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TRACTATENBLAD

VAN HET

KONINKRIJK DER NEDERLANDEN

JAARGANG 2019 Nr. 174

A. TITEL

Overeenkomst ter bestrijding van doping (met Bijlage); Straatsburg, 16 november 1989

Voor een overzicht van de verdragsgegevens, zie verdragsnummers 003898 en in de Verdragenbank.

B. TEKST

De Commissie van Toezicht heeft op 24 oktober 2019, op grond van artikel 11, eerste lid, onder b, van de Overeenkomst, te Straatsburg een wijziging van de Bijlage aangenomen. De Engelse tekst[1)] van de wijziging luidt als volgt:

The 2020 Prohibited list

– World Anti-Doping Code

Date of entry into force: 1 January 2020

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

In accordance with Article 4.2.2 of the World Anti-doping Code, all *prohibited substances* shall be considered as "*specified substances*" except substances in classes S1, S2, S.4.4, S.4.5, S6.A, and *prohibited methods* M1, M2 and M3.

PROHIBITED SUBSTANCES

S0. NON-APPROVED SUBSTANCES

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.

S1. ANABOLIC AGENTS

Anabolic agents are prohibited.

1. **ANABOLIC ANDROGENIC STEROIDS (AAS)**
   when administered exogenously, including but not limited to:
   1-Androstenediol (5α-androst-1-ene-3β,17β-diol); 1-Androstenedione (5α-androst-1-ene-3,17-dione); 1-Androsterone (3α-hydroxy-5α-androst-1-ene-17-one); **1-E**piandrosterone (3β-hydroxy-5α-androst-1-ene-17-one); **1-T**estosterone (17β-hydroxy-5α-androst-1-en-3-one); **4-A**ndrostenediol (androst-4-ene-3β,17β-diol); **4-H**ydroxytestosterone (4,17β-dihydroxyandrost-4-en-3one); **5-A**ndrostenedione (androst-5-ene-3,17-dione); **7**α-hydroxy-DHEA; **7**β-hydroxy-DHEA; **7-K**eto-DHEA; **19-N**orandrostenediol (estr-4-ene-3,17-diol); 19-Norandrostenedione (estr-4-ene-3,17-dione); **A**ndrostanolone (5α-dihydrotestosterone, 17β-hydroxy-5αandrostan-3-one); Androstenediol (androst-5-ene-3β,17β-diol); Androstenedione (androst-4-ene-3,17-dione); **B**olasterone; Boldenone; Boldione (androsta-1,4-diene-3,17-dione); **C**alusterone;

[1)] De Franse tekst is niet opgenomen.

Clostebol; **D**anazol ([1,2]oxazolo[4',5':2,3]pregna-4-en-20-yn-17α-ol); Dehydrochlormethyltestosterone (4-chloro-17β-hydroxy-17α-methylandrosta-1,4-dien-3-one); Desoxymethyltestosterone (17α-methyl-5α-androst-2-en-17β-ol); Drostanolone; **E**piandrosterone (3β-hydroxy-5α-androstan-17-one); Epidihydrotestosterone (17β-hydroxy-5β-androstan-3one); Epitestosterone; Ethylestrenol (19-norpregna-4-en-17α-ol); **F**luoxymesterone; Formebolone; Furazabol (17α-methyl [1,2,5]oxadiazolo[3',4':2,3]-5α-androstan-17β-ol); **G**estrinone; Mestanolone; Mesterolone; **M**etandienone (17β-hydroxy-17α-methylandrosta-1,4-dien-3-one); Metenolone; Methandriol; Methasterone (17β-hydroxy-2α,17α-dimethyl-5α-androstan-3-one); Methyl-1-testosterone (17β-hydroxy-17α-methyl-5α-androst-1-en-3-one); Methylclostebol; Methyldienolone (17β-hydroxy-17α-methylestra-4,9-dien-3-one); Methylnortestosterone (17β-hydroxy-17α-methylestr-4-en-3-one); Methyltestosterone; Metribolone (methyltrienolone, 17β-hydroxy-17α-methylestra-4,9,11-trien-3-one); Mibolerone; **N**androlone (19-nortestosterone); Norboletone; Norclostebol; Norethandrolone; Oxabolone; Oxandrolone; Oxymesterone; Oxymetholone; **P**rasterone (dehydroepiandrosterone, DHEA, 3β-hydroxyandrost-5-en-17-one); Prostanozol (17β-[(tetrahydropyran-2-yl)oxy]-1'H-pyrazolo[3,4:2,3]-5α-androstane); **Q**uinbolone; Stanozolol; **S**tenbolone; **T**estosterone; Tetrahydrogestrinone (17-hydroxy-18a-homo-19-nor-17α-pregna-4,9,11-trien-3-one); Trenbolone (17β-hydroxyestr-4,9,11-trien-3-one);
and other substances with a similar chemical structure or similar biological effect(s).

2. **OTHER ANABOLIC AGENTS**
   Including, but not limited to:
   Clenbuterol, selective androgen receptor modulators [SARMs, e.g. andarine, LGD-4033 (ligandrol), enobosarm (ostarine) and RAD140], tibolone, zeranol and zilpaterol.

S2. PEPTIDE HORMONES, GROWTH FACTORS, RELATED SUBSTANCES, AND MIMETICS

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

1. Erythropoietins (EPO) and agents affecting erythropoiesis, including, but not limited to:
   1.1 Erythropoietin-Receptor Agonists, e.g. Darbepoietin (dEPO); Erythropoietins (EPO); EPO based constructs [e.g. EPO-Fc, methoxy polyethylene glycol-epoetin beta (CERA)]; EPO-mimetic agents and their constructs (e.g. CNTO 530, peginesatide).
   1.2 Hypoxia-inducible factor (HIF) activating agents, e.g. Cobalt; Daprodustat (GSK1278863); Molidustat (BAY 85-3934); Roxadustat (FG-4592); Vadadustat (AKB-6548); Xenon.
   1.3 GATA inhibitors, e.g. K-11706.
   1.4 TGF-beta (TGF-β) signaling inhibitors, e.g. Luspatercept; Sotatercept.
   1.5 Innate repair receptor agonists, e.g. Asialo EPO; Carbamylated EPO (CEPO).
2. Peptide hormones and their Releasing Factors,
   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;
   2.2 Corticotrophins and their releasing factors, e.g Corticorelin;
   2.3 Growth Hormone (GH), its fragments and releasing factors, including, but not limited to: Growth Hormone fragments, e.g. AOD-9604 and hGH 176-191; Growth Hormone Releasing Hormone (GHRH) and its analogues, e.g. CJC-1293, CJC-1295, sermorelin and tesamorelin; Growth Hormone Secretagogues (GHS), e.g. lenomorelin (ghrelin) and its mimetics, e.g. anamorelin, ipamorelin, macimorelin and tabimorelin; GH-Releasing Peptides (GHRPs), e.g. alexamorelin, GHRP-1, GHRP-2 (pralmorelin), GHRP-3, GHRP-4, GHRP-5, GHRP-6, and examorelin (hexarelin).
3. Growth Factors and Growth Factor Modulators, including, but not limited to: **F**ibroblast Growth Factors (FGFs); **H**epatocyte Growth Factor (HGF); **I**nsulin-like Growth Factor-1 (IGF-1) and its analogues; **M**echano Growth Factors (MGFs); **P**latelet-Derived Growth Factor (PDGF); **T**hymosin-β4 and its derivatives e.g. TB-500; **V**ascular-Endothelial Growth Factor (VEGF).

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

S3. BETA-2 AGONISTS

All selective and non-selective beta-2 agonists, including all optical isomers, are prohibited.

Including, but not limited to:
Fenoterol; Formoterol, **H**igenamine; **I**ndacaterol; **O**lodaterol; **P**rocaterol; **R**eproterol; **S**albutamol; Salmeterol; **T**erbutaline; Tretoquinol (trimetoquinol); Tulobuterol; **V**ilanterol.

Except:
- Inhaled salbutamol: maximum 1600 micrograms over 24 hours in divided doses not to exceed 800 micrograms over 12 hours starting from any dose;
- Inhaled formoterol: maximum delivered dose 54 micrograms over 24 hours;
- Inhaled salmeterol: maximum 200 micrograms over 24 hours.

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.

S4. HORMONE AND METABOLIC MODULATORS

The following hormone and metabolic modulators are prohibited:

1. Aromatase inhibitors including, but not limited to:
   2-Androstenol (5α-androst-2-en-17-ol); 2-Androstenone (5α-androst-2-en-17-one); 3-**A**ndrostenol (5α-androst-3-en-17-ol); 3-Androstenone (5α-androst-3-en-17-one); **4-A**ndrostene-3,6,17 trione (6-oxo); Aminoglutethimide; Anastrozole; Androsta-1,4,6-triene-3,17-dione (androstatrienedione); Androsta-3,5-diene-7,17-dione (arimistane); **E**xemestane; **F**ormestane; **L**etrozole; **T**estolactone.
2. Selective estrogen receptor modulators (SERMs) including, but not limited to: **B**azedoxifene; **O**spemifene; **R**aloxifene; **T**amoxifen; Toremifene.
3. Other anti-estrogenic substances including, but not limited to: **C**lomiphene; Cyclofenil; **F**ulvestrant.
4. Agents preventing activin receptor IIB activation including, but not limited, to:
   Activin A-neutralising antibodies; Activin receptor IIB competitors such as: Decoy activin receptors (e.g. ACE-031); Anti-activin receptor IIB antibodies (e.g. bimagrumab); **M**yostatin inhibitors such as: Agents reducing or ablating myostatin expression; Myostatin-binding proteins (e.g. follistatin, myostatin propeptide); Myostatin-neuralising antibodies (e.g. domagrozumab, landogrozumab, stamulumab).
5. Metabolic modulators:
   5.1 Activators of the AMP-activated protein kinase (AMPK), e.g. AICAR, SR9009; and Peroxisome Proliferator Activated Receptor δ (PPARδ) agonists, e.g. 2-(2-methyl-4-((4-methyl-2-(4-(trifluoromethyl)phenyl)thiazol-5-yl)methylthio)phenoxy) acetic acid (GW1516, GW501516);
   5.2 Insulins and insulin-mimetics;
   5.3 Meldonium;
   5.4 Trimetazidine.

S5. DIURETICS AND MASKING AGENTS

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

Including, but not limited to:

- Desmopressin; probenecid; plasma expanders, e.g. intravenous administration of albumin, dextran, hydroxyethyl starch and mannitol.
- Acetazolamide; amiloride; bumetanide; canrenone; chlortalidone; etacrynic acid; furosemide; indapamide; metolazone; spironolactone; thiazides, e.g. bendroflumethiazide, chlorothiazide and hydrochlorothiazide; triamterene and vaptans, e.g. tolvaptan.

Except:

- Drospirenone; pamabrom; and ophtalmic use of carbonic anhydrase inhibitors (e.g. dorzolamide, brinzolamide).
- Local administration of felypressin in dental anaesthesia.

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.

PROHIBITED METHODS

M1. MANIPULATION OF BLOOD AND BLOOD COMPONENTS

The following are prohibited:

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.
2. Artificially enhancing the uptake, transport or delivery of oxygen.
   Including, but not limited to: Perfluorochemicals; efaproxiral (RSR13) and modified haemoglobin products, e.g. haemoglobin-based blood substitutes and microencapsulated haemoglobin products, excluding supplemental oxygen by inhalation.
3. Any form of intravascular manipulation of the blood or blood components by physical or chemical means.

M2. CHEMICAL AND PHYSICAL MANIPULATION

The following are prohibited:
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 *Samples*.
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.

M3. GENE AND CELL DOPING

The following, with the potential to enhance sport performance, are prohibited:
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 technology.
2. The use of normal or genetically modified cells.

SUBSTANCES AND METHODS PROHIBITED IN-COMPETITION

In addition to the classes S0 to S5 and M1 to M3 defined above, the following classes are prohibited *IN-COMPETITION*:

PROHIBITED SUBSTANCES

S6. STIMULANTS

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

Stimulants include:
a: **Non-Specified Stimulants**:
Adrafinil; Amfepramone; Amfetamine; Amfetaminil; Amiphenazole; **B**enfluorex; Benzylpiperazine; Bromantan; **C**lobenzorex; Cocaine; Cropropamide; Crotetamide; **F**encamine; Fenetylline; Fenfluramine; Fenproporex; Fonturacetam [4-phenylpiracetam (carphedon)]; Furfenorex; **L**isdexamfetamine; **M**efenorex; Mephentermine; Mesocarb; Metamfetamine(*d-*); p-methylamphetamine; Modafinil; **N**orfenfluramine; **P**hendimetrazine; Phentermine; Prenylamine. Prolintane.

A stimulant not expressly listed in this section is a *Specified Substance*.

b: **Specified Stimulants**.
Including, but not limited to:
3-Methylhexan-2-amine (1,2-dimethylpentylamine); **4-M**ethylhexan-2-amine (methylhexaneamine); Methylpentan-2-amine (1,3-dimethylbutylamine); **5-M**ethylhexan-2-amine (1,4-dimethylpentylamine); **B**enzfetamine; **C**athine[2)]; Cathinone and its analogues, e.g. mephedrone, methedrone, and α-pyrrolidinovalerophenone; **D**imetamfetamine (dimethylamphetamine); **E**phedrine[3)]; Epinephrine[4)] (adrenaline); Etamivan; Etilamfetamine; Etilefrine; **F**amprofazone; Fenbutrazate; Fencamfamin; **H**eptaminol; Hydroxyamfetamine (parahydroxyamphetamine); **I**sometheptene; **L**evmetamfetamine; **M**eclofenoxate; Methylenedioxymethamphetamine; Methylephedrine[5)]; Methylphenidate; **N**ikethamide; Norfenefrine; **O**ctodrine (1,5-dimethylhexylamine); Octopamine; Oxilofrine (methylsynephrine); **P**emoline; Pentetrazol; Phenethylamine and its derivatives; Phenmetrazine; Phenpromethamine; Propylhexedrine; Pseudoephedrine[6)]; **S**elegiline; Sibutramine; Strychnine; **T**enamfetamine (methylenedioxyamphetamine), Tuaminoheptane;

and other substances with a similar chemical structure or similar biological effect(s).

Except:
- Clonidine;

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2) Cathine: Prohibited when its concentration in urine is greater than 5 micrograms per milliliter.
3) Ephedrine and methylephedrine: Prohibited when the concentration of either in urine is greater than 10 micrograms per milliliter.
4) Epinephrine (adrenaline): Not prohibited in local administration, e.g. nasal, ophthalmologic, or co-administration with local anaesthetic agents.
5) Ephedrine and methylephedrine: Prohibited when the concentration of either in urine is greater than 10 micrograms per milliliter.
6) Pseudoephedrine: Prohibited when its concentration in urine is greater than 150 micrograms per milliliter.

- Imidazole derivatives for dermatological, nasal or ophthalmic use and those stimulants included in the 2020 Monitoring Program[7)].

S7. NARCOTICS

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

Buprenorphine; **D**extromoramide; Diamorphine (heroin); **F**entanyl and its derivatives; **H**ydromorphone; **M**ethadone; Morphine; **N**icomorphine; **O**xycodone; Oxymorphone; **P**entazocine; Pethidine.

S8. CANNABINOIDS

All natural and synthetic cannabinoids are prohibited, e.g.:
- In cannabis (hashish, marijuana) and cannabis products
- Natural and synthetic tetrahydrocannabinols (THCs)
- Synthetic cannabinoids that mimic the effects of THC

Except:
- Cannabidiol.

S9. GLUCOCORTICOIDS

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

Including but not limited to:
Betamethasone; Budesonide; **C**ortisone; **D**eflazacort; Dexamethasone; **F**luticasone; **H**ydrocortisone; **M**ethylprednisolone; **P**rednisolone; Prednisone; **T**riamcinolone.

SUBSTANCES PROHIBITED IN PARTICULAR SPORTS

P1. BETA-BLOCKERS

Beta-blockers are prohibited *In-Competition* only, in the following sports, and also prohibited *Out-of-Competition* where indicated.
- Archery (WA)[8)]
- Automobile (FIA)
- Billiards (all disciplines) (WCBS)
- Darts (WDF)
- Golf (IGF)
- Shooting (ISSF, IPC)[9)]
- Skiing/Snowboarding (FIS) in ski jumping, freestyle aerials/halfpipe and snowboard halfpipe/big air
- 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.

Including but not limited to:

Acebutolol; Alprenolol; Atenolol; **B**etaxolol; Bisoprolol; Bunolol; **C**arteolol; Carvedilol; Celiprolol; **E**smolol; **L**abetalol; **M**etipranolol; Metoprolol; **N**adolol; **O**xprenolol; **P**indolol; Propranolol; **S**otalol; **T**imolol.

G. INWERKINGTREDING

De wijziging van 24 oktober 2019 van de Bijlage bij de Overeenkomst zal op 1 januari 2020 in werking treden voor alle partijen bij de Overeenkomst, waaronder het Koninkrijk der Nederlanden.

Wat betreft het Koninkrijk der Nederlanden, geldt de wijziging van de Bijlage, evenals de Overeenkomst, voor Nederland (het Europese deel en het Caribische deel), Curaçao en Sint Maarten.

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7) Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol, and synephrine: These substances are included in the 2020 Monitoring Program, and are not considered *Prohibited Substances*.
8) Also prohibited *Out-of-Competition*
9) Also prohibited *Out-of-Competition*

In overeenstemming met artikel 19, tweede lid, van de Rijkswet goedkeuring en bekendmaking verdragen heeft de Minister van Buitenlandse Zaken bepaald dat de wijziging van 24 oktober 2019 van de Bijlage bij de Overeenkomst zal zijn bekendgemaakt in Nederland (het Europese deel en het Caribische deel), Curaçao en Sint Maarten op de dag na de datum van uitgifte van dit Tractatenblad.

Uitgegeven de *tweede* december 2019.

De Minister van Buitenlandse Zaken,

S.A. BLOK

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