

附件

# 世界反兴奋剂条例

## 国际标准

### 禁用清单

### 2024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2024年1月1日起生效

# TABLE OF CONTENTS

## 目录

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。

### SUBSTANCES & METHODS PROHIBITED AT ALL TIMES

#### 所有场合禁用

**S0 Non-approved substances ..... 9**  
**未获批准的物质**

**S1 Anabolic agents ..... 10**  
**蛋白同化制剂**

Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. male hypogonadism.

本类别某些物质可能存在但不限于治疗如男性性腺机能减退等疾病的药物中。

**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..... 15**

Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. anaemia, male hypogonadism, growth hormone deficiency.

本类别某些物质可能存在但不限于治疗如贫血、男性性腺机能减退、生长激素缺乏症等疾病的药物中。

**S3 Beta-2 agonists ..... 18**  
 **$\beta_2$  激动剂**

Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. asthma and other respiratory disorders.

本类别某些物质可能存在但不限于治疗如哮喘和其他呼吸系统疾病的药物中。

**S4 Hormone and metabolic modulators ..... 20**  
**激素及代谢调节剂**

Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. breast cancer, diabetes, infertility (female), polycystic ovarian syndrome.

本类别某些物质可能存在但不限于治疗如乳腺癌、糖尿病、不孕症(女性)、多囊卵巢综合症等疾病的药物中。

**S5 Diuretics and masking agents ..... 23**

**利尿剂和掩蔽剂**

Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. heart failure, hypertension.

本类别某些物质可能存在但不限于治疗如心力衰竭、高血压等疾病的药物中。

**M1 - M2 - M3**

**Prohibited Methods..... 25**

**禁用方法**

**SUBSTANCES & METHODS PROHIBITED IN-COMPETITION**

**赛内禁用的物质和方法**

**S6 Stimulants ..... 27**

**刺激剂**

Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. anaphylaxis, attention deficit hyperactivity disorders (ADHD), cold and influenza symptoms.

本类别某些物质可能存在但不限于治疗如过敏性反应、注意缺陷多动障碍 (ADHD)、感冒和流感症状等的药物中。

**S7 Narcotics ..... 33**

**麻醉剂**

Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. pain, including from musculoskeletal injuries.

本类别某些物质可能存在但不限于治疗如疼痛（包括肌肉骨骼损伤）的药物中。

**S8 Cannabinoids ..... 34**

**大麻（酚）类**

**S9 Glucocorticoids ..... 35**

**糖皮质激素**

Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. allergy, anaphylaxis, asthma, inflammatory bowel disease.

本类别某些物质可能存在但不限于治疗如过敏、过敏反应、哮喘、肠道炎症等疾病的药物中。

**SUBSTANCES PROHIBITED IN PARTICULAR SPORTS**

**特殊项目禁用物质**

**P1 Beta-blockers ..... 37**

## **β -阻断剂**

Some of these substance(s) may be found, without limitation, in medications used for the treatment of e. g. heart failure, hypertension.

本类别某些物质可能存在但不限于治疗如心力衰竭、高血压等疾病的药物中。

附：

THE 2024 MONITORING PROGRAM

2024监控程序..... 39

SUMMARY OF MAJOR MODIFICATIONS AND EXPLANATORY NOTES

2024 Prohibited List..... 41

2024年《禁用清单》主要修订及注释概要

THE 2024 PROHIBITED LIST  
2024年《禁用清单》  
WORLD ANTI-DOPING CODE  
《世界反兴奋剂条例》  
VALID 1 JANUARY 2024  
2024年1月1日起生效

## Introduction

### 引言

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

《禁用清单》是强制性的国际标准，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 2024.

《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2024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计划参赛的前一天晚 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, 滥用物质是指经常在体育运动以外的社会环境中被滥用的物质。下列物质被指定为滥用物质: 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)。

## SO. 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》以下各节未涉及且目前尚未获得任何政府健康管理部门批准用于人体治疗的任何药理学物质(例如:处于临床前或临床开发中或已终止临床试验的药物、设计药物、仅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, 2,4- Dinitrophenol (DNP) and Troponin Activators (e. g. Reldesemtiv and Tirasemtiv).

本类别涵盖许多不同的物质,包括但不限于BPC-157, 2, 4-二硝基苯酚(DNP)和肌钙蛋白激活剂(例如:瑞地生替和泰拉生替)。

## 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。

#### S1. 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 (5 $\alpha$ -androst-1-ene-3 $\beta$ , 17 $\beta$ -diol);

1-雄烯二醇 (5 $\alpha$ -雄甾-1-烯-3 $\beta$ , 17 $\beta$ -二醇)

1-Androstenedione (5 $\alpha$ -androst-1-ene-3, 17-dione);

1-雄烯二酮 (5 $\alpha$ -雄甾-1-烯-3, 17-二酮)

1-Androsterone (3 $\alpha$ -hydroxy-5 $\alpha$ -androst-1-ene-17-one);

1-雄酮 (3 $\alpha$ -羟基-5 $\alpha$ -雄甾-1-烯-17-酮)

1-Epiandrosterone (3 $\beta$ -hydroxy-5 $\alpha$ -androst-1-ene-17-one);

1-表雄酮 (3 $\beta$ -羟基-5 $\alpha$ -雄甾-1-烯-17-酮)

1-Testosterone (17 $\beta$ -hydroxy-5 $\alpha$ -androst-1-en-3-one);

1-睾酮 (17 $\beta$ -羟基-5 $\alpha$ -雄甾-1-烯-3-酮)

4-Androstenediol (androst-4-ene-3 $\beta$ , 17 $\beta$ -diol);

4-雄烯二醇 (雄甾-4-烯-3 $\beta$ , 17 $\beta$ -二醇)

4-Hydroxytestosterone (4, 17 $\beta$ -dihydroxyandrost-4-en-3-one);

4-羟基睾酮 (4, 17 $\beta$ -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)

7 $\alpha$ -Hydroxy-DHEA;

7 $\alpha$ -羟基-普拉睾酮

7 $\beta$ -Hydroxy-DHEA;

7 $\beta$ -羟基-普拉睾酮

7-Keto-DHEA;

7-羰基-普拉睾酮

11 $\beta$ -Methyl-19-nortestosterone;

11 $\beta$ -甲基-19去甲睾酮

17 $\alpha$ -Methylepithiostanol (epistane):

甲基环硫雄醇 (epistane)

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)  
 Androst-4-ene-3, 11, 17- trione (11-ketoandrostenedione, adrenosterone):  
 雄甾-4-烯-3, 11, 17-三酮 (11-羰基-4-雄烯二酮, 肾上腺雄甾酮)  
 Androstanolone  
 (5 $\alpha$  -dihydrotestosterone, 17 $\beta$  -hydroxy-5 $\alpha$  -androstan-3-one);  
 雄诺龙(5 $\alpha$  -双氢睾酮, 17 $\beta$  -羟基-5 $\alpha$  -雄烷-3-酮)  
 Androstenediol (androst-5-ene-3 $\beta$  , 17 $\beta$  -diol);  
 5-雄烯二醇 (雄甾-5-烯-3 $\beta$  , 17 $\beta$  -二醇)  
 Androstenedione (androst-4-ene-3, 17-dione);  
 4-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-17 $\alpha$  -ol);  
 达那唑([1, 2]噁唑[4', 5' :2, 3]孕甾-4-烯-20-炔-17 $\alpha$  -醇)  
 Dehydrochlormethyltestosterone  
 (4-chloro-17 $\beta$  -hydroxy-17 $\alpha$  -methylandrosta-1, 4-dien-3-one);  
 去氢氯甲睾酮(脱氢氯甲睾酮, 4-氯-17 $\beta$  -羟基-17 $\alpha$  -甲基雄甾-1, 4-二烯-3-酮)  
 Desoxymethyltestosterone (17 $\alpha$  -methyl-5 $\alpha$  -androst-2-en-17 $\beta$  -ol and  
 17 $\alpha$  -methyl-5 $\alpha$  -androst-3-en-17 $\beta$  -ol);  
 去氧甲睾酮(17 $\alpha$  -甲基-5 $\alpha$  -雄甾-2-烯-17 $\beta$  -醇 和 17 $\alpha$  -甲基-5 $\alpha$  -雄甾-3-烯-17 $\beta$  -醇)  
 Dimethandrolone (7 $\alpha$  , 11 $\beta$  -Dimethyl-19-nortestosterone);  
 二甲基诺龙 (7 $\alpha$  , 11 $\beta$  -二甲基-19-去甲睾酮)  
 Drostanolone;  
 屈他雄酮  
 Epiandrosterone (3 $\beta$  -hydroxy-5 $\alpha$  -androstan-17-one);  
 表雄酮 (3 $\beta$  -羟基-5 $\alpha$  -雄烷-17-酮)  
 Epi-dihydrotestosterone (17 $\beta$  -hydroxy-5 $\beta$  -androstan-3-one);  
 表双氢睾酮(17 $\beta$  -羟基-5 $\beta$  -雄烷-3-酮)  
 Epitestosterone;  
 表睾酮  
 Ethylestrenol (19-norpregna-4-en-17 $\alpha$  -ol);

乙雌烯醇(19-去甲孕-4-烯-17 $\alpha$ -醇)  
 Fluoxymesterone;  
 氟甲睾酮  
 Formebolone;  
 甲酰勃龙  
 Furazabol (17 $\alpha$ -methyl[1, 2, 5]  
 oxadiazolo[3', 4':2, 3]-5 $\alpha$ -androstan-17 $\beta$ -ol);  
 夫拉扎勃(17 $\alpha$ -甲基[1, 2, 5]噁二唑[3', 4':2, 3]-5 $\alpha$ -雄烷-17 $\beta$ -醇)  
 Gestrinone;  
 孕三烯酮  
 Mestanolone;  
 美雄诺龙  
 Mesterolone;  
 美睾酮  
 Metandienone (17 $\beta$ -hydroxy-17 $\alpha$ -methylandrosta-1, 4-dien-3-one);  
 美雄酮(17 $\beta$ -羟基-17 $\alpha$ -甲基雄甾-1, 4-二烯-3-酮)  
 Metenolone;  
 美替诺龙  
 Methandriol;  
 美雄醇  
 Methasterone (17 $\beta$ -hydroxy-2 $\alpha$ , 17 $\alpha$ -dimethyl-5 $\alpha$ -androstan-3-one);  
 甲基屈他雄酮(17 $\beta$ -羟基-2 $\alpha$ , 17 $\alpha$ -二甲基-5 $\alpha$ -雄烷-3-酮)  
 Methyl-1-testosterone  
 (17 $\beta$ -hydroxy-17 $\alpha$ -methyl-5 $\alpha$ -androsta-1-en-3-one);  
 甲基-1-睾酮(17 $\beta$ -羟基-17 $\alpha$ -甲基-5 $\alpha$ -雄甾-1-烯-3-酮)  
 Methylclostebol;  
 甲基氯司替勃  
 Methyldienolone (17 $\beta$ -hydroxy-17 $\alpha$ -methylestra-4, 9-dien-3-one);  
 甲二烯诺龙(17 $\beta$ -羟基-17 $\alpha$ -甲基雌甾-4, 9-二烯-3-酮)  
 Methylnortestosterone (17 $\beta$ -hydroxy-17 $\alpha$ -methylestr-4-en-3-one);  
 甲诺睾酮(17 $\beta$ -羟基-17 $\alpha$ -甲基雌甾-4-烯-3-酮)  
 Methyltestosterone;  
 甲睾酮  
 Metribolone (methyltrienolone, 17 $\beta$ -hydroxy-  
 17 $\alpha$ -methylestra-4, 9, 11-trien-3-one);  
 美曲勃龙(甲基群勃龙, 17 $\beta$ -羟基-17 $\alpha$ -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-17 $\beta$ -ol-estr-4-en-3-one);  
 诺司替勃(4-氯-17 $\beta$ -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,  
3 $\beta$ -hydroxyandrost-5-en-17-one);  
普拉睾酮(脱氢表雄酮, 3 $\beta$ -羟基雄甾-5-烯-17-酮)  
Prostanozolol (17 $\beta$ -[(tetrahydropyran-2-yl)  
oxy]-1'H-pyrazolo[3,4:2,3]-5 $\alpha$ -androstane);  
前列他唑(17 $\beta$ -[(四氢吡喃-2-基)氧]-1'氢-吡唑[3,4:2,3]-5 $\alpha$ -雄烷)  
Quinbolone;  
奎勃龙  
Stanozolol;  
司坦唑醇  
Stenbolone;  
司腾勃龙  
Testosterone;  
睾酮  
Tetrahydrogestrinone  
(17-hydroxy-18 $\alpha$ -homo-19-nor-17 $\alpha$ -pregna-4,9,11-trien-3-one);  
四氢孕三烯酮(17-羟基-18 $\alpha$ -增-19-去甲基-17 $\alpha$ -孕甾-4,9,11-三烯-3-酮)  
Tibolone;  
替勃龙  
Trenbolone (17 $\beta$ -hydroxyestr-4,9,11-trien-3-one);  
群勃龙(17 $\beta$ -羟基雌甾-4,9,11-三烯-3-酮)  
Trestolone (7 $\alpha$ -Methyl-19-nortestosterone, MENT);  
曲托龙(7 $\alpha$ -甲基-19-去甲睾酮, MENT)  
and other substances with a similar chemical structure or similar  
biological effect(s).  
以及其他具有类似化学结构或类似生物效应的物质。

## S1.2. OTHER ANABOLIC AGENTS

### 其他蛋白同化制剂

Including, but not limited to:

包括但不限于:

Clenbuterol, osilodrostat, ractopamine, selective androgen receptor  
modulators [SARMs, e.g. andarine, enobosarm (ostarine),  
LGD-4033 (ligandrol), RAD140, S-23 and YK-11], zeranol and zilpaterol.

克仑特罗, 奥唑司他, 雷托巴胺(莱克多巴胺), 选择性雄激素受体调节剂[SARMs, 例如: andarine、依诺波沙 (ostarine)、LGD-4033 (ligandrol), RAD140, S-23和YK-11], 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.

下列物质以及其他具有类似化学结构或类似生物效应的物质，均禁用。

#### S2. 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:

S2. 1. 1 Erythropoietin receptor agonists, e. g. darbepoetins (dEPO); erythropoietins (EPO);

促红素受体激动剂，例如：达促红素类 (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 [例如：促红素融合蛋白 (EPO-Fc)，培促红素 $\beta$  (CERA)];

EPO-mimetic agents and their constructs (e. g. CNT0-530, peginesatide).

促红素模拟物及其构建物 [例如：促红素模拟肽融合蛋白 (CNT0-530)，培尼沙肽]。

S2. 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，例如：钴化合物；达普司他 (GSK1278863)；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。

S2. 1. 3 GATA inhibitors, e. g. K-11706.

GATA抑制剂，例如：K-11706。

S2. 1. 4 Transforming growth factor beta (TGF- $\beta$ ) signalling inhibitors, e. g. luspatercept; sotatercept.

转化生长因子- $\beta$  (TGF- $\beta$ ) 信号传导抑制剂，例如：罗特西普；索特西

普。

S2.1.5 Innate repair receptor agonists, e.g. asialo EPO; carbamylated EPO (CEPO).

先天修复受体激动剂类，例如：唾液酸促红素；氨甲酰促红素(CEPO)。

## S2.2. PEPTIDE HORMONES AND THEIR RELEASING FACTORS

### 肽类激素及其释放因子

S2.2.1 Testosterone-stimulating peptides in males including, but not limited to:

- chorionic gonadotrophin(CG)
- luteinizing hormone(LH)
- gonadotrophin-releasing hormone(GnRH, gonadorelin) and its agonist analogues(e.g. buserelin, deslorelin, goserelin, histrelin, leuprorelin, nafarelin and triptorelin),
- kisspeptin and its agonist analogues.

男性睾酮肽类激素，包括但不限于：

- 绒毛膜促性腺激素（CG）
- 促黄体生成素（LH）
- 促性腺激素释放激素（GnRH，戈那瑞林）及其激动剂类似物（例如：布舍瑞林、地洛瑞林、戈舍瑞林、组氨瑞林、亮丙瑞林、那法瑞林和曲普瑞林），
- Kisspeptin及其激动剂类似物。

S2.2.2 Corticotrophins and their releasing factors, e.g. corticorelin and tetracosactide;

促皮质素类及其释放因子，例如：可的瑞林和替可克肽。

S2.2.3 Growth hormone(GH), its analogues and fragments including, but not limited to:

生长激素（GH）及其类似物和片段，包括但不限于：

- growth hormone analogues, e.g. lonapegsomatropin, somapacitan and somatrogen;
- 生长激素类似物，例如：隆培促生长素，帕西生长素和曲更生长素。
- growth hormone fragments, e.g. AOD-9604 and hGH 176-191;
- 生长激素片段，例如：AOD-9604和人生长激素176-191(hGH 176-191)。

S2.2.4 Growth hormone releasing factors, including, but not limited to: 生长激素释放因子，包括但不限于：

- growth hormone-releasing hormone(GHRH) and its analogues (e.g. CJC-1293, CJC-1295, sermorelin and tesamorelin);
- 生长激素释放激素（GHRH）及其类似物（例如：CJC-1293, CJC-1295, 舍莫瑞林和替莫瑞林）。
- growth hormone secretagogues(GHS) and their mimetics [e.g. anamorelin, capromorelin, ibutamoren (MK-677), ipamorelin, lenomorelin (ghrelin), macimorelin and tabimorelin];
- 生长激素促分泌素（GHS）及其模拟物 [例如：阿那瑞林，卡莫瑞林，

伊布莫仑(MK-677), 伊帕瑞林, 来诺瑞林(葛瑞林), 马昔瑞林和他莫瑞林]。

- GH-releasing peptides(GHRPs)[e. g. alexamorelin, examorelin (hexarelin), GHRP-1, GHRP-2(pralmorelin), GHRP-3, GHRP-4, GHRP-5 and GHRP-6];
- 生长激素释放肽类(GHRPs), [例如: 艾瑞莫瑞林, 艾莫瑞林(hexarelin) 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) 和生长激素释放肽-6 (GHRP-6) ]。

## S2. 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, mecasermin) and its analogues;

胰岛素样生长因子1 (IGF-1, 美卡舍明) 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- $\beta$  4 and its derivatives e. g. TB-500;

胸腺肽- $\beta$  4及其衍生物, 例如: 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.

以及其他影响肌肉、肌腱或韧带蛋白质合成/分解、血管形成、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

#### $\beta_2$ 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 $\beta_2$ 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) : 多次吸入使用时, 从任意剂量开始的8小时内, 不超过600微克, 且24小时总吸入量最多不超过1600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.

若尿液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上述最大剂量药物所致。

## 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:

#### S4.1. AROMATASE INHIBITORS

##### 芳香酶抑制剂

Including, but not limited to:

包括但不限于:

2-Androstenol (5 $\alpha$ -androst-2-en-17-ol);

2-雄烯醇 (5 $\alpha$ -雄甾-2-烯-17-醇)

2-Androstenone (5 $\alpha$ -androst-2-en-17-one);

2-雄烯酮 (5 $\alpha$ -雄甾-2-烯-17-酮)

3-Androstenol (5 $\alpha$ -androst-3-en-17-ol);

3-雄烯醇 (5 $\alpha$ -雄甾-3-烯-17-醇)

3-Androstenone (5 $\alpha$ -androst-3-en-17-one);

3-雄烯酮 (5 $\alpha$ -雄甾-3-烯-17-酮)

4-Androstene-3,6,17-trione (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

#### S4. 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

Fulvestran;

氟维司群

Ospemifene;

奥培米芬

Raloxifene;

雷洛昔芬

Tamoxifen;

他莫昔芬

Toremifene;

托瑞米芬

#### S4. 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:

激活素受体IIB竞争剂类, 例如:

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

伪激活素受体类 (例如: ACE-031)

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

激活素受体IIB抗体类 (例如: 比马鲁单抗)

- Myostatin inhibitors such as:

肌抑素抑制剂类, 例如:

- 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 (例如: 卵泡抑素, 肌抑素前肽)

- Myostatin- or precursor-neutralizing antibodies (e.g. apitegromab, domagrozumab, landogrozumab, stamulumab);

肌抑素或其前体的中和抗体类（例如：阿匹特古单抗，多古珠单抗，兰度古珠单抗，司他利尤单抗）

#### S4. 4. METABOLIC MODULATORS:

##### 代谢调节剂:

- S4. 4. 1 Activators of the AMP-activated protein kinase (AMPK), e. g. AICAR; peroxisome proliferator-activated receptor delta (PPAR $\delta$ ) agonists, e. g. 2-(2-methyl-4-((4-methyl-2-(4-(trifluoromethyl)phenyl)thiazol-5-yl)methylthio)phenoxy) acetic acid(GW1516, GW501516) and Rev-erba agonists, e. g. SR9009, SR9011;  
AMP-激活的蛋白激酶（AMPK）激动剂，例如：阿卡地新（AICAR）；过氧化物酶体增殖物激活受体 $\delta$ （PPAR $\delta$ ）激动剂，例如：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)和Rev-Erb- $\alpha$ 激动剂，例如：SR9009, SR9011;
- S4. 4. 2 Insulins and insulin-mimetics;  
胰岛素类以及胰岛素模拟物类
- S4. 4. 3 Meldonium;  
美度铵
- S4. 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。

All diuretics and masking agents, including all optical isomers, e.g. *d*- and *l*- where relevant, are prohibited.

下列利尿剂和掩蔽剂, 包括所有光学异构体, 例如*d*-型和*l*-型, 均禁用。

Including, but not limited to:

包括但不限于:

- Diuretics such as:  
利尿剂, 例如:
- Acetazolamide; amiloride; bumetanide; canrenone; chlortalidone; etacrynic acid; furosemide; indapamide; metolazone; spironolactone; thiazides, e.g. bendroflumethiazide, chlorothiazide and hydrochlorothiazide; torasemide; triamterene;  
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, 例如: 卞氟噻嗪、氯噻嗪和氢氯噻嗪; 托拉塞米; 氨苯蝶啶;
- Vaptans, e.g. conivaptan, mozavaptan, tolvaptan;  
伐普坦类, 例如: 考尼伐坦, 莫扎伐普坦, 托伐普坦
- Plasma expanders by intravenous administration such as: albumin, dextran, hydroxyethyl starch and mannitol.  
静脉输入血容量扩充剂类, 例如: 白蛋白、右旋糖酐、羟乙基淀粉和甘露醇。
- Desmopressin;  
去氨加压素
- Probenecid;  
丙磺舒  
and other substances with a similar chemical structure or similar biological effect(s).  
以及其他具有类似化学结构或者类似生物效应的物质。

### EXCEPTIONS

#### 例外

- Drosiprenone; 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(例如: 多佐胺, 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, (except topical ophthalmic administration of a carbonic anhydrase inhibitor or local administration of felypressin in dental anaesthesia), 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.

如在运动员任何场合或赛内检查的样本中（视情况而定）检测出利尿剂或掩蔽剂（除了碳酸酐酶抑制剂的眼部局部给药，或苯赖加压素在牙科麻醉中的局部给药）的同时，检出任意浓度的以下阈值物质：福莫特罗、沙丁胺醇、去甲伪麻黄碱、麻黄碱、甲基麻黄碱和伪麻黄碱，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：

M1.1. 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 except donation by *Athletes* of plasma or plasma components by plasmapheresis performed in a registered collection center.

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红细胞制品，但运动员在已注册的采集中心以血浆分离术的方式捐献血浆或血浆成分除外。

M1.2. Artificially enhancing the uptake, transport or delivery of oxygen. Including, but not limited to:

Perfluorochemicals; efaproxiral (RSR13); voxelotor 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、输送或运输的方法。包括但不限于：使用全氟化合物；乙丙昔罗（RSR13）；沃塞洛托和经修饰的血红蛋白制剂，例如以血红蛋白为主剂的血液替代品和微囊血红蛋白制剂等，但不包括吸入方式补充氧气。

M1.3. 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：

M2.1. *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*.

篡改或企图篡改以改变在兴奋剂管制过程中采集到的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。

M2.2. 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：

M3.1. 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.

使用可能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。

M3.2. The use of normal or genetically modified cells.

使用常规细胞或基因修饰细胞。

## 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外，本类别中的所有其他禁用物质均为特定物质。

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：

#### S6. 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。

## S6. B: SPECIFIED STIMULANTS

### 特定刺激剂:

Including, but not limited to:

包括但不限于:

2-phenylpropan-1-amine ( $\beta$ -methylphenylethyl-amine, BMPEA);

2-苯基丙烷-1-胺 (BMPEA,  $\beta$ -甲基苯乙胺)

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 (1,3-dimethylamylamine, 1,3 DMAA, methylhexaneamine);

4-甲基己烷-2-胺 (1,3-二甲基戊胺, 1,3 DMAA, 甲基氨基己烷)

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-dimethylamylamine, 1,4-dimethylpentylamine, 1,4-DMAA);

5-甲基己烷-2-胺 (1,4-二甲基戊胺, 1,4-DMAA)

Benzfetamine;

苯非他明

Cathine\*\*;

去甲伪麻黄碱\*\*

Cathinone and its analogues, e.g. mephedrone, methedrone, and

$\alpha$ -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,  $\alpha$ -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);  
羟基苄 (苄醇)  
Hydroxyamfetamine (parahydroxyamphet-amine);  
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  
Solriamfetol;  
索安非托  
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).

以及其他具有类似化学结构或类似生物效应的物质。

## EXCEPTIONS

### 例外

- Clonidine;  
可乐定
- Imidazoline derivatives for dermatological, nasa, ophthalmic or otic use (e. g. brimonidine, clonazoline, fenoxazoline, indanazoline, naphazoline, oxymetazoline, tetrazyoline, tramazoline, xylometazoline) and those stimulants included in the 2024 Monitoring Program\*.  
皮肤、鼻腔、眼科或耳科使用的咪唑啉衍生物 (例如: 溴莫尼定、氯萘唑啉、非诺唑啉、茛唑啉、萘甲唑啉、羟甲唑啉、四氢唑啉、曲马唑啉、赛洛唑啉) 和列入2024监控程序\*的刺激剂。

\*Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol, and synephrine: These substances are included in the 2023 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2024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：任一物质的尿中浓度超过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，包括所有光学异构体，例如*d*-型和*l*-型，均禁用：

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

Tramadol;

曲马多

## 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. GLUCOCORTICIDS

### 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通过任何注射、口服 [包括口腔粘膜 (例如: 口颊、牙龈、舌下)] 或直肠途径给药。

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

Flunisolide;

氟尼缩松

Fluocortolone;

氟可龙

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, otic 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、耳科和肛周)不禁用。

## P1. BETA-BLOCKERS

### β -阻断剂

#### PROHIBITED IN PARTICULAR SPORTS

##### 特殊运动项目禁用

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 -阻断剂仅在下列运动项目的赛内禁用。在标注星号(\*)的运动项目的赛外也禁用。

- 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 (所有分项) (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)
- Mini-Golf (WMF)  
迷你高尔夫 (WMF, 世界迷你高尔夫联合会)
- 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型场地技巧、单板滑雪U型场地技巧 / 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) \*包括自由潜水、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

## 2024 Monitoring Program\* 2024监控程序\*

The following substances are placed on the 2024 Monitoring Program:  
以下物质列入2024年监控程序:

### 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. Peptides Hormones, Growth Factors, Related Substances, and Mimetics:

肽类激素、生长因子、相关物质和模拟物:

*In and Out-of-Competition:* Gonadotrophin-releasing hormone (GnRH) analogs in females under 18 years only.

赛内和赛外: 18周岁以下女性使用促性腺激素释放激素类似物。

### 3. Hypoxen (polyhydroxyphenylene thiosulfonate sodium):

Hypoxen (聚二羟基苯亚基硫代磺酸钠):

*In and Out-of-Competition*

赛内和赛外

### 4. 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, 哌苯甲醇和昔奈福林。

### 5. Narcotics:

麻醉剂:

*In-Competition only:* Codeine, dermorphin (and its analogs), dihydrocodeine, hydrocodone and tapentadol.

仅赛内: 可待因, dermorphin (及其类似物), 二氢可待因, 氢可酮和他喷他多。

### 6. Semaglutide:

司美格鲁肽:

*In and Out-of-Competition*

赛内和赛外

\* The World Anti-Doping Code (Article 4.5) 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，就那些未列入《禁用清单》但WADA希望监控的物质建立监控程序，以便发现其在体育运动中潜在的滥用模式。”

# SUMMARY OF MAJOR MODIFICATIONS AND EXPLANATORY NOTES

## 2024年《禁用清单》主要修订及注释概要

### 2024 Prohibited List

#### 2024年《禁用清单》

Subclasses of sections S1, S2, S4, M1, M2, M3 and S6 of the Prohibited List were renumbered for better clarity throughout the document to avoid any misinterpretation of subclasses but there was no change in classification.

为明确起见，在整个文件中对《禁用清单》S1、S2、S4、M1、M2、M3和S6部分的子类重新编号，以避免对子类产生误解，但分类不变。

### 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

- 2,4-Dinitrophenol (DNP) and troponin activators (e.g. Reldesemtiv and Tirasemtiv) were listed as examples.
- 2,4-二硝基苯酚(DNP)和肌钙蛋白激活剂(例如：瑞地生替和泰拉生替)列为示例。

#### S1. Anabolic Agents

##### 蛋白同化制剂

- Trestolone ( $7\alpha$ -methyl-19-nortestosterone, MENT), dimethandrolone ( $7\alpha, 11\beta$ -Dimethyl-19-nortestosterone) and  $11\beta$ -methyl-19-nortestosterone were added as examples of nandrolone (19-nortestosterone) analogues.
- 增加曲托龙( $7\alpha$ -甲基-19-去甲睾酮, MENT), 二甲基诺龙( $7\alpha, 11\beta$ -二甲基-19-去甲睾酮)和 $11\beta$ -甲基-19-去甲睾酮作为诺龙(19-去甲睾酮)类似物的示例。

#### 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

- S2.2.1 was reworded under the heading of “Testosterone-stimulating peptides in males” for clarity. This specifies that busserelin, deslorelin, goserelin, histrelin, leuprorelin, nafarelin and triptorelin are

examples of Gonadotrophin-Releasing Hormone (GnRH) agonist analogues, with histrelin added as a new example.

Kisspeptin and its agonist analogues, which act to stimulate GnRH secretion, and consequently testosterone, were also added.

- 为明确起见，在“男性睾酮肽类激素”标题下对S2.2.1进行了改写，将布舍瑞林、地洛瑞林、戈舍瑞林、组氨瑞林、亮丙瑞林、那法瑞林和曲普瑞林列为促性腺激素释放激素（GnRH）激动剂类似物的示例，并新增组氨瑞林作为新的示例。此外，还增加了Kisspeptin及其激动剂类似物，它们可以刺激促性腺激素释放激素的分泌，进而促进睾酮的产生。

- S2.2.2 : Tetracosactide (ACTH 1-24) was added as an example, as it is the first 24 amino acid portion of natural corticotrophin (ACTH), and possesses the full biological activity of the natural hormone.

- S2.2.2: 增加替可克肽（ACTH 1-24）作为示例，替可克肽的结构与促肾上腺皮质激素（ACTH）的第1至24个氨基酸相同，具有天然激素的全部生物活性。

- S2.2.4: Capromorelin and ibutamoren (MK-677) were added as examples of growth hormone secretagogues (GHS), which are mimetics of the natural hormone, ghrelin, that stimulates the production of growth hormone (GH) and, in turn, insulin-like growth factor 1 (IGF-1).

- S2.2.4: 增加卡莫瑞林和伊布莫仑(MK-677)作为生长激素促分泌素（GHS）的示例。生长激素促分泌素是天然激素葛瑞林的模拟物，可刺激生长激素（GH）的产生，进而刺激胰岛素样生长因子1（IGF-1）的产生。

- S2.3: The INN name for recombinant human IGF-1, mecasermin, was added.

- S2.3: 新增重组人胰岛素样生长因子1（IGF-1）的国际非专利(INN)名称美卡舍明。

#### **S4. Hormone and Metabolic Modulators**

##### **激素及代谢调节剂**

- S4.4.1 was updated to include Rev-Erb- $\alpha$  agonists and as example, SR9011 was added and SR9009 was relocated.

- 对S4.4.1进行了更新，加入了Rev-Erb- $\alpha$  激动剂，新增SR9011作为示例，并将SR9009移至其他分类。

#### **S5. Diuretics and Masking Agents**

##### **利尿剂和掩蔽剂**

- Editorial changes were made to section S5 to improve clarity. Conivaptan and mozavaptan were added as further examples of vaptan drugs.

- 为更加明确起见，编辑修改了S5类。新增考尼伐坦和莫扎伐普坦，作为伐普坦类药物的进一步示例。

#### **PROHIBITED METHODS**

##### **禁用方法**

#### **M1. MANIPULATION OF BLOOD AND BLOOD COMPONENTS**

##### **篡改血液和血液成分**

- Donation by *Athletes* of plasma or plasma components by plasmapheresis

is no longer prohibited when performed in a registered collection center.

- 不再禁止运动员在已注册的采集中心以血浆分离术的方式捐献血浆或血浆成分。

## SUBSTANCES AND METHODS PROHIBITED IN-COMPETITION

### 赛内禁用的物质和方法

#### PROHIBITED SUBSTANCES

##### 禁用物质

#### S6. Stimulants

##### 刺激剂

- 2-phenylpropan-1-amine (BMPEA,  $\beta$ -methylphenethylamine) was added as an example of a specified stimulant due to its presence in dietary supplements.
- 由于2-苯基丙烷-1-胺 (BMPEA,  $\beta$ -甲基苯乙胺) 存在于膳食补充剂中, 因此增加其作为特定刺激剂的示例。
- Tramazoline was added as an imidazoline derivatives under Exceptions.
- 将咪唑啉衍生物曲马唑啉增加在“例外”项下。

#### S7. Narcotics

##### 麻醉剂

• Tramadol is prohibited *In-Competition* as of 1 January 2024 as approved by the Executive Committee on 23 September 2022. Tramadol has been on the *WADA* Monitoring Program for some years. Monitoring data has indicated significant Use in sports including cycling, rugby and football. Tramadol abuse, with its dose-dependent risks of physical dependence, opiate use disorder and overdoses in the general population, is of concern and has led to it being a controlled drug in many countries. Research studies funded by *WADA* have confirmed the potential for tramadol to enhance physical performance in sports. The recommended washout period<sup>§</sup> will be communicated before 1 January 2024.

<sup>§</sup>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).

• WADA执委会于2022年9月23日批准, 曲马多自2024年1月1日起在赛内禁用。多年来曲马多一直处于WADA的监控程序中。监控数据表明, 曲马多在自行车、橄榄球和足球等体育运动中广泛使用。由于曲马多在普通人群中具有造成身体依赖、阿片类药物成瘾和过量服用后产生的剂量依赖性风险, 令人担忧, 并导致其在许多国家成为管制药物。WADA资助的研究证实, 曲马多有潜在提高运动能力的可能。WADA将于2024年1月1日前发布建议洗脱期。

<sup>§</sup>“洗脱期”是指从最后一次给药到赛内期开始的时间(即从运动员参赛的前一天晚11:59开始, 除非WADA为某一特定运动项目批准了不同的时间段)。

## S9. Glucocorticoids

### 糖皮质激素类

•The minimum washout periods following rectal administration of glucocorticoids are now included in the Glucocorticoid Washout Table; glucocorticoids remain prohibited *In-Competition* when administered by the rectal route. These washout periods are based on the use of these medications according to the maximum manufacturer's licensed doses:

•糖皮质激素直肠给药后的最短洗脱期现已列入糖皮质激素洗脱期表格中；糖皮质激素直肠给药仍在赛内禁用。本洗脱期是根据制造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
	<b>Except:</b> Triamcinolone; triamcinolon acetoneide	10 days
Intramuscular	Betamethasone; dexamethasone; methylprednisolone	5 days
	Prednisolone; prednisone	10 days
	Triamcinolone acetoneide	60 days
Local injections (including periarticular, intra-articular, peritendinous and intratendinous)	All glucocorticoids;	3 days
	<b>Except:</b> prednisolone; prednisone; triamcinolone acetoneide; triamcinolone hexacetoneide	10 days
Rectal	All glucocorticoids;	3 days
	<b>Except:</b> triamcinolone diacetate; triamcinolone acetoneide	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 11:59p.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.

•The Washout Period Table is also found in the List FAQ

<https://www.wada-ama.org/en/prohibited-list#faq-anchor>

途径	糖皮质激素	洗脱期*
口服**	所有糖皮质激素；	3天
	例外： 曲安西龙； 曲安奈德	10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： 泼尼松龙； 泼尼松；曲安奈德； 己曲安奈德	10天
直肠给药	所有糖皮质激素；	3天
	例外： 曲安西龙双醋酸酯； 曲安奈德	10天

\* “洗脱期”是指从最后一次给药到赛内期开始的时间（即从运动员参赛的前一天晚11:59开始，除非WADA为某一特定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低于报告水平留出足够时间。

\*\*口服给药途径还包括口腔粘膜、口颊、牙龈和舌下给药。

•洗脱期表格可在《禁用清单》常见问答中查阅：

<https://www.wada-ama.org/en/prohibited-list#faq-anchor>

## Monitoring Program 监控程序

- Salmeterol and vilanterol were removed as the required prevalence data were obtained.
- 由于已获得所需的使用率数据，现将沙美特罗和维兰特罗从监控程序中移除。
- Tramadol was removed as it is now prohibited under S7: Narcotics.
- 曲马多已列入禁用清单（S7：麻醉剂），从监控程序中移除。
- Tapentadol and dihydrocodeine were added to monitor patterns of use *In Competition*.
- 新增他喷他多和二氢可待因，以监控其在赛内的使用状况。
- The GLP-1 analogue semaglutide was added to examine the prevalence and pattern of use in sport.
- 新增GLP-1类似物司美格鲁肽，以监控其在体育运动中的使用率和使用状况。

\*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>.

\*如需了解之前有关修改和澄清的更多信息，请参阅《禁用清单》常见问题：  
<https://www.wada-ama.org/en/prohibited-list#faq-anchor>