

附件

世界反兴奋剂条例

国际标准

禁用清单

2023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2023年1月1日起生效

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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。

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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。

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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。

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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。

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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。

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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。

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THE 2023 PROHIBITED LIST
2023年《禁用清单》
WORLD ANTI-DOPING CODE
《世界反兴奋剂条例》
VALID 1 JANUARY 2023
2023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 2023.

《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2023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)。

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 (5 α -androst-1-ene-3 β , 17 β -diol);

1-雄烯二醇(5 α -雄甾-1-烯-3 β , 17 β -二醇)

1-Androstenedione (5 α -androst-1-ene-3, 17-dione);

1-雄烯二酮(5 α -雄甾-1-烯-3, 17-二酮)

1-Androsterone (3 α -hydroxy-5 α -androst-1-ene-17-one);

1-雄酮(3 α -羟基-5 α -雄甾-1-烯-17-酮)

1-Epiandrosterone (3 β -hydroxy-5 α -androst-1-ene-17-one);

1-表雄酮(3 β -羟基-5 α -雄甾-1-烯-17-酮)

1-Testosterone (17 β -hydroxy-5 α -androst-1-en-3-one);

1-睾酮(17 β -羟基-5 α -雄甾-1-烯-3-酮)

4-Androstenediol (androst-4-ene-3 β , 17 β -diol);

4-雄烯二醇(雄甾-4-烯-3 β , 17 β -二醇)

4-Hydroxytestosterone (4, 17 β -dihydroxyandrost-4-en-3-one);

4-羟基睾酮(4, 17 β -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 α -hydroxy-DHEA;

7 α -羟基-普拉睾酮

7 β -hydroxy-DHEA;

7 β -羟基-普拉睾酮

7-Keto-DHEA;

7-羰基-普拉睾酮

17 α -methylpithiostanol (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 α -dihydrotestosterone, 17 β -hydroxy-5 α -androstan-3-one);
 雄诺龙(5 α -双氢睾酮, 17 β -羟基-5 α -雄烷-3-酮)
 Androstenediol (androst-5-ene-3 β , 17 β -diol);
 5-雄烯二醇 (雄甾-5-烯-3 β , 17 β -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 α -ol);
 达那唑([1, 2] 噁唑[4', 5':2, 3]孕甾-4-烯-20-炔-17 α -醇)
 Dehydrochlormethyltestosterone (4-chloro-17 β -hydroxy-17 α -
 methylandrosta-1, 4-dien-3-one);
 去氢氯甲睾酮 (脱氢氯甲睾酮, 4-氯-17 β -羟基-17 α -甲基雄甾-1, 4-二烯-3-
 酮)
 Desoxymethyltestosterone (17 α -methyl-5 α -androst-2-en-17 β -ol and
 17 α -methyl-5 α -androst-3-en-17 β -ol);
 去氧甲睾酮(17 α -甲基-5 α -雄甾-2-烯-17 β -醇 和 17 α -甲基-5 α -雄甾-3-烯-
 17 β -醇)
 Drostanolone;
 屈他雄酮
 Epiandrosterone (3 β -hydroxy-5 α -androstan-17-one);
 表雄酮 (3 β -羟基-5 α -雄烷-17-酮)
 Epi-dihydrotestosterone (17 β -hydroxy-5 β -androstan-3-one);
 表双氢睾酮(17 β -羟基-5 β -雄烷-3-酮)
 Epi-testosterone;
 表睾酮
 Ethylestrenol (19-norpregna-4-en-17 α -ol);
 乙雌烯醇(19-去甲孕-4-烯-17 α -醇)
 Fluoxymesterone;
 氟甲睾酮

Formebolone;
甲酰勃龙
Furazabol (17 α -methyl[1,2,5]
oxadiazolo[3',4':2,3]-5 α -androstan-17 β -ol);
夫拉扎勃(17 α -甲基[1,2,5]噁二唑[3',4':2,3]-5 α -雄烷-17 β -醇)
Gestrinone;
孕三烯酮
Mestanolone;
美雄诺龙
Mesterolone;
美睾酮
Metandienone (17 β -hydroxy-17 α -methylandrosta-1,4-dien-3-one);
美雄酮(17 β -羟基-17 α -甲基雄甾-1,4-二烯-3-酮)
Metenolone;
美替诺龙
Methandriol;
美雄醇
Methasterone (17 β -hydroxy-2 α ,17 α -dimethyl-5 α -androstan-3-one);
甲基屈他雄酮(17 β -羟基-2 α ,17 α -二甲基-5 α -雄烷-3-酮)
Methyl-1-testosterone (17 β -hydroxy-17 α -methyl-5 α -androst-1-en-3-one);
甲基-1-睾酮(17 β -羟基-17 α -甲基-5 α -雄甾-1-烯-3-酮)
Methylclostebol;
甲基氯司替勃
Methyldienolone (17 β -hydroxy-17 α -methylestra-4,9-dien-3-one);
甲二烯诺龙(17 β -羟基-17 α -甲基雌甾-4,9-二烯-3-酮)
Methylnortestosterone (17 β -hydroxy-17 α -methylestr-4-en-3-one);
甲诺睾酮(17 β -羟基-17 α -甲基雌甾-4-烯-3-酮)
Methyltestosterone;
甲睾酮
Metribolone (methyltrienolone, 17 β -hydroxy-
17 α -methylestra-4,9,11-trien-3-one);
美曲勃龙(甲基群勃龙,17 β -羟基-17 α -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 β -ol-estr-4-en-3-one);
诺司替勃(4-氯-17 β -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 β -hydroxyandrost-5-en-17-one);
 普拉睾酮(脱氢表雄酮, 3 β -羟基雄甾-5-烯-17-酮)
 Prostanzol (17 β -[(tetrahydropyran-2-yl)oxy]-1'H-pyrazolo[3,4:2,3]-5 α -androsterane);
 前列他唑(17 β -[(四氢吡喃-2-基)氧]-1'氢-吡唑[3,4:2,3]-5 α -雄烷)
 Quinbolone;
 奎勃龙
 Stanozolol;
 司坦唑醇
 Stenbolone;
 司腾勃龙
 Testosterone;
 睾酮
 Tetrahydrogestrinone (17-hydroxy-18 α -homo-19-nor-17 α -pregna-4,9,11-trien-3-one);
 四氢孕三烯酮(17-羟基-18 α -增-19-去甲基-17 α -孕甾-4,9,11-三烯-3-酮)
 Tibolone;
 替勃龙
 Trenbolone (17 β -hydroxyestr-4,9,11-trien-3-one);
 群勃龙(17 β -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, 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, 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 [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: 促红素模拟肽融合蛋白 (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); 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:

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，如：隆培促生长素，帕西生长素，曲更生长素。

- growth hormone fragments, e.g. AOD-9604 and hGH 176-191;

生长激素片段，如：AOD-9604和人生长激素176-191(hGH 176-191)。

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(如：CJC-1293, CJC-1295, 舍莫瑞林和替莫瑞林)。

- growth hormone secretagogues(GHS) and their mimetics

[e.g. lenomorelin(ghrelin), anamorelin, ipamorelin, macimorelin and tabimorelin];

- 生长激素促分泌素及其模拟物(GHS)，[如：来诺瑞林(葛瑞林)，阿那瑞林，伊帕瑞林，马昔瑞林和他莫瑞林]。

- 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.

以及任何影响肌肉、肌腱或韧带组织的蛋白质合成/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

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) : 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:

4.1. AROMATASE INHIBITORS

芳香酶抑制剂

Including, but not limited to:

包括但不限于:

2-Androst-enol (5 α -androst-2-en-17-ol);

2-雄烯醇 (5 α -雄甾-2-烯-17-醇)

2-Androst-enone (5 α -androst-2-en-17-one);

2-雄烯酮 (5 α -雄甾-2-烯-17-酮)

3-Androst-enol (5 α -androst-3-en-17-ol);

3-雄烯醇 (5 α -雄甾-3-烯-17-醇)

3-Androst-enone (5 α -androst-3-en-17-one);

3-雄烯酮 (5 α -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

4. 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

4. 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- or precursor-neutralizing antibodies (e. g. apitegromab,

domagrozumab, landogrozumab, stamulumab);

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

4. 4. METABOLIC MODULATORS:

代谢调节剂:

4. 4. 1 Activators of the AMP-activated protein kinase (AMPK),
e. g. AICAR, SR9009; and peroxisome proliferator-activated receptor delta (PPAR δ) 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 (PPAR δ) 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. 4. 2 Insulins and insulin-mimetics;

胰岛素类以及胰岛素模拟物类

4. 4. 3 Meldonium;

美度铵

4. 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:

- 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; torasemide; 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; 托拉塞米、氨苯蝶啶和伐普坦类, 如: 托伐普坦。
and other substances with a similar chemical structure or similar biological effect(s).
以及具有类似化学结构或者类似生物效应的其他物质。

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, (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：

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); 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，但不包括吸入方式补充氧气。
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*.
在兴奋剂管制过程中，篡改或企图篡改以改变采集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外，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, 1, 3-dimethylamylamine, 1, 3 DMAA);

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

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, 1, 4-dimethylamylamine, 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 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)

Dimetamphetamine (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

Etilamphetamine;

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)
Hydroxyamphetamine (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
Solriamfetol;
索安非托
Strychnine;
土的宁
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, ophthalmic or otic use (e. g. brimonidine, clonazoline, fenoxazoline, indanazoline, naphazoline, oxymetazoline, tetrazyline, xylometazoline) and those stimulants included in the 2023 Monitoring Program*.
皮肤、鼻腔、眼科或耳科使用的咪唑啉衍生物 (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、赛洛唑啉) 和列入2023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2023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

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, 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)
- 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、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

2023 Monitoring Program*

2023监控程序*

The following substances are placed on the 2023 Monitoring Program:

以下物质列入2023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. 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。

4. 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

5. 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。

6. Narcotics:

麻醉剂:

In-Competition only: Codeine, dermorphin (and its analogs), hydrocodone and tramadol.

仅赛内: 可待因, dermorphin (及其类似物), 氢可酮, 曲马多。

* 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

2023年《禁用清单》主要修订及注释概要

2023 Prohibited List 2023《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

S1. Anabolic Agents

蛋白同化制剂

• Androst-4-ene-3, 11, 17-trione (11-ketoandrostenedione, adrenosterone) is now listed as an example. In the body, it is converted to 11-ketotestosterone and both are androgens already prohibited as metabolites of androstenedione and testosterone, respectively.

雄甾-4-烯-3, 11, 17-三酮(11-羰基-4-雄烯二酮, 肾上腺雄甾酮)现作为示例列入清单。它在体内转化成11-羰基睾酮,二者均为雄激素且已分别作为4-雄烯二酮和睾酮的代谢物而被禁用。

• The substance 17 α -methyl-epithiostanol (commonly referred to as epistane) is the 17-methylated analog to thiodrol (Shionogi, Japan) and converts *in vivo* to the prohibited anabolic agent desoxymethyltestosterone. Hence, per definition, 17 α -methyl-epithiostanol is also prohibited under S1. In order to unequivocally document the prohibited status of 17 α -methyl-epithiostanol, the substance was added as an additional example.

甲基环硫雄醇(通常称为epistane)是环硫雄醇(盐野义制药,日本)17-甲基化类似物,它在体内转化成被禁用的蛋白同化制剂去氧甲睾酮。因此,根据定义,甲基环硫雄醇也应被禁用且隶属S1。为明确甲基环硫雄醇的禁用状态,该物质作为附加示例添加入清单。

• Ractopamine, a beta-adrenergic agonist approved in some countries

as a growth promoter for animals, was added to the list of examples under S1.2

雷托巴胺（莱克多巴胺），是一种 β -肾上腺受体激动剂，在一些国家获批作为动物生长促进剂。作为示例添加入S1.2。

- S-23 and YK-11 were listed as examples of SARMs in S1.2
- S-23和YK-11作为SARMs的示例列入S1.2。

S4. Hormone and Metabolic Modulators

S4. 激素及代谢调节剂

- S4.3 was updated to include antibodies of precursors of myostatin and as example, apitegromab was added.

更新了S4.3，列入肌抑素前体的抗体类并添加了阿匹特古单抗作为示例。

- The numbering was reformatted for clarity but there was no change in classification.

为了清晰起见，重新进行了编号，但类别没有变化。

S5. Diuretics and Masking Agents

利尿剂和掩蔽剂

- The introductory language of the section was revised to harmonize with other sections of the List.

对该节的介绍性语言进行了修订，以与清单的其他部分保持一致。

- Torasemide is added as an example of a diuretic and is already named in a *WADA Technical Document* (TD MRPL) and a *WADA Technical Letter* (TL24).

添加托拉塞米作为利尿剂的一个示例，该物质已被列入WADA技术文件(TD MRPL)和WADA技术函(TL24)。

- It was clarified that a *Therapeutic Use Exemption* is not required for topical ophthalmic administration of a carbonic anhydrase inhibitor (e.g. dorzolamide, brinzolamine) or for local administration of felypressin in dental anesthesia in conjunction with a threshold substance.

明确了对碳酸酐酶抑制剂(如多佐胺、布林佐胺)的眼部局部给药，或苯赖加压素在牙科麻醉的局部给药与阈值物质联合应用时不需要治疗用药豁免(TUE)。

PROHIBITED METHODS

禁用方法

M1. MANIPULATION OF BLOOD AND BLOOD COMPONENTS

篡改血液和血液成分

- Voxelotor was added as an example, as it alters the ability of hemoglobin to release oxygen in the body, thereby enhancing arterial oxygen saturation. As a side effect, it increases serum erythropoietin, which has been shown to result in higher hemoglobin concentration in healthy individuals.

添加沃塞洛托作为本类的示例，因为它是它能改变血红蛋白在体内释放氧气的的能力，从而提高动脉血氧饱和度。其副作用是可以升高血清促红素，从而导致健康个体血红蛋白浓度升高。

SUBSTANCES AND METHODS PROHIBITED IN-COMPETITION

赛内禁用的物质和方法

PROHIBITED SUBSTANCES

禁用物质

S6. Stimulants

S6 刺激剂

- 1,3-dimethylamylamine and 1,3 DMAA were added as alternative common names for 4-methylhexan-2-amine, while 1,4-dimethylamylamine and 1,4-DMAA were included as synonyms of 5-methylhexan-2-amine.

添加1,3-二甲基戊胺为4-甲基己烷-2-胺的其他通用名称。添加1,4-二甲基戊胺和1,4-DAMM为5-甲基己烷-2-胺的其他通用名称。

- Solriamfetol was included in S6b due to its activity as a dopamine and norepinephrine reuptake inhibitor resulting in increases in brain levels of these neurotransmitters and consequent stimulant behavioral effects in preclinical species and in humans.

- 添加索安非托于S6b，原因是其具备多巴胺和去甲肾上腺素再摄取抑制剂活性，可导致大脑中神经递质水平增加，进而产生刺激性行为，此类已在临床前动物试验和人体试验中证实。

- Tetryzoline was added as an imidazoline derivative under Exceptions. In addition, it is clarified that otic administration of imidazoline derivatives is not prohibited.

将四氢唑啉作为咪唑啉衍生物添加到例外项下。此外，澄清了咪唑啉衍生物的耳给药不禁用。

S7. Narcotics

麻醉剂

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 addiction 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*¹ have confirmed the potential for tramadol to enhance physical performance in sports. Consequently, as proposed in the draft 2023 *Prohibited List* circulated for consultation to stakeholders in May 2022, *WADA*'s Executive Committee approved, at its 23 September 2022 meeting, prohibiting tramadol during the *In-Competition* period. 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 tramadol and the implementation of the new rule on 1 January 2024. A one-year delay in implementation will allow *Athletes* and medical personnel to better prepare for the change, Laboratories to update their procedures, and sports authorities to develop educational tools.

曲马多在几年前就已被列入WADA的监控程序。监控数据表明，它被大量用于自行车、橄榄球和足球等体育运动中。由于曲马多在大多数人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，所以曲马多的滥用令人关切，在许多国家已成为一种受管制药物。WADA资助的研究证实，曲马多有可能在运动中提高运动能力。因此，根据2022年5月向利益相关方分发的2023年《禁用清单》草案中的提议，WADA执委会在2022年9月23日的会议上批准曲马多在赛内禁用。然而，为了全面广泛地沟通规则的变化，并为宣传和教育留出足够的时间，执委会决定于2024年1月1日开始禁用曲马多并实施新规则。推迟一年实施将使运动员和医务人员更好地准备应对这一变化，使实验室能够更新程序，使体育部门能够开发教育工具。

S9. Glucocorticoids

糖皮质激素

- It was clarified that otic administration of glucocorticoids is not prohibited.
- 澄清糖皮质激素的耳给药不禁用。

SUBSTANCES PROHIBITED IN PARTICULAR SPORTS

特殊项目禁用物质

P1. Beta-Blockers

β-阻断剂

- At the request of the World Mini-Golf Federation (WMF), it was agreed to include mini-golf as a sport where beta-blockers are prohibited. The skills required for mini-golf are similar to others found in sports disciplines where beta-blockers are prohibited.

在世界迷你高尔夫联合会(WMF)的要求下, 将迷你高尔夫球列为一项禁止使用β-阻断剂的运动。迷你高尔夫所需要的技能与其他禁止使用β-阻断剂的运动项目相似。

- At the request of the World Under Water Federation (CMAS) beta-blockers will be prohibited *Out-of-competition* as well as *In-competition* in all subdisciplines of freediving, spearfishing and target shooting.

在世界水下运动联合会(CMAS)的要求下, 在自由潜水、水下渔猎和目标射击的所有分项中, 将在赛内和赛外均禁止使用β-阻断剂。

MONITORING PROGRAM

监控程序

- Dermorphin and its analogs were added to detect patterns of use in sport *In-competition*.

添加Dermorphin及其类似物, 以监测其在赛内使用的模式。

- GnRH analogs in females under 18 years were added to detect patterns of use in sport *In-* and *Out-of-competition*.

添加18周岁以下女性使用促性腺激素释放素及其类似物, 以监测其在赛内和赛外使用的模式。

- Hypoxen (polyhydroxyphenylene thiosulfonate sodium) was added to evaluate misuse in sport *In-* and *Out-of-competition*.

添加Hypoxen (聚二羟基苯亚基硫代磺酸钠), 以评估赛内和赛外的滥用。

* 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>.

有关先前修改和声明的更多信息, 请访问《禁用清单》常见问题,

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

ADDENDUM 附录

S8. Cannabinoids

S8. 大麻（酚）类

Background

背景

• Following receipt of requests from a small number of stakeholders to remove (three national anti-doping organizations and one sports federation) or review (two anti-doping organizations) the prohibited *In-competition* status of cannabis from the *Prohibited List*, the *WADA* Executive Committee endorsed, during its meeting of September 2021, a recommendation of the *WADA* List Expert Advisory Group (LiEAG) to initiate a scientific review of the status of cannabis in 2022.

• 在收到少数利益相关方提出将大麻（酚）类从《禁用清单》中移除（来自三个国家反兴奋剂组织和一个体育联合会）或审查（来自两个反兴奋剂组织）大麻（酚）类的赛内禁用状态的请求后，WADA执行委员会在2021年9月的会议上批准了WADA禁用清单专家咨询组（LiEAG）于2022年启动对大麻（酚）类状态进行科学审查的建议。

• At present, the main psychoactive component of cannabis, delta9-tetrahydrocannabinol (THC), is prohibited *In-competition* and is reported as an *Adverse Analytical Finding (AAF)* by WADA-accredited laboratories when the urinary concentration of carboxy-THC exceeds a threshold of 150 ng/mL with a *Decision Limit* of 180 ng/mL. This threshold was significantly increased in 2013 from 15 ng/mL in order to minimize the number of *AAFs In-competition* due to potential *Use of THC Out-of-competition*. This means that with the current threshold, *Athletes* most at risk of testing positive are those who have consumed significant quantities of THC close to *In-competition Doping Control* or are chronic users.

• 目前，大麻（酚）类的主要精神活性成分delta9-四氢大麻酚（THC）为赛内禁用物质。当羧基-THC在尿样中的浓度超过阈值150 ng/mL（判定限180 ng/mL）时，WADA认可的实验室将报告为阳性检测结果（AAF）。该物质的阈值较2013年时的15ng/mL有了大幅提高，从而最大限度地减少了因赛外使用THC而导致赛内阳性检测结果的数量。这意味着，基于目前的阈值，最有可能被检出阳性的，是那些临近赛内兴奋剂管制时大量使用或长期使用THC的运动员。

- The 2021 World Anti-Doping Code (*Code*) incorporated the new Article 4.2.3 on *Substances of Abuse* for purposes of sanctioning under *Code* Article 10. *Substances of Abuse* are specifically identified on the *Prohibited List* because they are frequently abused in society outside of the context of sport. In this regard, the LiEAG identified THC as a *Substance of Abuse* for the 2021 *Prohibited List*, meaning that if the *Athlete* can establish that the THC use occurred *Out-of-Competition* and was unrelated to sport performance, the standard period of Ineligibility is three months, which may be reduced to one month if the *Athlete* satisfactorily completes an approved *Substance of Abuse* treatment program. While it is too early to evaluate the full impact of this new rule on sanctions for THC, preliminary data from 2021 indicates an increase in one- and three- month sanctions, suggesting that this provision is being applied.

- 2021版《世界反兴奋剂条例》新增了与滥用物质相关的条款4.2.3，以此适用《条例》第10条处罚。由于滥用物质经常在体育领域之外的社会环境中被滥用，因此被明确列入《禁用清单》。就此，LiEAG将THC确定为2021年《禁用清单》中的滥用物质，这意味着如果运动员能够证明其使用THC的行为发生在赛外，并且与运动能力无关，则标准禁赛期为三个月。如果运动员令人满意地完成了批准的滥用物质治疗项目，则禁赛期可以缩减至一个月。尽管现阶段评估该新规则对于使用THC实施处罚的全面影响还为时过早，但2021的初步数据表明，为期一个月和三个月的禁赛处罚确实有所增加，这表明此项规定正在实施。

- Under the World Anti-Doping Program, the approach to cannabis on the *Prohibited List* has therefore evolved chronologically as follows: 世界反兴奋剂体系下，《禁用清单》中大麻（酚）类的处理方式依时间顺序演变如下：

2013: The urinary threshold increased from 15 ng/mL to 150 ng/mL with a *Decision Limit* of 180 ng/ ml. This significantly affected the number of *AAFs*, from an average of between 400-500 per annum in the years 2009-2012 to fewer than 100 in 2021.

2013年：尿中阈值从15ng/mL上调至150ng/mL，对应判定限为180ng/mL。这显著影响了年度阳性检测结果的数量：从2009-2012年的平均每年400-500例减少到2021年不到100例。

2018: Cannabidiol (CBD) was removed from the *Prohibited List*, allowing *Athletes* who wish to use it to have access to the non-psychoactive component of cannabis.

2018年：大麻二酚（CBD）从《禁用清单》中移除，使得希望使用它的运动员能够使用大麻（酚）类的非精神活性成分。

2021: The inclusion of the *Substance of Abuse* provision in the *Code* significantly reduced the length of *Ineligibility* sanctions from a potential two (or even four) years previously to three (or even one) month(s) today for *Athletes* that can establish that the THC use occurred *Out-of-Competition* and was unrelated to sport performance. Under Article 9 of the *Code*, the *Athlete* will still lose their medal, prize and result.

2021年：滥用物质条款纳入《条例》，对于可以证明THC的使用是发生在赛外、且不影响其运动能力的运动员，该举措大大缩短了其禁赛处罚期时间，从之前的两年（甚至四年）缩短到了现在的三个月（甚至一个月）。但根据《条例》第9条，运动员仍将失去其奖牌、奖金和成绩。

The Review Process:

审查过程:

- Since September 2021, the LiEAG, which is composed of external, international experts in pharmacology, forensic toxicology, drugs of abuse, analytical science, pharmacy, sports medicine, chemistry, endocrinology, internal medicine, regulatory affairs, peptides and growth factors and hematology embarked on a full *de novo* review of the status of delta9-tetrahydrocannabinol (THC) in sport. This extensive review focused on the three criteria set forth by Article 4.3 of the 2021 *Code*, namely:

- 自2021年9月以来，由药理学、法医毒理学、滥用药物、分析科学、药剂学、运动医学、化学、内分泌学、内科学、法规事务、肽类和生长因子以及血液学方面的外部国际专家组成的LiEAG重新启动了对delta9-四氢大麻酚（THC）在体育中禁用状态的全面审查。此次全面审查聚焦于2021版《条例》条款4.3中规定的三项标准，即：

- a. Medical or other scientific evidence, pharmacological effect or experience that the substance or method, alone or in combination with other substances or methods, has the potential to enhance or enhances sport performance;

- a. 医学或其他科学证据、药理作用或经验表明，该物质或方法在单独使用或与其他物质或方法一起使用时，可能提高或能够提高运动能力；

- b. Medical or other scientific evidence, pharmacological effects or experience that the *Use* of the substance or method represents an actual or potential health risk to the Athlete;

b. 医学或其他科学证据、药理作用或经验表明，使用该物质或方法会对运动员的健康造成实际或潜在的危害；

c. *WADA*'s determination that the *Use* of the substance or method contravenes the spirit of sport described in the introduction to the *Code*.

c. WADA确定，使用该物质或方法违背了《条例》导言所述的体育精神。

- Under *Code* Article 4.3, a substance or method must meet at least two of these three criteria to be considered for inclusion in the *Prohibited List*.

- 依据《条例》条款4.3，某种物质或方法必须至少满足这三项标准中的任意两项，才可以考虑列入《禁用清单》。

- Two subgroups of members of the LiEAG were formed, one to evaluate the effects of THC on performance enhancement (LiEAG-PE) and the other to assess the health risks (LiEAG-H). All existing scientific and medical publications related to these two topics were reviewed, as well as testimonials from Athletes who were/are cannabis users, available publicly, including in published surveys.

- LiEAG成员组成了两个小组，其中一组评估THC对运动能力提高的效果（LiEAG PE），另一组则评估其健康风险（LiEAG-H）。小组审查了所有与这两个主题相关的现有的科学和医学出版物，以及曾经或正在使用大麻（酚）类的运动员提供的证词。这些证词可以公开获得，包括在已发布的调查中。

- This scientific literature review was subsequently discussed with four world-renowned independent, external international experts (Ad-Hoc THC Expert Group) specialized in the pharmacology, toxicology, psychiatry and behavioral properties of THC and cannabinoids, to ensure that all relevant publications had been included and that all relevant scientific and medical aspects had been appropriately evaluated. The experts confirmed that the information review had been extensive and that all relevant data and aspects of the impact of THC on health and performance enhancement had been properly examined.

- 随后由四位世界知名的药理学、毒理学、精神病学、以及THC和大麻（酚）类物质相关行为学特性方向的独立外部国际专家（特设THC专家组）对审查结果进行了讨论，以确保所有相关出版物均已被收录，并且所有相关的科学和医学等方面的内容也都进行了适当的评估。专家们确认，相关信息评审非常充分，与THC对健康和运动能力提高的影响相关的所有数据和各个方面均已得到充分的审视。

- With respect to the Spirit of Sport criterion, the LiEAG Chair consulted with the *WADA Ethics Expert Advisory Group* (Ethics EAG). The Ethics EAG considered cannabis *Use*, at this time, to be against the Spirit of Sport across a cluster of areas listed in the *Code*, in particular:

- 对于“体育精神”相关的标准，LiEAG主席咨询了WADA伦理专家咨询小组（Ethics EAG）。后者认为，目前大麻（酚）类的使用与《条例》所列的一系列领域中的体育精神相违背，尤其是：

- Health健康
- Excellence in Performance 卓越的表现
- Character and Education 人格与教育
- Respect for rules and laws 尊重规则与法律
- Respect for self and other participants 尊重自己，尊重其他参赛者

They also noted that:

他们还指出：

- Further research should be undertaken or supported in relation to *Athletes’* perceptions of cannabis *Use* but also in relation to its potential (including placebo-induced) enhancing effects. These are areas of uncertainty owing to a lack of robust evidence.

- 应就运动员对使用大麻（酚）类的认知以及其潜在（包括安慰剂诱导效应）提高运动能力的作用开展进一步研究或支持此类研究。由于缺乏有力证据，这些领域还存在不确定性。

- Levels to trigger an *Anti-Doping Rule Violation In-competition* are such that they would be problematic on medical grounds for a competing *Athlete*, or indicative of a chronic habitual user. The present rule is not, as sometimes perceived or represented, an excessive incursion into private lifestyles. Nevertheless, and mindful of shifting public attitudes and laws in certain countries, the weight of evidence and argument, along with broad international restrictive regulatory laws and policies, supports the continuance of cannabis on the *Prohibited List* at this time.

- 对于参赛运动员来说，导致赛内兴奋剂违规的检测浓度有可能是因为医疗原因而导致，也有可能是长期习惯性使用该物质导致。但目前的规则并不像人们有时认为或其代表的那样，是对个人生活隐私的过度侵犯。然而，考虑到某些国家公众态度和法律的变化、证据和论点的重要性，以及国际上泛用的限制性监管法律和政策，都支持现阶段继续将大麻（酚）类列入《禁用清单》。

- The LiEAG Chair also consulted with the members of the *WADA Athlete*

Committee to seek their opinions on the *Use* of cannabis in sport. The meeting reflected the range of opinions and views of the *Athlete* community.

- LiEAG主席还咨询了WADA运动员委员会成员，征求他们对在体育中使用大麻（酚）类的意见。该会议反映了运动员群体中的各种不同意见和观点。
- In total, there were 10 consultative meetings held prior to the latest meeting of the LiEAG on 25-26 April 2022:
- 在2022年4月25日至26日LiEAG最后一次会议之前，总共举行了十次咨询会议：
 - three by the LiEAG-PE
 - LiEAG-PE小组三次
 - two by the LiEAG-H
 - LiEAG-H小组两次
 - one between the LiEAG Chair and the *Athlete* Committee Chair
 - LiEAG主席与运动员委员会主席一次
 - one between the LiEAG Chair and the *Athlete* Committee
 - LiEAG主席与运动员委员会一次
 - one between the LiEAG Chair and the Ethics EAG
 - LiEAG主席与伦理专家咨询小组一次
 - one between the Ad-Hoc THC Expert Group and the LiEAG-PE
 - 特设THC专家组与LiEAG-PE小组一次
 - one between the Ad-Hoc THC Expert Group and the LiEAG-H
 - 特设THC专家组与LiEAG-H小组一次

Conclusions:

结论:

After a thorough assessment and discussion under *WADA Code* Article 4.3, the LiEAG concluded that:

依据WADA《条例》条款4.3进行了充分的评估和讨论后，LiEAG得出以下结论：

a. There is compelling medical evidence that *Use* of THC is a risk for health, mainly neurological, that has a significant impact on the health of young individuals, a cohort which is overrepresented in *Athletes*.

a. 有令人信服的医学证据表明，使用THC对健康，主要是神经系统，会造成风险，对年轻人的健康有极大影响，而运动员在这个人群中占较大比例。

b. The current body of objective evidence does not support THC enhancement of physiological performance, while the potential for performance enhancement through neuropsychological effects still cannot be excluded.

b. 目前的客观证据不支持THC能够增强生理性能的论点，但仍不能排除其通过神经心理效应提高运动能力的可能性。

c. In consideration of the values encompassed by the Spirit of Sport as outlined by the Ethics EAG, and noting in particular that respect for self and other participants includes the safety of fellow-competitors, the Use of THC In-competition violates the Spirit of Sport.

c. 鉴于伦理专家咨询小组指出的体育精神所包含的价值观，尤其是“尊重自己，尊重其他参赛者”，包括顾及其他参赛者的安全的角度，在赛内使用THC的行为是违反体育精神的。

Based on these three criteria defined by the *Code*, on the scientific evidence available, THC meets the criteria to be included on the *List*.

根据《条例》规定的这三个标准和现有的科学证据，THC符合列入《禁用清单》的标准。

Future considerations:

未来的考虑:

- These conclusions are based on the currently available scientific literature. From the extensive review conducted, it was evident that there is a lack of robust studies evaluating the performance enhancing effects of THC at both the physical and mental level. While anecdotal, self-reported evidence is available, further clinical studies are required to rigorously determine the neuropsychological impact of THC on performance. However, it is also acknowledged that such studies may be difficult to design. For example, it would require enrolling volunteers actively consuming THC, which in most countries is illegal; it would not be a truly blinded placebo study because the subject would feel the effect of THC leading to possible positive bias (to show it has performance enhancing effects and thus should be prohibited) or negative bias (to support exclusion from the *List*); it would be difficult to re-create the stress of a competition; and it is very unlikely that high level *Athletes* could be included as volunteers. Therefore, only those using cannabis and in regions where THC use is legal could be recruited, and in an *Out-of-competition* setting, with a risk of positive or negative bias.
- 以上结论是基于现有的科学文献得出的。从全面审查的结果来看，很明显缺

乏有效的研究来评估THC在生理层面和心理层面提高运动能力的效果。虽然有传闻和自诉的证词称THC在神经心理学上能够影响运动能力，但这仍需要严谨的临床研究的进一步确认。然而，众所周知，此类研究较难开展。例如，这类研究将需要招募大量志愿者主动使用THC，而这在大多数国家是违法的；这类研究将不会是真正的设盲安慰剂研究，因为受试者会感受到THC的影响，从而导致可能的正偏倚（表明它具有提高运动能力的效果，因此应该禁用）或负偏倚（支持从清单中移除）；很难在研究中模拟重现比赛的压力；以及高水平运动员基本不可能作为志愿者参与研究等。因此，只能招募那些正在使用大麻（酚）类的人和THC可以合法使用的地区的人作为志愿者，在赛外且存在正偏倚或负偏倚风险的环境中进行研究。

- As with all substances that are prohibited *In-competition* only, *Athletes* in regions where cannabis use is legal are advised to refrain from consuming cannabis for a number of days before the start of competition.
- 与所有仅在赛内禁用的物质一样，建议来自大麻（酚）类使用合法化地区的运动员在比赛开始前数日内避免使用大麻（酚）类。