



CLEAN SPORT

#BeATrueWinner

NEWS FLASH OCTOBER

2023 PROHIBITED LIST COMES INTO FORCE ON 1 JAN 2023



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

The list contains substances & methods prohibited at all times (In-competition and Out-of-competition) and during In-competition period.

The list is updated on an annual basis.



Scroll down to find out more.

WHAT ARE THE MAIN CHANGES IN PROHIBITED LIST 2023?



Tramadol

The substance, Tramadol is prescribed for relieving moderate to moderately severe pain, which includes pain after surgery. The extended-release capsules or tablets are used for chronic ongoing pain. Tramadol is considered a controlled drug in many countries.

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 have confirmed the potential for tramadol to enhance physical performance in sports.

Hence, tramadol will be prohibited during in-competition, effective from 1 January 2024*.

* 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.

Cannabis

The substance, Delta9-tetrahydrocannabinol (THC) is found in cannabis. It is identified as a substance of abuse in the list because of frequent abuse in society outside of the context of sports. The laws of the country where the athlete is domiciled or competing/training applies.

Under section 8(b) of the Misuse of Drugs Act, consumption of any controlled drug or specified drug is an offence. Specified drugs refer to certain controlled drugs that are listed separately in the Fourth Schedule.

The penalty for consuming either controlled or specified drugs is a maximum of 10 years' imprisonment or a fine of \$20,000 or both. This is the same as the maximum penalty for possession.

THC is prohibited in-competition only, 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.

It will continue to remain on the Prohibited List.



Some of the cannabis sweets uncovered by the investigation (Image: Sky News)

Principle of Strict Liability

Athletes are strictly responsible for any prohibited substances they take, attempt to take or is found in their system. Cannabis can also be found in sweets, toothpaste, snacks and other food items. Please exercise caution over what you ingest.



Glucocorticoids

It was clarified that otic administration of glucocorticoids is not prohibited.

All injectable routes of administration during the in-competition period remain prohibited.



Visit the WADA website for more information:

<https://www.wada-ama.org/en/news/wada-publishes-2023-prohibited-list>



CHECK YOUR MEDICATIONS IF IT CONTAINS PROHIBITED SUBSTANCES

Check Medications & Drugs

This database of medications sold in Singapore is updated monthly, and mapped to the latest Prohibited List, which is revised annually. Supplement Warning ADS cannot advise the status of supplements in sport because they are not comprehensively regulated in Singapore. Supplements have occasionally been known to cause a positive test due to ingredients not being listed on the label, or impurities during manufacturing. Under the World Anti-Doping Code's strict liability rule, athletes are responsible for any substance found in their body.

Sport *Required
Your Role *Required
Gender *Required
Product or Substance *Required
 I understand and accept the [Terms and Conditions](#)
Please indicate that you accept the Terms and Conditions

We would like to remind all athletes to check the status of their medication prescribed by doctors or brought over-the-counter at pharmacies in Singapore via ADS online database "CheckDrugs", which is accessible from the ADS website at <https://go.gov.sg/antidoping-singapore>.



Athletes based in or travelling to Australia, Canada, Japan, New Zealand, the United States of America, The United Kingdom and Switzerland for training or competitions can check the Global Drug Reference Online database via <https://www.globaldro.com/Home> for medication purchased in these countries.



ANTI-DOPING EDUCATION IS MANDATORY FOR ALL ATHLETES IN 2022



National-Level Athletes Education Program
(English)



Athletes are reminded to register for a free account on WADA's Anti-Doping Education & Learning (ADEL) platform via <https://adel.wada-ama.org/learn> and complete the modules 'National-Level Athletes Education Program', by 30 Dec 2022.



Privacy and Information Security Awareness for Athletes
ID: E-0WE430

Language: English - ★★★★★5

ABOUT THIS COURSE

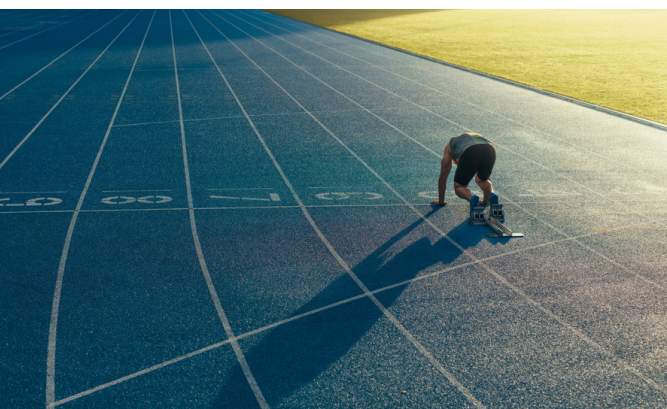
CONTENT

This eLearning course is designed for athletes to raise their awareness about privacy and information security, especially in the context of clean sport and anti-doping. We will also explain some tools and give you practical advice to be safer online, as a person and as an athlete.

This course has a Final quiz (mandatory) - you will need to pass the quiz with a score of 80 or above to meet the course completion requirement.

This course also has an Learning Experience Survey (mandatory) - please complete the survey to help us improve the content in the future.

All athletes are encouraged to complete the Privacy and Information Security Awareness for Athletes to reinforce their personal understanding of protecting personal data and know their rights in the context of clean sport and anti-doping. You may sign up for this course in the WADA's education platform - ADEL.



"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending"

CLEAN SPORT STARTS FROM YOU!

Follow ADS's social media accounts for the detailed information and latest updates.