence of a therapeutic dose(by inhalation) up to the maximum dose indicated above.

若尿中沙丁胺醇浓度超过1000ng/ml，或福莫特罗浓度超过40ng/ml，不符合该物质的治疗用途，将被视为阳性检测结果（AAF）。除非运动员通过受控的药代动力学研究，证明该异常结果是由于治疗性吸入最大剂量药物所致。

S4.HORMONE AND METABOLIC MODULATORS

激素及代谢调节剂

PROHIBITED AT ALL TIMES(IN- AND OUT-OF-COMPETITION)
所有场合禁用(赛内和赛外)
Prohibited substances in classes S4.1 and S4.2 are *Specified Substances*. Those in classes S4.3 and S4.4 are non-*Specified Substances*.
S4.1和S4.2中的禁用物质为特定物质。S4.3和S4.4中的禁用物质为非特定物质。

The following hormone and metabolic modulators are prohibited:
下列激素和代谢调节剂禁用：

1.AROMATASE INHIBITORS
芳香酶抑制剂

including, but not limited to:
包括但不限于：
2-Androstenol(5α -androst-2-en-17-ol);
2-雄烯醇（5α -雄甾-2-烯-17-醇）
2-Androstenone(5α -androst-2-en-17-one);
2-雄烯酮（5α -雄甾-2-烯-17-酮）
3-Androstenol(5α -androst-3-en-17-ol);
3-雄烯醇（5α -雄甾-3-烯-17-醇）
3-Androstenone(5α -androst-3-en-17-one);
3-雄烯酮（5α -雄甾-3-烯-17-酮）
4-Androstene-3,6,17trione(6-oxo);
4-雄烯-3,6,17-三酮（6-氧代）
Aminoglutethimide;
氨鲁米特
Anastrozole;
阿那罗唑
Androsta-1,4,6-triene-3,17-dione(androstatrienedione);
雄甾-1,4,6-三烯-3,17-二酮（雄三烯二酮）
Androsta-3,5-diene-7,17-dione(arimistane);
雄甾-3,5-二烯-7,17-二酮(arimistane)
Exemestane;
依西美坦
Formestane;
福美坦
Letrozole;
来罗唑
Testolactone.
睾内酯

2.ANTI-ESTROGENIC SUBSTANCES[ANTI-ESTROGENS AND SELECTIVE ESTROGEN RECEPTOR MODULATORS(SERMS)]

抗雌激素作用物质[抗雌激素和选择性雌激素受体调节剂（SERMS）]

Including, but not limited to:

包括但不限于：

Bazedoxifene;

巴多昔芬

Clomifene;

氯米芬

Cyclofenil;

环芬尼

Fulvestrant.

氟维司群

Ospemifene;

奥培米芬

Raloxifene;

雷洛昔芬

Tamoxifen;

他莫昔芬

Toremifene.

托瑞米芬

3.AGENTS PREVENTING ACTIVIN RECEPTOR IIB ACTIVATION

激活素受体IIB活化抑制剂类

Including, but not limited to:

包括但不限于：

•Activin A-neutralizing antibodies;

激活素A中和抗体类

•Activin receptor IIB competitors such as:

-Decoy activin receptors(e.g.ACE-031);

激活素受体IIB竞争剂类，如：伪激活素受体类（如：ACE-031）

•Anti-activin receptor IIB antibodies(e.g.Bimagrumab);

激活素受体IIB抗体类（如：比马鲁人单抗）

•Myostatin inhibitors such as:

肌抑素抑制剂类，如：

-Agents reducing or ablating myostatin expression;

肌抑素表达消减剂类

-Myostatin-binding proteins(e.g.Follistatin, myostatin propeptide);

肌抑素结合蛋白类（如：卵泡抑素，肌抑素前肽）

-Myostatin-neutralizing antibodies(e.g.Domagrozumab, landogrozumab, stamulumab).

肌抑素中和抗体类（如：多古组单抗,兰度戈组单抗,司他芦单抗）

4.METABOLIC MODULATORS:

代谢调节剂：

4.1 Activators of the AMP-activated protein kinase(AMPK), e.g.AICAR, SR9009;and peroxisome proliferator-activated receptor delta(PPARδ) agonists,e.g.2-(2-methyl-4-((4-methyl-2-(4-(trifluoromethyl)phenyl)thiazol-5-yl)methylthio)phenoxy) acetic acid(GW1516,GW501516);
AMP-激活的蛋白激酶（AMPK）激动剂，如阿卡地新（AICAR），SR9009；和过氧化物酶体增殖物激活受体δ （PPARδ ）激动剂，如：2-(2-甲基-4-((4-甲基-2-(4-(三氟甲基)苯基)噻唑-5-基)甲硫基)苯氧基)乙酸（GW1516，GW501516）；

4.2 Insulins and insulin-mimetics;
胰岛素类以及胰岛素模拟物类

4.3 Meldonium;
美度铵

4.4 Trimetazidine.
曲美他嗪

S5.DIURETICS AND MASKING AGENTS

利尿剂和掩蔽剂

PROHIBITED AT ALL TIMES(IN- AND OUT-OF-COMPETITION)
所有场合禁用(赛内和赛外)
All prohibited substances in this class are *Specified Substances*.
本类别中所有禁用物质均为特定物质。

The following diuretics and masking agents are prohibited, as are other substances with a similar chemical structure or similar biological effect(s).
下列利尿剂和掩蔽剂，以及具有类似化学结构或类似生物效应的其他物质禁用。

Including,but not limited to:
包括但不限于：

- Desmopressin;probenecid;plasma expanders, e.g.intravenous administration of albumin, dextran, hydroxyethyl starch and mannitol.
  去氨加压素；丙磺舒；血容量扩充剂类，如：静脉输入白蛋白、右旋糖酐、羟乙基淀粉和甘露醇。
- Acetazolamide;amiloride;bumetanide;canrenone;chlortalidone; etacrynic acid;furosemide;indapamide;metolazone;spironolactone; thiazides,e.g.Bendroflumethiazide, chlorothiazide and hydrochlorothiazide;triamterene and vaptans,e.g.Tolvaptan.
  乙酰唑胺；阿米洛利；布美他尼；坎利酮；氯噻酮；依他尼酸；呋塞米；吲达帕胺；美托拉宗；螺内酯；噻嗪类，如：卞氟噻嗪、氯噻嗪以及氢氯噻嗪；氨苯蝶啶和伐普坦类，如：托伐普坦。

EXCEPTIONS
例外

- Drospirenone;pamabrom;and topical ophthalmic administration of carbonic anhydrase inhibitors(e.g.Dorzolamide, brinzolamide);
  屈螺酮、巴马溴以及眼科局部用药的碳酸酐酶抑制剂(如:多佐胺和布林佐胺)
- Local administration of felypressin in dental anaesthesia.
  牙科局部麻醉中使用的苯赖加压素。

NOTE
注意

The detection in an *Athlete's Sample* at all times or *In-Competition*, as applicable,of any quantity of the following substances subject to threshold limits:formoterol, salbutamol, cathine, ephedrine, methylephedrine and pseudoephedrine, in conjunction with a diuretic or

masking agent,will be considered as an *Adverse Analytical Finding(AAF)* unless the *Athlete* has an approved *Therapeutic Use Exemption(TUE)* for that substance in addition to the one granted for the diuretic or masking agent.

如在运动员任何时间或赛内检查的样本中，发现任何剂量的以下阈值物质：福莫特罗、沙丁胺醇、去甲伪麻黄碱、麻黄碱、甲基麻黄碱、伪麻黄碱，且该样本中还同时发现利尿剂或掩蔽剂，将视为阳性检测结果（AAF），除非运动员已经获得该阈值物质以及利尿剂或掩蔽剂的治疗用药豁免（TUE）批准。

PROHIBITED METHODS

禁用方法

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

所有场合禁用(赛内和赛外)

All prohibited methods in this class are non-*Specified* except methods in M2.2.which are *Specified Methods*.

除M2.2.中的禁用方法为特定方法外，本类别中所有禁用方法均为非特定方法。

M1.MANIPULATION OF BLOOD AND BLOOD COMPONENTS

篡改血液和血液成分

The following are prohibited:

以下方法禁用：

1. The *Administration* or reintroduction of any quantity of autologous, allogenic(homologous) or heterologous blood, or red blood cell products of any origin into the circulatory system.
   向循环系统内施用或回输任何数量的自体、同种异体（同源）或异源血液或任何来源的血红细胞制品。
2. Artificially enhancing the uptake, transport or delivery of oxygen. Including, but not limited to:
   Perfluorochemicals;efaproxiral(RSR13) and modified haemoglobin products,e.g.haemoglobin-based blood substitutes and microencapsulated haemoglobin products,excluding supplemental oxygen by inhalation.
   人为提高氧气摄入、输送或释放的方法。包括但不限于:使用全氟化合物、乙丙昔罗（RSR13）以及经修饰的血红蛋白制剂,如以血红蛋白为主剂的血液替代品，微囊血红蛋白制剂等。吸氧除外。
3. Any form of intravascular manipulation of the blood or blood components by physical or chemical means.
   通过物理或化学手段，以任何形式在血管内篡改血液或血液成分。

M2.CHEMICAL AND PHYSICAL MANIPULATION

化学和物理篡改

The following are prohibited:

以下方法禁用：

1. *Tampering*, or *Attempting to Tamper*, to alter the integrity and validity of *Samples* collected during *Doping Control*.
   Including, but not limited to:
   Sample substitution and/or adulteration, e.g.addition of proteases to *Sample*.

1.在兴奋剂管制过程中，篡改或企图篡改样本的完整性和有效性。

包括但不限于：
置换样本和/或样本掺假，例如，向样本中添加蛋白酶。

2. Intravenous infusions and/or injections of more than a total of 100mL per 12-hour period except for those legitimately received in the course of hospital treatments, surgical procedures or clinical diagnostic investigations.
每12小时的静脉输液和/或静脉注射量累计超过100ml，但在医院治疗、手术治疗或临床诊断检查过程中正当的使用除外。

M3. GENE AND CELL DOPING
基因和细胞兴奋剂

The following, with the potential to enhance sport performance, are prohibited:
以下可能提高运动能力的方法禁用：

1. The use of nucleic acids or nucleic acid analogues that may alter genome sequences and/or alter gene expression by any mechanism. This includes but is not limited to gene editing, gene silencing and gene transfer technologies.
使用可以通过任何机制改变基因组序列和/或改变基因表达的核酸或核酸类似物，包括但不限于基因编辑、基因沉寂（基因沉默）和基因转移技术。
2. The use of normal or genetically modified cells.
使用常规细胞或经基因修饰的细胞。

S6.STIMULANTS

刺激剂

PROHIBITED IN-COMPETITION
赛内禁用
All prohibited substances in this class are *Specified Substances* except those in S6.A, which are non-*Specified Substances*.
Substances of Abuse in this section:cocaine and methylenedioxymethamphetamine(MDMA/“ecstasy”)
除S6.A中的禁用物质为非特定物质，本类别中的所有其他禁用物质都是特定物质。本节内的滥用物质：可卡因和*N*-甲基亚甲二氧基苯丙胺[MDMA/“亚甲基二氧甲基苯丙胺”(中文注：摇头丸主要成分)]。

All stimulants, including all optical isomers, e.g. *d*-and *l*-where relevant, are prohibited.
所有刺激剂，包括所有光学异构体(例如*d*-型和*l*-型）均禁用。

Stimulants include:
刺激剂包括：

A:NON-SPECIFIED STIMULANTS:
非特定刺激剂：
Adrafinil;
阿屈非尼
Amfepramone;
安非拉酮
Amfetamine;
苯丙胺
Amfetaminil;
安非他尼
Amiphenazole;
阿米苯唑
Benfluorex;
苯氟雷司
Benzylpiperazine;
苄基哌嗪
Bromantan;
布罗曼坦
Clobenzorex;
氯苄雷司
Cocaine;
可卡因

Cropropamide;
克罗丙胺
Crotetamide;
克罗乙胺
Fencamine;
芬咖明
Fenetylline;
芬乙茶碱
Fenfluramine;
芬氟拉明
Fenproporex;
芬普雷司
Fonturacetam[4-phenylpiracetam(carphedon)];
芳妥西坦[4-苯基吡拉西坦（卡非多）]
Furfenorex;
呋芬雷司
Lisdexamfetamine;
利右苯丙胺
Mefenorex;
美芬雷司
Mephentermine;
美芬丁胺
Mesocarb;
美索卡
Metamfetamine(*d*-);
甲基苯丙胺（右旋）
p-methylamfetamine;
对-甲基苯丙胺
Modafinil;
莫达非尼
Norfenfluramine;
去乙芬氟拉明
Phendimetrazine;
苯甲曲秦
Phentermine;
芬特明
Prenylamine;
普尼拉明
Prolintane.
普罗林坦

A stimulant not expressly listed in this section is a *Specified Substance*.
本节未明确列出的刺激剂均为特定物质。

B:SPECIFIED STIMULANTS:

特定刺激剂：

Including, but not limited to:

包括但不限于：

3-Methylhexan-2-amine(1,2-dimethylpentylamine);

3-甲基己烷-2-胺（1，2-二甲基戊胺）

4-fluoromethylphenidate;

4-氟哌醋甲酯

4-Methylhexan-2-amine(methylhexaneamine);

4-甲基己烷-2-胺（甲基己胺）

4-Methylpentan-2-amine(1,3-dimethylbutylamine);

4-甲基戊烷-2-胺（1,3-二甲基正丁胺）

5-Methylhexan-2-amine(1,4-dimethylpentylamine);

5-甲基己烷-2-胺（1，4-二甲基戊胺）

Benzfetamine;

苄非他明

Cathine**;

去甲伪麻黄碱

Cathinone and its analogues, e.g.mephedrone, methedrone, and α -pyrrolidinovalerophenone;

卡西酮及其同系物（例如，4-甲基甲卡西酮，4-甲氧基甲卡西酮，α -吡咯烷基苯戊酮）

Dimetamfetamine(dimethylamphetamine);

二甲基苯丙胺(dimethylamphetamine)

Ephedrine***;

麻黄碱

Epinephrine****(adrenaline);

肾上腺素(adrenaline)

Etamivan;

香草二乙胺

Ethylphenidate;

哌醋乙酯

Etilamfetamine;

乙非他明

Etilefrine;

依替福林

Famprofazone;

泛普法宗

Fenbutrazate;

芬布酯

Fencamfamin;

芬坎法明

Heptaminol;

辛胺醇

Hydrafinil(fluorenol);
羟基芴（芴醇）
Hydroxyamfetamine(parahydroxyamphetamine);
羟苯丙胺(对-羟基苯丙胺)
Isometheptene;
异美汀
Levmetamfetamine;
左去氧麻黄碱
Meclofenoxate;
甲氯芬酯
Methylenedioxymethamphetamine;
N-甲基亚甲二氧基苯丙胺
Methylephedrine***;
甲基麻黄碱
Methylnaphthidate
[((±)-methyl-2-(naphthalen-2-yl)-2-(piperidin-2-yl)acetate];
萘乙酸甲酯
[((±)-甲基-2-(萘-2-基)-2-(哌啶-2-基)乙酸酯]
Methylphenidate;
哌甲酯
Nikethamide;
尼可刹米
Norfenefrine;
去甲苯福林
Octodrine(1,5-dimethylhexylamine);
奥托君 （1,5-二甲基己胺）
Octopamine;
奥克巴胺
Oxilofrine(methylsynephrine);
奥洛福林（甲基辛弗林，又译名：甲昔奈福林）
Pemoline;
匹莫林
Pentetrazol;
戊四氮
Phenethylamine and its derivatives;
苯乙胺及其衍生物
Phenmetrazine;
芬美曲秦
Phenpromethamine;
苯丙甲胺
Propylhexedrine;
丙己君
Pseudoephedrine*****;
伪麻黄碱

Selegiline;
司来吉兰
Sibutramine;
西布曲明
Strychnine;
士的宁
Tenamfetamine(methylenedioxyamphetamine);
替苯丙胺（亚甲二氧基苯丙胺）
Tuaminoheptane;
异庚胺

and other substances with a similar chemical structure or similar biological effect(s).
以及具有类似化学结构或类似生物效应的其他物质。

EXCEPTIONS
例外
•Clonidine;
可乐定
•Imidazoline derivatives for dermatological, nasal or ophthalmic use(e.g.brimonidine,clonazoline,fenoxazoline,indanazoline,naphazoline,oxymetazoline,xylometazoline) and those stimulants included in the 2022 Monitoring Program*.
皮肤、鼻腔或眼科使用的咪唑啉衍生物（如，溴莫尼定、氯萘唑啉、非诺唑啉、茚唑啉、萘甲唑啉、羟甲唑啉、赛洛唑啉）和列入2022监控程序*的刺激剂。

*Bupropion,caffeine,nicotine,phenylephrine,phenylpropanolamine, pipradrol,and synephrine:These substances are included in the 2022 Monitoring Program,and are not considered *Prohibited Substances*.
丁胺苯丙酮、咖啡因、尼古丁、去氧肾上腺素、苯丙醇胺、哌苯甲醇和昔奈福林：被列入2022监控程序，不属于禁用物质。
**Cathine(d-norpseudoephedrine) and its l-isomer:Prohibited when its concentration in urine is greater than 5 micrograms per milliliter.
去甲伪麻黄碱(d-去甲伪麻黄碱)及其l-异构体：尿中浓度超过5微克/毫升时禁用。
***Ephedrine and methylephedrine:Prohibited when the concentration of either in urine is greater than 10 micrograms per milliliter.
麻黄碱或甲基麻黄碱：尿中浓度超过10微克/毫升时禁用。
****Epinephrine(adrenaline):Not prohibited in local administration, e.g. nasal,ophthalmologic,or co-administration with local anaesthetic agents.
肾上腺素(adrenaline)：局部使用（如鼻、眼）或与局部麻醉剂合用时不禁用。
*****Pseudoephedrine:Prohibited when its concentration in urine is greater than 150 micrograms per milliliter.
伪麻黄碱：尿中浓度超过150微克/毫升时禁用。

S7.NARCOTICS

麻醉剂

PROHIBITED IN-COMPETITION
赛内禁用
All prohibited substances in this class are *Specified Substances*.
Substance of Abuse in this section:diamorphine(heroin).
本类别中所有禁用物质均为特定物质。
本节中的滥用物质：二醋吗啡（海洛因）。

The following narcotics,including all optical isomers, e.g.*d*- and *l*- where relevant, are prohibited:
下列麻醉剂禁用，包括所有光学异构体，例如*d*-型和*l*-型:
Buprenorphine;
丁丙诺啡
Dextromoramide;
右吗拉胺
Diamorphine(heroin);
二醋吗啡（海洛因）
Fentanyl and its derivatives;
芬太尼及其衍生物
Hydromorphone;
氢吗啡酮
Methadone;
美沙酮
Morphine;
吗啡
Nicomorphine;
尼可吗啡
Oxycodone;
羟考酮
Oxymorphone;
羟吗啡酮
Pentazocine;
喷他佐辛
Pethidine.
哌替啶

S8.CANNABINOIDS

大麻（酚）类

PROHIBITED IN-COMPETITION

赛内禁用

All prohibited substances in this class are *Specified Substances*.

Substance of Abuse in this section:tetrahydrocannabinol(THC)

本类别中所有禁用物质均为特定物质。

本节中的滥用物质：四氢大麻酚（THC）。

All natural and synthetic cannabinoids are prohibited, e.g.

所有天然和合成的大麻酚（素）类均禁用，例如

- In cannabis(hashish,marijuana) and cannabis products
  大麻成分（大麻脂，大麻）和大麻制品
- Natural and synthetic tetrahydrocannabinols(THCs)
  天然和合成的四氢大麻酚（THCs）
- Synthetic cannabinoids that mimic the effects of THC
  模拟四氢大麻酚效果的合成大麻酚（素）类

EXCEPTIONS

例外

- Cannabidiol.
  大麻二醇

S9.GLUCOCORTICOIDS

糖皮质激素

PROHIBITED IN-COMPETITION
赛内禁用
All prohibited substances in this class are *Specified Substances*.
本类别中所有禁用物质均为特定物质。

All glucocorticoids are prohibited when administered by any injectable, oral[including oromucosal(e.g.buccal, gingival, sublingual)] or rectal route.
所有糖皮质激素禁止任何注射、口服[包括口腔粘膜给药(如口颊、牙龈、舌下给药)]或直肠给药。

Including, but not limited to:
包括但不限于：
Beclometasone;
倍氯米松
Betamethasone;
倍他米松
Budesonide;
布地奈德
Ciclesonide;
环索奈德
Cortisone;
可的松
Deflazacort;
地夫可特
Dexamethasone;
地塞米松
Fluocortolone;
氟可龙
Flunisolide;
氟尼缩松
Fluticasone;
氟替卡松
Hydrocortisone;
氢化可的松
Methylprednisolone;
甲泼尼龙
Mometasone;
莫米松

Prednisolone;
泼尼松龙
Prednisone;
泼尼松
Triamcinolone acetonide.
曲安奈德

NOTE
注意
Other routes of administration(including inhaled, and topical:dental-Intracanal, dermal, intranasal, ophthalmological and perianal) are not prohibited when used within the manufacturer's licensed doses and therapeutic indications.
在生产商许可剂量和治疗适应症范围内其他给药途径(包括吸入使用和外用:牙科-根管内、皮肤、鼻内、眼科和肛周)不禁用。

P1.BETA-BLOCKERS

β -阻断剂

PROHIBITED IN PARTICULAR SPORTS
特殊项目禁用
All prohibited substances in this class are *Specified Substances*.
本类别所有禁用物质均为特定物质。

Beta-blockers are prohibited *In-Competition* only, in the following sports, and also prohibited *Out-of-Competition* where indicated. (*)
β -阻断剂在下列运动项目中赛内禁用，标注星号（*）的运动项目赛外也禁用。
•Archery(WA)*
射箭（WA，国际射箭联合会）*
•Automobile(FIA)
汽车运动（FIA，国际汽车运动联合会）
•Billiards(all disciplines)(WCBS)
台球（所有小项）（WCBS，世界台球联盟）
•Darts(WDF)
飞镖（WDF,世界飞镖联合会）
•Golf(IGF)
高尔夫（IGF，国际高尔夫联合会）
•Shooting(ISSF, IPC)*
射击（ISSF，国际射击联合会，IPC，国际残奥委会）*
•Skiing/Snowboarding(FIS) in ski jumping, freestyle aerials/halfpipe and snowboard halfpipe/big air
滑雪/单板滑雪（FIS，国际滑雪联合会），包括的项目有跳台滑雪、自由式滑雪空中技巧 / U型场地、单板滑雪U型场地 / 大跳台
•Underwater sports(CMAS) in all subdisciplines of freediving, spearfishing and target shooting
水下运动（CMAS，世界水下运动联合会）中自由潜水、水下渔猎和目标射击的所有分项。(中文版译注：水下运动各项目暂无通用译名，均为暂译名。)
*Also prohibited *Out-of-Competition*
*赛外也禁用

Including,but not limited to:
包括但不限于：
Acebutolol;
醋丁洛尔
Alprenolol;
阿普洛尔
Atenolol;
阿替洛尔

Betaxolol;
倍他洛尔
Bisoprolol;
比索洛尔
Bunolol;
布诺洛尔
Carteolol;
卡替洛尔
Carvedilol;
卡维地洛
Celiprolol;
塞利洛尔
Esmolol;
艾司洛尔
Labetalol;
拉贝洛尔
Metipranolol;
美替洛尔
Metoprolol;
美托洛尔
Nadolol;
纳多洛尔
Nebivolol;
奈必洛尔
Oxprenolol;
氧烯洛尔
Pindolol;
吲哚洛尔
Propranolol;
普萘洛尔
Sotalol;
索他洛尔
Timolol.
噻吗洛尔

附：

2022 Monitoring Program*

2022监控程序*

The following substances are placed on the 2022 Monitoring Program:
以下物质列入2022监控程序：

1.Anabolic Agents:
蛋白同化制剂：
In and *Out-of-Competition*:Ecdysterone
赛内和**赛外**：蜕皮甾酮

2.Beta-2 Agonists:
β_2激动剂：
In and *Out-of-Competition*:Salmeterol and vilanterol below the *Minimum Reporting Level*.
赛内和**赛外**：沙美特罗和维兰特罗低于最低报告水平。

3.Stimulants:
刺激剂：
In-Competition only:Bupropion,caffeine,nicotine,phenylephrine, phenylpropanolamine,pipradrol and synephrine
仅赛内：丁胺苯丙酮，咖啡因，尼古丁，去氧肾上腺素，苯丙氨醇,哌苯甲醇,昔奈福林。

4.Narcotics:
麻醉剂：
In-Competition only:Codeine,hydrocodone and tramadol
仅赛内：可待因，氢可酮，曲马多

*The World Anti-Doping Code(Article4.5) states:“*WADA,in consultation with Signatories and governments,shall establish a monitoring program regarding substances which are not on the Prohibited List,but which WADA wishes to monitor in order to detect potential patterns of misuse in sport.*”
*《世界反兴奋剂条例》（条款4.5）规定，“WADA应当与各签约方和各国政府协商，制定一项监控程序，监控那些尚未列入《禁用清单》但WADA希望监控的物质，以便发现其在体育运动中潜在的滥用方式。”

SUMMARY OF MAJORMODIFICATIONS AND EXPLANATORY NOTES

2022年《禁用清单》主要修订及注释概要

2022 Prohibited List
2022年《禁用清单》

SUBSTANCES AND METHODS PROHIBITED AT ALL TIMES
(IN- AND OUT-OF-COMPETITION)
所有场合禁用的物质和方法(赛内和赛外)

PROHIBITED SUBSTANCES
禁用物质

S0.Non-approved Substances
未获批准的物质
•BPC-157 is now prohibited under S0 following a recent re-evaluation and added as an example.
根据最新的评估结果，BPC-157禁用，并作为示例添加到S0类中。

S1.Anabolic Agents
蛋白同化制剂
•Tibolone is transferred from S1.2 to S1.1 because it has clinical effects as a synthetic oral androgen mediated by effects on the androgen receptor, largely due to its conversion to the delta-4 tibolone metabolite, which is a potent androgen.
替勃龙作为一种合成的口服雄激素，通过对雄激素受体介导可大量转化为δ -4替勃龙代谢物（一种强效雄激素）而发生临床作用，从S1.2移至S1.1。
•Osilodrostat, a CYP11B1 inhibitor, is added to S1.2 due to its off-target increase in circulating testosterone.
奥唑司他是一种CYP11B1抑制剂，由于其脱靶作用导致循环睾酮水平的增高而添加到S1.2。

S2.Peptide Hormones, Growth Factors, Related Substances and Mimetics
肽类激素、生长因子、相关物质和模拟物
•Lonapegsomatropin, somapacitan and somatrogon are added as examples of growth hormone analogues, which led to the reorganization and splitting of S2.2.3.
增加隆培促生长素、帕西生长素和曲更生长素作为生长激素类似物的示例，对S2.2.3进行重新归类和分组。

S3.Beta-2 Agonists

β_2激动剂

•The daily dosing time intervals for salbutamol are modified to 600 micrograms over 8 hours starting from the time any dose is taken (previously 800 micrograms over 12 hours).This is to reduce the risk of any potential *Adverse Analytical Finding* arising after high doses are taken at once.

沙丁胺醇的每日给药时间间隔修改为从吸入使用任何剂量开始的8小时内600微克（以前是12小时内800微克），旨在降低一次性大剂量吸入使用后会出现可能导致的阳性检测结果风险。

•The total permitted daily dose remains at 1600 micrograms over 24 hours. A *Therapeutic Use Exemption*(TUE) should be sought for doses in excess of these limits.

每日允许的总剂量保持在24小时内1600微克。超过该限值的剂量应当申请治疗用药豁免（TUE）。

•For example, an athlete could take 600 micrograms in the first 8 hours, 600 micrograms in the following 8 hours, and 400 micrograms in the remaining 8 hours of the day, without the need for a TUE.

例如，运动员可以在一日中前8小时吸入使用600微克，在随后的8小时吸入使用600微克，在最后的8小时吸入使用400微克，而无需申请TUE。

S6.Stimulants

刺激剂

•S.6Exceptions:*Imidazole derivatives* was changed to *imidazoline derivatives* to distinguish between generic imidazole derivatives and sympathomimetic imidazolines.

S.6例外：咪唑衍生物被改为咪唑啉衍生物，以区分普通咪唑衍生物和拟交感神经咪唑啉。

•Cathine footnote:It was clarified that the urinary threshold of 5 μg/mL cathine refers to both isomers of norpseudoephedrine, i.e.the d-and the l-isomer(also referred to as 1S,2S-and 1R,2R-norpseudoephedrine, respectively).

去甲伪麻黄碱脚注：明确了去甲伪麻黄碱的尿阈值5μg/mL是指去甲伪麻黄碱的两种异构体，即d-和l-异构体(也分别称为1S,2S-和1R,2R-去甲伪麻黄碱)。

•Ethylphenidate ,methylnaphthidate ((±)-methyl-2-(naphthalen-2-yl)-2-(piperidin-2-yl)acetate) and 4-fluoromethylphenidate are added to S6.b as examples of methylphenidate analogues. These substances have been prevalent in a number of countries over the past decade as they are often presented as alternatives to methylphenidate.

哌醋乙酯、萘乙酸甲酯（（±）-甲基-2-（萘-2-基）-2-（哌啶-2-基）乙酸酯）和4-氟哌醋甲酯作为哌甲酯类似物的示例被添加到S6.b中。过去十年中，这些物质经常被作为哌甲酯的替代品，在一些国家被普遍使用。

•Hydrafinil(fluorenol) is added to S6.b as an example of modafinil and adrafinil analogue.

羟基芴（芴醇）作为莫达非尼和阿德拉非尼类似物的示例添加到S6.b中。

S9.Glucocorticoids

糖皮质激素类

•Flucortolone is updated to its International Non-proprietary Name(INN), fluocortolone.

Flucortolone更新为其国际非专利名称(INN) fluocortolone（中文译名仍为氟可龙）。

• All injectable routes of administration are now prohibited for glucocorticoids during the *In-Competition* period. As proposed in the draft 2021 Prohibited List circulated for consultation to stakeholders in May 2020, WADA's Executive Committee approved at its 14-15 September 2020 meeting, prohibition of all injectable routes of administration of glucocorticoids during the In-Competition period. Examples of injectable routes of administration include: intravenous, intramuscular, periarticular, intra-articular, peritendinous, intratendinous, epidural, intrathecal,intrabursal,intralesional(e.g.intrakeloid),intradermal,and subcutaneous. However, in order to thoroughly and widely communicate the rule changes and to allow sufficient time for information and education, the Executive Committee decided to introduce the prohibition of all injectable glucocorticoid routes and the implementation of the new rules on 1 January 2022.This allows, for example, *Athletes* and medical personnel to get a better understanding of the practical implementation of the washout periods, Laboratories to update their procedures to incorporate the revised and substance-specific new minimum reporting levels(MRL),and sports authorities to develop educational tools for *Athletes*, medical and support personnel to address the safe use of glucocorticoids for clinical purposes and prevent doping.

糖皮质激素赛内禁止所有注射给药途径。2020年5月，WADA将2021年《禁用清单》草案分发给所有利益相关方征求意见，并经2020年9月14日-15日WADA执委会会议批准：赛内期间，禁止所有糖皮质激素的注射给药途径，注射给药途径包括：静脉注射，肌肉注射，关节周围注射，关节内注射，腱鞘周围注射，腱鞘内注射，硬膜外注射，鞘内注射，囊内注射，病灶内注射（如，瘢痕组织内注射），皮内注射和皮下注射。为全面广泛地通知规则的变化，并为宣传和教育留出足够的时间，执委会决定该规定于2022年1月1日起实施，以确保：运动员和医务人员能更好理解洗脱期的实际执行情况，实验室更新其检测程序并纳入修订后的最低报告水平（MRL），体育部门可为运动员、医务人员和运动员辅助人员开发临床合理使用并避免兴奋剂问题的教育资料。

•For clarification, oral administration of glucocorticoids also includes oromucosal, buccal, gingival and sublingual routes. Dental-intracanal application is not prohibited.

为明确起见，糖皮质激素的口服给药还包括口腔粘膜、口颊、牙龈和舌下给药途径。牙科-根管内使用不禁用。

Addition of local injections as prohibited routes

增加局部注射为禁用途径

•Oral, intramuscular, rectal and intravenous routes were prohibited because there is clear evidence of systemic effects which could potentially enhance performance and be harmful to health. There are now also sufficient data available to show that the same systemic concentrations as existing prohibited routes can be achieved after administration by local injection(including periarticular, intra-articular, peritendinous and intratendinous) at licensed therapeutic doses.
已有明确的证据表明：口服、肌肉注射、直肠和静脉注射途径能导致全身性作用，进而可能提升运动能力，且危害健康。同时，也有足够的数据证明：在许可的治疗剂量下，局部注射（包括关节周围、关节内、腱鞘周围和腱鞘内）能达到与现有禁用给药途径相同的全身浓度。

•The systemic plasma and hence urinary concentrations of glucocorticoids that are reached after administration by local injection using normal licensed therapeutic doses were demonstrated to reach levels consistent with doses that were shown to have the potential to improve performance in clinical studies. These levels are similar to, and even higher than, those obtained after other existing prohibited routes of administration of the same drug. The systemic effect of glucocorticoids following local injectable routes of administration may therefore present a significant potential to both improve performance and cause harm to health.
临床研究证明，局部注射常用许可治疗剂量的糖皮质激素后，全身血浆以及相应的尿液中糖皮质激素的浓度会达到可能提高运动能力的剂量水平。此浓度水平与通过禁用给药途径使用相同药物的水平相当，甚至更高。因此，局部注射使用糖皮质激素后产生的全身效应极有可能提高运动能力且危害健康。

Explanation of the approach taken
相关解释说明

•Glucocorticoids include naturally occurring hormones and synthetic analogues and possess a wide range of potencies and pharmacokinetic properties. The body naturally produces a daily output of the endogenous glucocorticoid(cortisol). However, administering glucocorticoid drugs can result in a total glucocorticoid exposure to the body that is much greater than the highest levels of normal physiological cortisol production, which could potentially be performance enhancing.
无论是人体自然产生或外源合成的糖皮质激素，均具有较强药效和药代动力学特性。人体每天均会自然分泌产生内源性糖皮质激素（皮质醇）。然而，使用糖皮质激素药物会导致全身糖皮质激素总水平远高于正常生理产生皮质醇的最高水平，由此可能提高运动能力。

•The administration of glucocorticoid medications by inhaled, or topical routes(including dental-intracanal, dermal, intranasal, ophthalmological and perianal),in accordance with the manufacturer's approved dosing regimen, are unlikely to reach systemic concentrations

which may be performance enhancing.
根据制造商获批准的给药方案，通过吸入使用或外用途径（包括牙科-根管内、皮肤、鼻内、眼科和肛周）使用糖皮质激素药物不太可能达到可能提高运动能力的全身浓度。

•However, for other routes of administration(for example, oral),studies involving commonly used glucocorticoids at the normal therapeutic dose range indicated a performance-enhancing effect. These doses can be expressed in terms of cortisol-equivalents and thereby the dose which may be potentially performance enhancing for any glucocorticoid and route of administration can be determined using this approach.
然而，有研究表明：正常治疗剂量范围内，通过其他途径使用常用糖皮质激素（例如，口服）有提高运动能力的作用。糖皮质激素的使用剂量可以用皮质醇当量表示。因此，皮质醇当量可以判定糖皮质激素是否具有潜在提高运动能力的作用及其给药途径。

•This systematic approach was applied to determine the glucocorticoid routes of administration that are either prohibited or not prohibited in sport. Consequently, revised and substance-specific laboratory MRL based on excretion studies are introduced to better reflect the proposed approach. To note, the revised MRL are increased or remain unchanged for all glucocorticoids except triamcinolone acetonide, which was revised to a lower MRL. Overall, these changes should reduce the number of *Adverse Analytical Findings* reported by laboratories.
以上研究结果可用于判定体育运动中糖皮质激素禁用或不禁用的给药途径。因此，基于代谢研究，修订了实验室MRL，使其更具可操作性。需要注意的是，除曲安奈德外，所有糖皮质激素修订后的MRL均增加或保持不变。总之，此变化将减少实验室报告的阳性检测结果数量。

Washout periods following administration of glucocorticoids
糖皮质激素给药后的洗脱期
•Any injection of glucocorticoids is prohibited In-Competition. Given the widespread availability and the common use of glucocorticoids in sports medicine, *Athletes* and their Support Personnel are advised of the following:
赛内禁止注射糖皮质激素。鉴于糖皮质激素在运动医学中使用广泛，且极易获取，建议运动员及运动员辅助人员注意以下事项：

1.Use of a glucocorticoid by injection during the In-Competition period requires a *Therapeutic Use Exemption*;otherwise, an alternative permitted medication in consultation with a physician shall be used.
1. 赛内期间通过注射途径使用糖皮质激素需要申请治疗用药豁免；否则，应咨询医生使用允许的替代药物。
2. After administration of glucocorticoids, urinary MRL which would result in an *Adverse Analytical Finding* can be reached for different periods of time after administration(ranging from days to

weeks),depending on the glucocorticoid administered and the dose. To reduce the risk of an *Adverse Analytical Finding*, *Athletes* should follow the minimum washout periods*, expressed from the time of administration to the start of the In-Competition period(i.e.beginning at 11:59p.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).These washout periods are based on the use of these medications according to the maximum manufacturer's licensed doses:
2.使用糖皮质激素后,根据所用的糖皮质激素和剂量,在使用后的不同时间段(从数天到数周不等）会达到可能导致阳性检测结果的尿样MRL。为降低出现阳性检测结果的风险，运动员应当遵循最短的洗脱期，即从给药（中文注：最后一次给药）到赛内计算起点（即运动员参赛的前一天晚11:59，除非WADA为某一运动项目批准了不同的时间段）之间。以下洗脱期是基于生产商许可的最大剂量使用这些药物而制定的：

Route	Glucocorticoid	Washout period*
Oral**	All glucocorticoids;	3 days
	Except: triamcinolone acetonide	30 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: triamcinolone acetonide; prednisolone; prednisone	10 days

**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 11:59p.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.*

途径	糖皮质激素	洗脱期*
口服**	所有糖皮质激素;	3天
	例外: 曲安奈德	30天
肌肉注射	倍他米松; 地塞米松; 甲泼尼龙	5天
	泼尼松龙; 泼尼松	10天
	曲安奈德;	60天
局部注射（包括关节周围、关节内、腱鞘周围和腱鞘内）	所有糖皮质激素;	3天
	例外: 曲安奈德; 泼尼松龙; 泼尼松	10天

***洗脱期**是指从最后一次给药到赛内计算起点（运动员参赛的前一天晚11:59，除非WADA为某一运动项目批准了不同的时间段），从而为糖皮质激素在体内清除到报告水平以下留出足够时间。
**口服给药途径还包括口腔粘膜、口颊、牙龈和舌下给药。

3. If the glucocorticoid needs to be administered via a prohibited route within these washout time periods, a *Therapeutic Use Exemption*(TUE) may be required. Physicians administering local injections of glucocorticoids should be aware that periarticular or intra-articular injection may sometimes inadvertently result in intramuscular administration. If intramuscular administration is suspected, the washout periods for the intramuscular route should be observed, or a TUE application sought.
3. 如果需要在洗脱期内通过禁用途径使用糖皮质激素，则可能需要治疗用药豁免(TUE)。进行局部注射糖皮质激素的医生应注意，关节周围或关节内注射有时可能无意中导致肌肉给药。如果可能出现肌肉给药，应当留意肌肉注射途径的洗脱期，或申请TUE。

4.Please note that as per Article4.1e of the International Standard for TUEs, an *Athlete* may apply retroactively for a TUE if the *Athlete* Used *Out-of-Competition*, for therapeutic reasons, a *Prohibited Substance* that is only prohibited *In-Competition*. *Athletes* are strongly advised to have a medical file prepared and ready to demonstrate their satisfaction of the TUE conditions set out at Article 4.2, in case an application for a retroactive TUE is necessary following Sample collection.

For additional information including the revised MRL, please consult the recently published article with details of the process that lead to these changes:
https://bjsm.bmj.com/content/early/2021/04/19/bjsports-2020-103512.full?ijkey=APWRPYVYjy69LOH&keytype=ref

4.请注意，根据《治疗用药豁免国际标准》条款4.1e的规定，如果运动员因治疗原因而在赛外使用了仅在赛内禁用的禁用物质，则该运动员可以申请追溯性的TUE。强烈建议运动员准备一份符合条款4.2规定的TUE条件的医疗档案，以备在样本采集后必要时申请追溯性的TUE。

•如需更多信息，包括修订后的MRL，请参阅以下网址中最近发布的文章，其中详细介绍了规则变化的过程：
https://bjsm.bmj.com/content/early/2021/04/19/bjsports-2020-103512.full?ijkey=APWRPYVYjy69LOH&keytype=ref

P1.Beta-blockers
β -阻断剂

•Underwater Sport(CMAS) subdisciplines were regrouped. This change does not affect the current subdisciplines where beta-blockers are prohibited.
对水下运动（CMAS，世界水下运动联合会）的分项进行了重新分组。此调整不影响β -阻断剂在现有分项中的禁用状态。

Monitoring Program
监控程序

•The monitoring of bemitil, and glucocorticoids is discontinued as the required prevalence data were obtained.
由于已经获得了所需的用药数据，因此停止了对bemitil和糖皮质激素的监控。

*For further information on previous modifications and clarifications, please consult the Prohibited List Q & A at
www.wada-ama.org/en/questions-answers/prohibited-list-qa
*关于以前的修订和说明的更多信息，请在以下网址查阅《禁用清单》问答：
www.wada-ama.org/en/questions-answers/prohibited-list-qa