

附件

# 世界反兴奋剂条例国际标准 禁用清单

## 2020年1月

禁用清单的正式文本由世界反兴奋剂机构保存，并以英文和法文发布。

如果英文本与法文本、中文译文与英文本存在不一致的地方，应以英文本为准。

如药物名称中文译名与《中华人民共和国药典》存在不一致的，应以《中华人民共和国药典》为准。

本清单自2020年1月1日起实施

2020年禁用清单

## 所有场合禁用的物质和方法 (赛内和赛外)

依照世界反兴奋剂条例 4.2.2 的要求，除禁用物质 S1、S2、S4.4、S4.5，S6.A 以及禁用方法 M1、M2、M3 以外，所有禁用物质均视为“特定物质”。

### 禁用物质

#### S0. NON-APPROVED SUBSTANCES

##### 未获批准的物质

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.

在本清单所有章节中尚未涉及的、且未经任何政府健康管理部门批准用于人体治疗的药物（例如尚在临床前或正在临床试验阶段或已经终止临床试验的药物、策划药物、仅批准作为兽药的物质），在所有情况下禁用。

#### S1. ANABOLIC AGENTS

##### 蛋白同化制剂

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:  
在外源性摄入时禁用，包括但不限于：

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

1-雄烯二醇

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

1-雄烯二酮

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

1-雄酮

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

1-表雄酮

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

1-睾酮

4-Androstenediol (androst-4-ene-3 $\beta$ , 17 $\beta$ -diol);  
 4-雄烯二醇  
 4-Hydroxytestosterone (4, 17 $\beta$ -dihydroxyandrost-4-en-3one);  
 4-羟基睾酮  
 5-Androstenedione (androst-5-ene-3, 17-dione);  
 5-雄烯二酮  
 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  
 19-Norandrostenediol (estr-4-ene-3, 17-diol);  
 19-去甲雄烯二醇  
 19-Norandrostenedione (estr-4-ene-3, 17-dione);  
 19-去甲雄烯二酮  
 Androstanolone (5 $\alpha$ -dihydrotestosterone, 17 $\beta$ -hydroxy-5 $\alpha$  androstan-3-one);  
 雄诺龙(双氢睾酮)  
 Androstenediol (androst-5-ene-3 $\beta$ , 17 $\beta$ -diol);  
 5-雄烯二醇 (3 $\beta$ , 17 $\beta$ )  
 Androstenedione (androst-4-ene-3, 17-dione);  
 雄烯二酮  
 Bolasterone;  
 勃拉睾酮  
 Boldenone;  
 勃地酮  
 Boldione (androsta-1, 4-diene-3, 17-dione);  
 1, 4-雄烯二酮  
 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  
 Dehydrochlormethyltestosterone  
 (4-chloro-17 $\beta$ -hydroxy-17 $\alpha$ -methylandrosta-1, 4-dien-3-one);  
 去氢氯甲睾酮  
 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  
 Drostanolone;  
 屈他雄酮  
 Epiandrosterone (3 $\beta$ -hydroxy-5 $\alpha$ -androstan-17-one);  
 表雄酮  
 Epi-dihydrotestosterone (17 $\beta$ -hydroxy-5 $\beta$ -androstan-3one);  
 表双氢睾酮

Epitestosterone;  
表睾酮  
Ethylestrenol (19-norpregna-4-en-17 $\alpha$ -ol);  
乙雌烯醇  
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  
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  
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  
Methyl-1-testosterone (17 $\beta$ -hydroxy-17 $\alpha$ -methyl-5 $\alpha$  androst-1-en-3-one);  
甲基-1-睾酮  
Methylclostebol;  
甲基氯司替勃  
Methyldienolone (17 $\beta$ -hydroxy-17 $\alpha$ -methylestra-4,9-dien-3-one);  
甲二烯诺龙  
Methylnortestosterone (17 $\beta$ -hydroxy-17 $\alpha$ -methylestr-4-en-3-one);  
甲诺睾酮  
Methyltestosterone;  
甲睾酮  
Metribolone (methyltrienolone, 17 $\beta$ -hydroxy-17 $\alpha$  methylestra-4,9,11-trien-3-one);  
美曲勃龙  
Mibolerone;  
米勃酮  
Nandrolone (19-nortestosterone);  
诺龙  
Norboletone;  
诺勃酮  
Norclostebol (4-chloro-17 $\beta$ -ol-estr-4-en-3-one);  
诺司替勃  
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)  
Prostanazol ( $17\beta$ -[(tetrahydropyran-2-yl)oxy]-1'-H-pyrazolo[3,4:2,3]-5 $\alpha$ -androstane);  
前列他唑  
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  
Trenbolone ( $17\beta$ -hydroxyestr-4,9,11-trien-3-one);  
群勃龙  
and other substances with a similar chemical structure or similar biological effect(s).  
以及其他具有相似化学结构或相似生物作用的物质。

## 2. OTHER ANABOLIC AGENTS

### 其他蛋白同化制剂

Including, but not limited to:  
包括但不限于:

Clenbuterol, selective androgen receptor modulators [SARMs, e.g. andarine, LGD-4033 (ligandrol), enobosarm (ostarine) and RAD140], tibolone, zeranol and zilpaterol.  
克仑特罗, 选择性雄激素受体调节剂 (SARMs, 如 andarine、LGD-4033 (ligandrol)、依诺波沙 (ostarine) 和 RAD140), 替勃龙, 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

The following substances, and other substances with similar chemical structure or similar biological effect(s), are prohibited:

下列物质及与其化学结构或生物效应相似的物质禁用：

**1. Erythropoietins (EPO) and agents affecting erythropoiesis, including, but not limited to:**

**促红素类以及影响红细胞生成的制剂，包括但不限于：**

1.1 Erythropoietin-Receptor Agonists, e.g.

促红素受体激动剂，如

Darbepoetins (dEPO)；

达促红素 (dEPO)；

Erythropoietins (EPO)；

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  $\beta$  (CERA)）；

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

促红素模拟物及其构建物（如 EPO-Fc (IgG4) 融合蛋白 (CNTO-530)，培尼沙肽）。

1.2 Hypoxia-inducible factor (HIF) activating agents, e.g.

缺氧诱导因子激活剂，如：

Cobalt；

钴化合物

Daprodustat (GSK1278863)；

达普司他

Molidustat (BAY 85-3934)；

莫立司他

Roxadustat (FG-4592)；

罗沙司他

Vadadustat (AKB-6548)；

伐达度司他

Xenon.

氙气

1.3 GATA inhibitors, e.g. K-11706.

GATA抑制剂，如：K-11706。

1.4 TGF-beta (TGF- $\beta$ ) signalling inhibitors, e.g.

转化生长因子- $\beta$  (TGF- $\beta$ ) 信号传导抑制剂，如：

Luspatercept；

罗特西普

Sotatercept.

索特西普

1.5 Innate repair receptor agonists, e.g.

先天修复受体激动剂，如

Asialo EPO；

唾液酸促红素  
Carbamylated EPO (CEPO).  
氨甲酰促红素

## 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 fragments and releasing factors, including, but not limited to:

生长激素 (GH) 及其片段和释放因子, 包括但不限于:

Growth Hormone fragments, e.g. AOD-9604 and hGH 176-191;  
生长激素片段, 如: AOD-9604 和 hGH 176-191;

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: 合成的生长激素释放肽 (CJC-1293, CJC1295), 舍莫瑞林和替莫瑞林;

Growth Hormone Secretagogues (GHS), e.g. Lenomorelin (ghrelin) and its mimetics, e.g. Anamorelin, ipamorelin, macimorelin and tabimorelin;

生长激素促分泌剂类 (GHS), 如: 葛瑞林 (lenomorelin, ghrelin) 和葛瑞林模拟物 (ghrelin mimetics), 如: 阿那瑞林, 伊莫瑞林, 马西瑞林和他莫瑞林;

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-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), 艾沙瑞林 (海沙瑞林)。

## 3. Growth Factors and Growth Factor Modulators, including, but not limited to: 生长因子以及生长因子调节剂, 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- $\beta$  4 and its derivatives e.g. TB-500;  
胸腺肽 $\beta$  4 重组蛋白及其衍生物如: TB-500  
Vascular-Endothelial Growth Factor (VEGF);  
血管内皮生长因子 (VEGF)

and other growth factors or growth factor modulators affecting muscle, tendon or ligament protein synthesis/ degradation, vascularisation, energy utilization, regenerative capacity or fibre type switching.

以及任何作用于肌肉、肌腱或韧带组织, 影响蛋白质的合成/分解、血管结构、能量利用、再生能力或纤维类型转换的生长因子或生长因子调节剂。

### S3 BETA-2 AGONISTS

#### BETA2-激动剂

All selective and non-selective beta-2 agonists, including all optical isomers, are prohibited. Including, but not limited to:

所有选择性和非选择性  $\beta$  2-激动剂, 包括其全部相应的光学异构体均禁用。包括但不限于下列物质:

Fenoterol;  
非诺特罗  
Formoterol;  
福莫特罗  
Higenamine;  
去甲乌药碱  
Indacaterol;  
茚达特罗  
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  
Tulobuterol  
妥洛特罗  
Vilanterol;  
维兰特罗

Except:

例外:

- Inhaled salbutamol: maximum 1600 micrograms over 24 hours in divided doses not to exceed 800 micrograms over 12 hours starting from any dose;  
吸入使用沙丁胺醇(salbutamol)24小时内最多不超过1600微克,任意12小时不超过800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。

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

若尿中沙丁胺醇浓度超过1000 ng/ml,或福莫特罗浓度超过40 ng/ml,则说明该药物并非用于治疗目的。除非该运动员通过受控的药代动力学研究,证明此异常结果是由治疗性吸入最大剂量药物所致,否则该尿样将视为阳性检测结果。

## S4 HORMONE AND METABOLIC MODULATORS

### 激素及代谢调节剂

The following hormone and metabolic modulators are prohibited:

下列激素和代谢调节剂禁用:

#### 1. Aromatase inhibitors including, but not limited to:

**芳香酶抑制剂,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);  
雄-4-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  
Exemestane;  
依西美坦  
Formestane;  
福美坦  
Letrozole;  
来罗唑  
Testolactone.  
睾内酯

**2. Selective estrogen receptor modulators (SERMs) including, but not limited to:  
选择性雌激素受体调节剂 (SERMs), 包括但不限于**

Bazedoxifene;  
苯卓昔芬  
Ospemifene;  
奥培米芬  
Raloxifene;  
雷洛昔芬  
Tamoxifen;  
他莫昔芬  
Toremifene.  
托瑞米芬

**3. Other anti-estrogenic substances including, but not limited to:  
其他抗雌激素作用物质, 包括但不限于**

Clomifene;  
氯米芬  
Cyclofenil;  
环芬尼  
Fulvestrant.  
氟维司群

**4. Agents preventing activin receptor IIB activation including, but not limited, to:  
激活素受体 IIB 活化抑制剂类, 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-neutralizing antibodies (e.g. Domagrozumab, landogrozumab, stamulumab).  
肌抑素中和抗体类 (如: 多古组单抗, 兰度戈组单抗, 司他芦单抗)

## 5. Metabolic modulators:

### 代谢调节剂:

5.1 Activators of the AMP-activated protein kinase (AMPK), e.g. AICAR, SR9009; and 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);

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  $\delta$  (PPAR $\delta$ ) 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);

5.2 Insulins and insulin-mimetics;

胰岛素类以及胰岛素模拟物类

5.3 Meldonium;

美度铵

5.4 Trimetazidine.

曲美他嗪

## S5 DIURETICS AND MASKING AGENTS

### 利尿剂和掩蔽剂

The following diuretics and masking agents are prohibited, as are other substances with a similar chemical structure or similar biological effect(s).

利尿剂和掩蔽剂以及其他具有相似化学结构和相似生物作用的物质禁用。

Including, but not limited to:

包括但不限于下列物质

- Desmopressin; probenecid; plasma expanders, e.g. intravenous administration of albumin, dextran, hydroxyethyl starch and mannitol.

去氨加压素; 丙磺舒; 血容量扩充剂类, 如: 静脉输入白蛋白, 右旋糖酐, 羟乙基淀粉和甘露醇。

- Acetazolamide; amiloride; bumetanide; canrenone; chlortalidone; etacrynic acid; furosemide; indapamide; metolazone; spironolactone; thiazides, e.g. Bendroflumethiazide,

chlorothiazide and hydrochlorothiazide; triamterene and vaptans, e.g. Tolvaptan.  
乙酰唑胺；阿米洛利；布美他尼；坎利酮；氯噻酮；依他尼酸；呋塞米；吲达帕胺；美托拉宗；  
螺内酯；噻嗪类，如：卞氟噻嗪、氯噻嗪以及氢氯噻嗪；氨苯蝶啶和伐普坦类，如：托伐普坦。

Except:

以下物质不禁用:

- Drosiprenone; pamabrom; and ophthalmic use of carbonic anhydrase inhibitors (e.g. Dorzolamide, brinzolamide);

屈螺酮、巴马溴以及眼科用药使用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。

The detection in an Athlete's Sample at all times or In-Competition, as applicable, of any quantity of the following substances subject to threshold limits: formoterol, salbutamol, cathine, ephedrine, methylephedrine and pseudoephedrine, in conjunction with a diuretic or masking agent, will be considered as an Adverse Analytical Finding (AAF) unless the Athlete has an approved Therapeutic Use Exemption (TUE) for that substance in addition to the one granted for the diuretic or masking agent.

对于福莫特罗、沙丁胺醇、去甲伪麻黄碱、麻黄碱、甲基麻黄碱和伪麻黄碱这些阈值物质，除非运动员已经获得这类物质以及利尿剂或掩蔽剂的治疗用药豁免的批准，否则运动员在任何时间或赛内检查的样品中发现任何剂量的阈值物质与利尿剂或掩蔽剂同时存在时，兴奋剂检测结果将被视为阳性。

## PROHIBITED METHODS

### 禁用方法

#### 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.

向循环系统内注入或回输任何来源及任何数量的自体、同种异体（同源）或异源血液或红细胞制品。

2. Artificially enhancing the uptake, transport or delivery of oxygen. Including, but not limited to: Perfluorochemicals; eflaproxiral (RSR13) and modified haemoglobin products, e.g. Haemoglobin-based blood substitutes and microencapsulated haemoglobin products, excluding supplemental oxygen by inhalation.

人为提高氧气摄入、输送或释放的方法。包括但不限于使用全氟化合物、乙丙昔罗(RSR13)

以及经修饰的血红蛋白制剂, 如以血红蛋白为主剂的血液替代品, 微囊血红蛋白制剂等。吸入方式补充氧气不禁用。

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, 以任何形式向血管内输送全血或血液成分。

## 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.  
在兴奋剂检查过程中, 禁止篡改或企图篡改样品的完整性和有效性的行为。  
包括但不限于: 置换样品和/或变更样品, 例如, 向样品中添加蛋白酶。
2. Intravenous infusions and/or injections of more than a total of 100 mL per 12 hour period except for those legitimately received in the course of hospital treatments, surgical procedures or clinical diagnostic investigations.  
在 12 小时期间内, 静脉输液和/或静脉注射剂量不得超过 100ml, 但在医疗机构进行的合理治疗、手术治疗或临床诊断检查过程中的正当使用除外。

## M3. GENE AND CELL DOPING

### 基因和细胞兴奋剂

The following, with the potential to enhance sport performance, are prohibited:

以下具有潜在提高运动能力的手段禁用

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.  
使用核酸或核酸类似物, 可以改变基因组序列和/或通过任何机制改变基因表达。这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.  
使用常规或经基因修饰的细胞。

## 赛内禁用的物质和方法

除上述S0至S5和M1至M3定义的类别以外，下述类别的物质在赛内禁用：

### 禁用物质

#### S6. STIMULANTS

##### 刺激剂

All stimulants, including all optical isomers, e.g. d- and l- where relevant, are prohibited.

所有刺激剂，包括相关的所有光学异构体(如 d-型和 l-型) 禁止使用。

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.  
没有明确列入本节的刺激剂属特定物质。

**b: Specified Stimulants:**

**Including, but not limited to:**

**特定刺激剂:**

**包括但不限于以下物质:**

3-Methylhexan-2-amine (1,2-dimethylpentylamine);  
3-甲基己烷-2-胺（1,2-二甲基戊胺）  
4-Methylhexan-2-amine (methylhexaneamine);  
4-甲基己-2-胺（甲基己胺）

4-Methylpentan-2-amine (1,3-dimethylbutylamine);  
4-甲基戊-2-胺 (1,3-二甲基正丁胺)  
5-Methylhexan-2-amine (1,4-dimethylpentylamine);  
5-甲基己烷-2-胺 (1,4-二甲基戊胺)  
Benzfetamine;  
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  
Ephedrine\*\*\*;  
麻黄碱  
Epinephrine\*\*\*\* (adrenaline);  
肾上腺素  
Etamivan;  
香草二乙胺  
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;  
辛酸醇  
Hydroxyamfetamine (parahydroxyamphetamine);  
羟苯丙胺 (对-羟基苯丙胺)  
Isometheptene;  
异美汀  
Levmetamfetamine;  
左去氧麻黄碱  
Meclofenoxate;  
甲氯芬酯  
Methylenedioxymethamphetamine;  
N-甲基亚甲二氧基苯丙胺  
Methylephedrine\*\*\*;  
甲基麻黄碱  
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 (methylnephrine);  
奥洛福林 (甲基辛弗林)  
Pemoline;  
匹莫林  
Pentetrazol;  
戊四氮  
Phenethylamine and its derivatives;  
苯乙胺及其衍生物  
Phenmetrazine;  
芬美曲秦  
Phenpromethamine;  
苯丙甲胺  
Propylhexedrine;  
丙己君  
Pseudoephedrine\*\*\*\*\*;  
伪麻黄碱  
Selegiline;  
司来吉兰  
Sibutramine;  
西布曲明  
Strychnine;  
士的宁  
Tenamfetamine (methylenedioxyamphetamine);  
替苯丙胺 (亚甲二氧基苯丙胺)  
Tuaminoheptane;  
异庚胺

and other substances with a similar chemical structure or similar biological effect(s).  
及其它具有相似化学结构或生物作用的物质。

Except:

例外:

- Clonidine;  
可乐定
- Imidazole derivatives for dermatological, nasal or ophthalmic use and those stimulants included in the 2020 Monitoring Program\*.  
皮肤, 鼻腔或眼科使用的咪唑衍生物和列入 2020 年监控程序\*中的刺激剂不禁用。

\* Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol, and

synephrine: These substances are included in the 2020 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, 哌苯甲醇和辛弗林: 这些列于 2020 年监控程序中的物质不视为禁用物质。

\*\* Cathine: Prohibited when its concentration in urine is greater than 5 micrograms per milliliter.

去甲伪麻黄碱: 尿中浓度超过 5 微克/毫升 时构成违禁

\*\*\* 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 时构成违禁。

\*\*\*\* Epinephrine (adrenaline): Not prohibited in local administration, e.g. nasal, ophthalmologic, or co-administration with local anaesthetic agents.

肾上腺素: 局部使用 (如鼻, 眼) 或与局麻药合用不禁用。

\*\*\*\*\* 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 时构成违禁。

## S7. NARCOTICS

### 麻醉剂

The following narcotics, including all optical isomers, e.g. *d*- and *l*- where relevant, are prohibited:

下列麻醉剂禁用, 包括所有光学异构体, 例如 右旋 *d*-和 左旋 *l*-:

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

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

所有天然的和合成的大麻（酚）类都是被禁止的。

- 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）类

Except:

下列物质不禁用:

- Cannabidiol.  
大麻二醇

## S9. GLUCOCORTICOIDS

### 糖皮质激素

All glucocorticoids are prohibited when administered by oral, intravenous, intramuscular or rectal routes.

所有糖皮质激素禁止口服、静脉注射，肌注或直肠给药。

Including but not limited to:

包括但不限于:

Betamethasone;

倍他米松

Budesonide;

布地奈德

Cortisone;

可的松

Deflazacort;

地夫可特

Dexamethasone;

地塞米松

Fluticasone;

氟替卡松

Hydrocortisone;

氢化可的松

Methylprednisolone;

甲基泼尼松龙

Prednisolone;  
泼尼松龙  
Prednisone;  
泼尼松  
Triamcinolone.  
曲安西龙

## 特殊项目禁用物质

### P1. BETA-BLOCKERS

#### $\beta$ -阻断剂

Beta-blockers are prohibited In-Competition only, in the following sports, and also prohibited Out-of-Competition where indicated.

下列项目中，除非有特殊说明， $\beta$ -阻断剂仅在赛内禁用。标注的项目在赛外亦禁用。

- 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 (所有项目) (WCBS, 世界台球联盟)
- Darts (WDF)  
飞镖 (WDF, 世界飞镖联合会)
- Golf (IGF)  
高尔夫 (IGF, 国际高尔夫联合会)
- Shooting (ISSF, IPC)\*  
射击 (ISSF, 国际射击联盟, 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 型槽、单板滑雪 U 型槽 / 空中特技
- Underwater sports (CMAS) in constant-weight apnoea with or without fins, dynamic apnoea with and without fins, free immersion apnoea, Jump Blue apnoea, spearfishing, static apnoea, target shooting, and variable weight apnoea.  
水下运动 (CMAS, 世界潜水联合会), 包括的项目有恒定配重-有蹼/无蹼, 动态直线-有蹼/无蹼, 无限制自由下潜, 水下绕桩, 水下渔猎, 静态闭气, 目标射击和有变量配重下潜。(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:  
包括但不限于下列物质:

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  
Oxprenolol;  
氧烯洛尔  
Pindolol;  
吲哚洛尔  
Propranolol;  
普萘洛尔  
Sotalol;  
索他洛尔  
Timolol.  
噻吗洛尔

附：

## 2020 监控程序

The following substances are placed on the 2020 Monitoring Program:

以下物质列入 2020 年监控程序：

- 1. Anabolic agents:** *In-* and *Out-of-Competition:* ecdysterone  
**蛋白同化制剂：** 赛内和赛外：蜕皮甾酮
- 2. Beta-2-agonists:** *In-* and *Out-of-Competition:* any combination of beta-2-agonists  
**Beta-2-激动剂：** 赛内和赛外：任何 Beta-2-激动剂的组合
- 3. 2-ethylsulfanyl-1H- benzimidazole (bemtil):** *In-* and *Out-of-Competition*  
**2-(乙基硫代)-1H-苯并咪唑 (bemtil)：** 赛内和赛外
- 4. Stimulants:** *In-Competition* only: bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol and synephrine  
**刺激剂：** 仅赛内：安非他酮，咖啡因，尼古丁，去氧肾上腺素，去甲麻黄碱，二苯吡甲醇，脱氧肾上腺素
- 5. Narcotics:** *In-Competition* only: codeine, hydrocodone and tramadol  
**麻醉剂：** 仅赛内：可待因，氢可酮，曲马多
- 6. Glucocorticoids:** *In-Competition* (by routes of administration other than oral, intravenous, intramuscular or rectal) and *Out-of-Competition* (all routes of administration)  
**糖皮质激素：** 赛内（口服，静脉注射，肌肉注射或直肠给药以外的给药途径）和赛外（全部给药途径）

\*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 patterns of misuse in sport."

\*世界反兴奋剂条例（条款 4.5）阐述：“经与签约方及政府咨询，世界反兴奋剂机构应对禁用清单外的物质建立监控程序，而 WADA 希望以此发现体育中药物滥用的趋势。”

# 2020 禁用清单

## 主要修订及注释概要

### 所有场合禁用的物质和方法（赛内和赛外）

#### 禁用物质

## S1. ANABOLIC AGENTS

### 蛋白同化制剂

#### 1. Anabolic Androgenic Steroids (AAS)

##### 蛋白同化雄性类固醇 (AAS)

• The sub-division of anabolic androgenic steroids (AAS) into ‘a. exogenous’ and ‘b. endogenous’ was removed and all AAS were joined into one class. The prohibited substances in S1 have not changed but two additional examples (methylclostebol and 1-epiandrosterone) were included. This change was made to reflect the fact that all anabolic agents when administered exogenously are prohibited and harmonizes the presentation of S1 with other classes of the List which do not distinguish endogenous from exogenous. The determination of the substances’ origin (i. e. whether they are of endogenous or exogenous nature) is, as before, regulated in the corresponding technical document TD2019IRMS or any other applicable technical document (e. g. TD2019NA) or Technical Letter.

删除蛋白同化雄性类固醇的下属分类 a. 内源性和 b. 外源性，并将蛋白同化雄性类固醇合并成为一个类别。S1 中禁用的物质没有改变，但增加了两个举例(甲基氯司替勃和 1-表雄酮)。这一变化是为了反映所有的蛋白同化制剂在外源性使用时都是被禁止的，并且使得 S1 与列表中其他不区分内源性和外源性的类别相一致。与之前一样，有关物质的来源（即它们是内源性还是外源性）的判定，在相应的技术文件 TD2019IRMS 或其他适用的技术文件(如 TD2019NA)或技术信函中有规定。

#### 2. Other Anabolic Agents

##### 其他蛋白同化制剂

• LGD-4033 is now also listed by another commonly used name, ligandrol.  
LGD-4033 也列为另一个常用名，ligandrol。

## 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

• After re-evaluation, argon was removed from the Prohibited List because it is considered

to no longer meet the criteria for inclusion.

经重新评估，氩气被认为它不再符合纳入的标准，从清单中删除。

- TGF- $\beta$  inhibitors: The word “signalling” was added to better reflect the predominant mechanism of action of the listed substances. It now reads “TGF- $\beta$  signalling inhibitors”.

转化生长因子- $\beta$  (TGF- $\beta$ ) 抑制剂: 加入“信号传导”一词是为了更好地反映所列物质的主要作用机制。现在读为“TGF- $\beta$  信号传导抑制剂”。

## S4. HORMONE AND METABOLIC MODULATORS

### 激素及代谢调节剂

- Bazedoxifene and ospemifene were added as additional examples of selective estrogen receptor modulators.

选择性雌激素受体调节剂中，添加了巴多昔芬和奥培米芬作为附加示例。

## 禁用方法

## M2. CHEMICAL AND PHYSICAL MANIPULATION

### 化学和物理篡改

- The wording was changed to clarify that the context of protease prohibition refers only to the tampering of samples. Topical and systemic therapeutic use of proteases are not prohibited.

修改措辞以便于阐明禁止使用蛋白酶仅指篡改样品。局部和全身性使用蛋白酶治疗是不被禁止的。

## M3. GENE AND CELL DOPING

### 基因和细胞兴奋剂

- Classes M3.1 and M3.2 were combined, since the effects of gene doping on gene expression can be produced by technologies other than gene editing.

合并了分类 M3.1 和 M3.2, 因为基因兴奋剂对基因表达的影响可以通过基因编辑以外的技术产生。

- “Transcriptional, post-transcriptional or epigenetic regulation of gene expression” were changed to “gene expression by any mechanism” to encompass a wide range of mechanisms without exhaustively listing all steps at which gene expression may be altered.

“基因表达的转录或表观遗传调控”修改为“通过任何机制改变基因表达”，以涵盖更为广泛的机制，而非穷举所有可能改变基因表达的步骤。

- “Gene silencing” and “gene transfer” were added as further examples of gene doping



methods.

添加了“基因沉寂（基因沉默）”和“基因转移技术”作为基因兴奋剂方法的附加示例。

- “Polymers of” was removed to reflect standard scientific terminology for nucleic acids.

删除了“聚合物的”，以反映标准的核酸的科学术语。

- Regarding stem cells, reiterating the statement in the Prohibited List Q & A, non-transformed stem cells, used alone (with no growth factors or other hormones added) for healing injuries are not prohibited, as long as they return the function of the affected area to normal and do not enhance it.

关于干细胞，在禁用清单的 Q&A 中再次重申，对于非转换的干细胞（不添加生长因子或其他激素），只要它们的作用是使得受影响区域的功能恢复正常而不是增强，单纯用于愈合创伤是不被禁用的。

## 赛内禁用的物质和方法

### S6. STIMULANTS

#### 刺激剂

- Octodrine (1,5-dimethylhexylamine) was added as an example of Specified Stimulants. This substance was recently found in some dietary supplements.

在特定刺激剂中，添加了奥托君作为示例。在一些膳食补剂中经常发现这种物质。

- It is clarified that administration of imidazole derivatives is not prohibited when used by dermatological, nasal and ophthalmological routes.

明确了咪唑类衍生物在皮肤、鼻腔和眼科使用时是不禁用的。

### S7. NARCOTICS

#### 麻醉剂

- For clarity it was stated that all optical isomers are prohibited. This clarifies the prohibited status of optical isomers such as levomethadone.

为了清楚起见，声明禁用所有的光学异构体。这澄清了如左美沙酮等光学异构体的禁用状态。

### S8. CANNABINOIDS

#### 大麻（酚）类

- The wording of S8 Cannabinoids was updated for greater clarity. The substances that are prohibited were not changed. All natural and synthetic cannabinoids are prohibited including any preparation from cannabis or any synthetic cannabinoid. Natural

$\Delta^9$ -tetrahydrocannabinol (THC) and synthetic THC (e.g. dronabinol) are prohibited. All synthetic cannabinoids that mimic the effects of THC are prohibited.

为了更清晰，更新了 S8 大麻（酚）类的措辞。禁用物质并未发生改变。所有天然的和合成的大麻（酚）类都是被禁止的，包括任何大麻制品或者合成大麻（酚）。禁用天然的 $\Delta^9$ -四氢大麻酚(THC)和合成的 THC（如，屈大麻酚）。禁用所有模拟四氢大麻酚效果的合成大麻（酚）。

- Cannabidiol (CBD) is not prohibited. However, athletes should be aware that some CBD products extracted from cannabis plants may also contain THC that could result in a positive test for a prohibited cannabinoid.

大麻二醇（CBD）是不被禁用的。但是，运动员应当意识到，从大麻植物中提取出的一些大麻二醇产品也可能含有四氢大麻酚，这可能导致大麻（酚）类的检测结果呈阳性。

## Monitoring Program 监控程序

- Ecdysterone was included in the Monitoring Program to assess patterns and prevalence of misuse. While other ecdysteroids exist, most data (especially concerning effects on athletic performance) and stakeholder comments centre around ecdysterone, and consequently it was added to the Monitoring Program of 2020.

蜕皮甾酮被纳入监测计划，以评估它的滥用模式和广泛程度。在其他蜕皮激素存在的情况下，大多数数据（尤其是对运动成绩的影响）和利益相关者的意见都围绕蜕皮甾酮，所以它被添加到 2020 的监控程序中。

\* For further information on previous modifications and clarifications please consult the Prohibited List Q & A at [www.wada-ama.org/en/questions-answers/prohibited-listqa](http://www.wada-ama.org/en/questions-answers/prohibited-listqa)

\* 关于之前修改和说明的更多信息，请查阅禁用清单的问与答：  
[www.wada-ama.org/en/questions-answers/prohibited-listqa](http://www.wada-ama.org/en/questions-answers/prohibited-listqa)