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اللجنة السعودية للرقابة على المنشطات

2015





# المحتويات

## الصفحة

## الموضوع

٤	الوكالة الدولية لمكافحة المنشطات WADA
٤	اللجنة السعودية للرقابة على المنشطات SAADC
٥	اللائحة الدولية لمكافحة المنشطات WADA CODE
٥	المعيار الدولي للمواد و الوسائل المحظورة رياضياً
٦	كيف تتم طريقة تحديث القائمة
٨	البرنامج الوطني للرقابة على المنشطات

## الصفحة

## الموضوع

٩	الهدف الرئيسي للجنة السعودية للرقابة على المنشطات
١٠	انتهاكات أنظمة مكافحة المنشطات
١١	الاستثناء للاستخدام العلاجي TUE
١٤	المواد والوسائل المحظورة في جميع المناسبات
١٤	س ١ - المواد البنائية
١٧	س ٢ - هرمونات البيتيند، وعوامل النمو و المواد المتصلة بها
١٨	س ٣ - نواهض البيتا
١٩	س ٤ - الهرمونات و هوضحات التمثيل الغذائي:
٢٠	س ٥ - مدرات البول والمواد الحاجبة
٢٢	الوسائل المحظورة
٢٣	المواد والوسائل المحظورة داخل المنافسة
٢٣	س ٦ - المنبهات
٢٤	س ٧ - المخدرات
٢٥	س ٨ - القنبيات
٢٥	س ٩ - الاستيرويدات القشرية
٢٦	المواد المحظورة في انواع خاصة من الرياضة (الكحول و محصرات البيتا)





## اللائحة الدولية لمكافحة المنشطات (WADA CODE):

هي الوثيقة التي تعمل على هوائمة اللوائح المتعلقة بمكافحة المنشطات في جميع الالعاب الرياضية وفي جميع دول العالم. حيث أنها توفر الاطار العالم لبرامج وأنشطة مكافحة المنشطات للمنظمات الرياضية والسلطات العامة حتى يتسنى لجميع اللاعبين الاستفادة من وجود نفس السياسات والإجراءات بغض النظر عن ماهية الرياضة، أو الجنسية او الدولة التي اجري بها الفحص، الجدير بالذكر بأنه تم البدء بالعمل باللائحة المحدثة تزامنا مع هذه القائمة من تاريخ 1 يناير 2010م.

## معيار المواد والوسائل المحظورهُ (Prohibited List):

قائمة المواد والوسائل المحظورة وتسمى ( القائمة ) هي المعيار الدولي الذي يحدد ماهي المواد والوسائل المحظورة في داخل وخارج اطار المسابقة. كما تشير القائمة الى المواد الممنوعة في رياضة معينة. يتم تحديث القائمة سنويا.

# كيف يتم تحديث القائمة؟

القائمة طورت من خلال عملية تشاورية مكثفة، بدأت بتداول وتعمير مسودة القائمة على أكثر من ١٧٠٠ شخص من اصحاب العلاقة للتعليق وتدوين الملاحظات. الملاحظات المستلمة تمت معالجتها من خلال اللجان العلمية التابعة للوكالة الدولية لمكافحة المنشطات والمؤلفة من كبار العلماء الدوليين وخبراء مكافحة المنشطات. فريق عمل الوكالة الدولية المسئول عن القائمة يقوم بتحليل مساهمة الاشخاص المنخرطين في العملية التشاورية ويقدر استنتاجاته للجنة الطبية والأبحاث التابعة للوكالة العالمية لمكافحة المنشطات، والتي بدورها تقوم بإرسال توصياتها النهائية الى اللجنة التنفيذية للوكالة الدولية في اجتماعها السنوي من شهر سبتمبر. (اللجنة التنفيذية، وهي الهيئة النهائية لصناعة القرارات والسياسات المتعلقة بالمعايير الدولية).



# البرنامج الوطني السعودي لمكافحة المنشطات

يرتكز البرنامج الوطني للرقابة على المنشطات على القيم الأساسية للرياضة والمحافظة عليها، التي تعرف عادة "بالروح الرياضية" فهي جوهر الحركة الأولمبية بإعلانها مبدأ اللعب النزيه. إن الروح الرياضية تعكس ما بداخل روح الإنسان وجسده وعقله، وهي تتميز بالقيم التالية:

❖ الأخلاق و اللعب النزيه و الأمانة.

❖ الصحة.

❖ الامتياز في الأداء.

❖ الشخصية و الثقافة.

❖ التسلية و البهجة.

❖ العمل الجماعي.

❖ التفاني و الالتزام.

❖ احترام الأنظمة و القوانين.

❖ احترام الذات و المشاركين.

❖ الشجاعة.

❖ روح الجماعة و التضامن.



بلاشك إن تعاطى المنشطات يتنافى من حيث الجوهر مع الروح الرياضية.

وينفذ هذا البرنامج حسب العناصر الرئيسية التالية:

– التوعية والتثقيف.

– التعليم والتدريب والأبحاث.

– الاستثناء للاستخدام العلاجي.

– إجراءات جمع العينات.

– إدارة النتائج.

– العقوبات.

– الاستئناف(الطعون).

الهدف الرئيسي للجنة السعودية للرقابة على المنشطات:

يتمثل في الحفاظ على الرياضة في المملكة العربية السعودية ميداناً للتألق والوصول للعالمية وهي خالية من أفة استخدام المواد المنشطة التي تقوض القيم الأصيلة للرياضة.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
الْحَمْدُ لِلَّهِ الَّذِي  
أَنْزَلَ هَذِهِ السُّورَةَ  
وَجَعَلَ فِيهَا آيَاتٍ بَيِّنَاتٍ  
لِقَوْمٍ يَعْلَمُونَ





## الاستثناء للاستخدام العلاجي TUE

يعاني الكثير من الرياضيين من حالات مرضية مختلفة ويتعاطون مختلف أنواع الأدوية التي هم بحاجة لها، وتأتي اشكالية استخدام هذه الأدوية قبل و أثناء المنافسات الرياضية الرسمية داخل و خارج المملكة، ومن أجل هذا الغرض فقد تم تشكيل لجنة متخصصة تحت مسمى (لجنة الاستثناء للاستخدام العلاجي TUE) وهي تابعة للجنة السعودية للرقابة على المنشطات و مهمتها هي مراجعة الطلبات المقدمة من الرياضيين في مختلف الألعاب الرياضية من أجل السماح أو الرفض للرياضي باستخدام تلك المادة العلاجية أثناء و خارج المنافسات الرياضية.

### الهدف من لجنة TUE

هو الوصول الى مجتمع رياضي خالي من المنشطات المحظوره  
من اجل تساوي الفرص بين الجميع في المنافسات الرياضية المختلفة.

### يتم تقديم الطلب:

إلى لجنة الاستثناء للاستخدام العلاجي TUE بعد تعبئة النماذج المعدة لذلك، مع شرح للحالة المرضية و دواعي الاستعمال و تبرير طلب الاستثناء.

النماذج متوفرة على موقع اللجنة الإلكتروني  
[WWW.SAADC.COM](http://WWW.SAADC.COM)

ويتم تسليمها:

١. مناقلة الى مقر اللجنة . الدور ٣ بمجمع الامير فيصل بن فهد الاولمبي . الرياض .

أو

٢. ايميل لجنة الاستثناء [tuec@saadc.org](mailto:tuec@saadc.org)

أو

٣. فاكس ٠١١٤٨٣١٢٧٩





# المواد والوسائل المحظورة في جميع الأوقات داخل وخارج المنافسة المواد المحظورة

## س ٠) المواد الغير معتمدة:

أي مادة صيدلانية غير مذكورة في أي قسم من هذه القائمة ولا يوجد لها اعتماد حالياً من أي سلطة صحية حكومية للاستخدام العلاجي للإنسان (على سبيل المثال: العلاجات التي تعتبر ما قبل الفحوصات أو العمليات أو تحت التطوير السريري أو وقفها، أو الأدوية التي بمرحلة التصميم و الانتاج أو المواد المعتمدة فقط للاستخدام البيطري) تعتبر جميعها محظورة بكل الأوقات " داخل و خارج المنافسة".

## س ١) المواد البنائية:

المواد البنائية محظورة.

## ١- الستيرويدات الاندروجينية البنائية (AAS):

( أ ) الستيرويدات الاندروجينية البنائية الخارجية المنشأ بما في ذلك مايلي:

1-androstenediol (5 $\alpha$ -androst-1-ene-3 $\beta$ ,17 $\beta$ -diol); 1-androstenedione (5 $\alpha$ -androst-1-ene-3,17-dione); bolandiol (estr-4-ene-3 $\beta$ ,17 $\beta$ -diol); bolasterone; boldenone; boldione (androsta-1,4-diene-3,17-dione); calusterone; clostebol; danazol ([1,2]oxazolo[4',5':2,3]pregna-4-en-20-yn-17 $\alpha$ -ol); dehydrochlormethyltestosterone (4-chloro-1 $\alpha$ -hydroxy-17 $\alpha$ -methylandrosta-1,4-dien-3-one); desoxymethyltestosterone (17 $\alpha$ -methyl-5 $\alpha$ -androst-2-en-17 $\beta$ -ol); drostanolone; ethylestrenol (19norpregna-4-en-17 $\alpha$ -ol); fluoxymesterone; formebolone; furazabol (17 $\alpha$ -methyl[1,2,5]oxadiazolo[3',4':2,3]-5 $\alpha$ -androst-17 $\beta$ -ol)

gestrinone; 4-hydroxytestosterone (4,17 $\beta$ -dihydroxyandrost-4-en-3-one); mestanolone; mesterolone; metandienone (17 $\beta$ -hydroxy-17 $\alpha$ -methylandrosta-1,4-dien-3-one); metenolone; methandiol; methasterone (17 $\beta$ -hydroxy-2 $\alpha$ ,17 $\alpha$ -dimethyl-5 $\alpha$ -androstan-3-one); methyldienolone (17 $\beta$ -hydroxy-17 $\alpha$ -methylestra-4,9-dien-3-one); methyl-1-testosterone (17 $\beta$ -hydroxy-17 $\alpha$ -methyl-5 $\alpha$ -androst-1-en-3-one); methylnortestosterone (17 $\beta$ -hydroxy-17 $\alpha$ -methylestr-4-en-3-one); methyltestosterone; metribolone (methyltrienolone, 17 $\beta$ -hydroxy-17 $\alpha$ -methylestra-4,9,11-trien-3-one) mibolone; nandrolone; 19- norandrostenedione (estr-4-ene-3,17-dione); norboletone; norclostebol; norethandrolone; oxabolone; oxandrolone; oxymesterone; oxymetholone; prostanazol (17 $\beta$ -[(tetahydropyran-2-yl)oxy]-1'H-pyrazolo[3,4:2,3]-5 $\alpha$ -androstane); quinbolone; stanozolol; stenbolone; 1-testosterone (17 $\beta$ -hydroxy-5 $\alpha$ -androst-1-en-3-one); tetrahydrogestrinone (17-hydroxy-18 $\alpha$ -homo-19-nor-17  $\alpha$  -pregna-4,9,11-trien-3-one); trenbolone (17 $\beta$  -hydroxyestr-4,9,11-trien-3-one).

والمواد الأخرى ذات التركيب الكيميائي المماثل أو الأثر البيولوجية المماثلة.

**( ب ) الستيرويدات الأندروجينية البنائية الداخلية المنشأ عندما يتم إدخالها من منشأ خارجي:**

androstenediol (androst-5-ene-3 $\beta$ ,17 $\beta$ -diol); androstenedione (androst-4-ene-3,17-dione); dihydrotestosterone (17 $\beta$ -hydroxy-5 $\alpha$ -androstan-3-one); prasterone (dehydroepiandrosterone, DHEA, 3 $\beta$ -hydroxyandrost-5-en-17-one); testosterone;

ونواتج تفاعلاتها وأيزومرات ISOMERS ، بما في ذلك سبيل المثال لا الحصر



## س٢ - هرمونات الببتيد، وعوامل النمو و المواد المتصلة بها:

يحظر استخدام المواد المدرجة ادناه والمواد المشابهة لتרכيبتها الكيميائية والبيولوجية والعوامل المفرزة لها:

### 1. Erythropoietin-Receptor agonists:

1.1 Erythropoiesis-Stimulating Agents (ESAs) including e.g. darbepoietin (dEPO); erythropoietins (EPO); EPO-Fc; EPO-mimetic peptides (EMP), e.g. CNTO 530 and peginesatide; and methoxy polyethylene glycol-epoetin beta (CERA);

1.2 Non-erythropoietic EPO-Receptor agonists, e.g. ARA-290, asialo EPO and carbamylated EPO;

2. Hypoxia-inducible factor (HIF) stabilizers, e.g. cobalt and FG-4592; and HIF activators, e.g. argon, xenon;

3. Chorionic Gonadotrophin (CG) and Luteinizing Hormone (LH) and their releasing factors, e.g. busarelin, gonadorelin and triptorelin, in males;

4. Corticotrophins and their releasing factors, e.g corticorelin;

5. Growth Hormone (GH) and its releasing factors including Growth Hormone Releasing Hormone (GHRH) and its analogues, e.g. CJC-1295, sermorelin and tesamorelin; Growth Hormone Secretagogues (GHS), e.g. ghrelin and ghrelin mimetics, e.g. anamorelin and ipamorelin; and GH-Releasing Peptides (GHRPs), e.g. alexamorelin, GHRP-6, hexarelin and pralmorelin (GHRP-2).



أن وجود السالبيوتامول بما يزيد عن 1000 نغ/مل في البول أو الفورميرون أكثر من 40 نغ/مل يفترض بأن المادة لم تأخذ لأغراض علاجية وسيتم اعتباره بمثابة نتيجة تحليل ايجابية مالم يثبت اللاعب المعني من خلال دراسة دوائية مثبتة أن النتيجة الغير الطبيعية هذه تعزى كنتيجة لاستخدام المادة كجرعة علاجية أعلى من الحد الأقصى المذكور أعلاه.

#### س ٤ - الهرمونات و موضحات التمثيل الغذائي:

تعتبر الفئات التالية محظورة:

١. المثبطات العظرية *Aromatase inhibitors*, التي تشمل ولكن ليس على سبيل الحصر:

*aminoglutethimide, anastrozole, androsta-1,4,6-triene-3,17-dione (androsta-trienedione), 4- androstene-3,6,17 trione (6-oxo), exemestane, formestane, letrozole, and testolactone.*

٢. الموضحات الانتقائية لمستقبلات الاستروجين (SERMs) التي تشمل، ولكن ليس على سبيل الحصر: *raloxifene, tamoxifen, toremifene.*

٣. عقاقير اخرى مضادة للأستروجين تشمل ولكن ليس على سبيل الحصر: *clomiphene, cyclofenil, fulvestrant.*

٤. المواد المعدلة لوظيفة (وظائف) المايوستاتين والتي تشمل ولكن ليس على سبيل الحصر، مثبطات المايوستاتين *myostatin*

*inhibitors*



**الترجمة:** مدرات البول، البروبينيسيد، موسعات البلازما ( مثل الفليسيروول والحقن الوريدي للالبومين، ديكستران، وهيدروكسي ايثيل النشاء والمانيتول) و البروبنيسيد. والمواد الاخرى ذات التركيب الكيميائي المماثل.

### **وتشمل مدرات البول مايلي:**

والمواد الاخرى ذات التركيب الكيميائي المماثل او الاثر او الاثار البيولوجية المماثلة ( باستثناء الدروسبيرنيون، بامابروم والدورزولامايد الموضعي، والبرنزولامايد حيث لايعتبروا عقاير محظورة).

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 unless the Athlete has an approved TUE for that substance in addition to the one granted for the diuretic or masking agent.

عند استخدام أي مادة من المواد التالية داخل او خارج المنافسة (مثل: فورموتيرول، سالبوتامول، الكاثين، الايفيدرين، ميثيل افدرين، والسودوايفيدرين)، وتظهر نتيجة التحليل بوجود إحدى هذه المواد و كذلك وجود مدر للبول أو مادة حاجبة في عينة الرياضي، فإنه يتطلب وجوب استثناء محدد للاستخدام العلاجي لتلك المادة و أيضا وجود استثناء للاستخدام العلاجي اخر لمدر البول أو المادة الحاجبة، والا فانها تعتبر نتيجة ايجابية.



# المواد والوسائل المحظورة داخل المنافسة

بالإضافة الى التصنيفات من س٠ الى س٥ و كذلك من م١ الى م٣ والموضحة سابقاً، فإن التصنيفات التالية محظورة ( داخل المنافسة ).

## المواد المحظورة

### س٦ - المنبهات

تحظر جميع المنبهات ، بما في ذلك OPTICAL ISOMERS مثل "D-" و "L-" ، تعتبر محظورة وتشمل المنبهات على مايلي:

#### أ- المنبهات الغير محددة:

Adrafinil; amfepramone; amfetamine; amfetaminil; amiphenazole; benfluorex; benzylpiperazine; bromantan; clobenzorex; cocaine; cropropamide; crotetamide; fencamine; fenetylline; fenfluramine; fenproporex; fonturacetam [4-phenylpiracetam (carphedon)]; furfenorex; mefenorex; mephentermine; mesocarb; metamfetamine(d-); p-methylamphetamine; modafinil; norfenfluramine; phendimetrazine; phentermine; prenylamine; and prolintane.

والمنبه الغير مذكور في هذا القسم هو عبارة عن مادة محددة.

#### ب- المنبهات المحددة:

وتشمل، وليس على سبيل الحصر:

Benzfetamine; cathine\*\*; cathinone and its analogues (e.g. mephedrone, methedrone, and  $\alpha$ -pyrrolidinovalerophenone); dimethylamphetamine; ephedrine\*\*\*; epinephrine\*\*\*\* (adrenaline); etamivan; etilamfetamine; etilefrine; famprofazone; fenbutrazate; fencamfamin; heptaminol; hydroxyamphetamine (parahydroamphetamine); isometheptene; levmetamphetamine; meclofenoxate; methylenedioxymethamphetamine; methylephedrine\*\*\*; methylhexaneamine (dimethylpentylamine);



## س ٨- القنبات

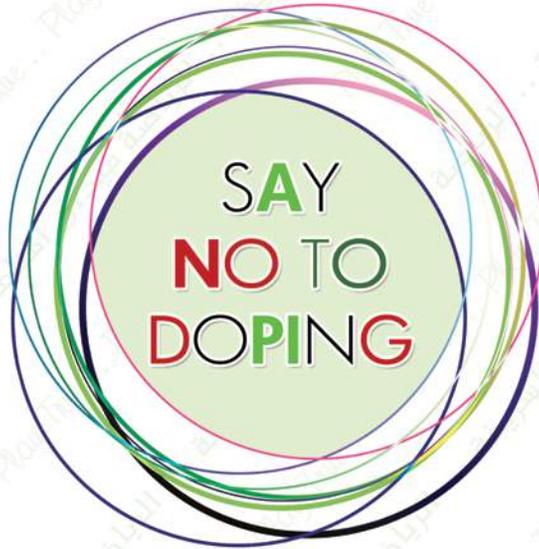
تعتبر محظورة:

- Natural (e.g. cannabis, hashish, and marijuana) or synthetic delta 9-tetrahydrocannabinol (THC).
- Cannabimimetics e.g. "Spice", JWH-018, JWH-073, HU-210.

الطبيعية مثل (القنبات و الحشيش و الماريجوانا) أو دلتا تتراهيدوكانابينول الاصطناعية (THC) ومثيل (THC), مثل المواد المخدرة ( مثل "SPICE", JWH018" (JWH073, HU-210) تعتبر محظورة.

## س ٩- الستيرويدات القشرية (GLUCOCORTICOSTEROIDS)

تعتبر جميعها محظورة إذا كان اعطاؤها عن طريق الفم أو الحقن الوريدي أو العضلي أو عن طريق المستقيم.





## الرياضات الخاصة المحظور فيها استخدام حاصرات البيتا

• الرماية بالسهام ( WA ) ( و محظورة خارج المنافسة )

• السيارات FIA

• رياضات البلياردو و السنوكر (بجميع انواعها) WCBS

• لعبة رمي السهام "DARTS" WDF

• الغولف IGF

• الرماية ISSF,IPC ( و محظورة خارج المنافسة )

• التزلق على الثلج / التزلق على الجليد بالالواح ( FIS ) في القفز مع التزلق،

وفي التزلق الحر والتزلق على الجليد بالالواح HALFPIPE/BIG AIR

• الرياضات (تحت الماء) (CMAS) في انقطاع النفس المستمر في الوزن مع أو

بدون زعانف، توقف التنفس أثناء الديناميكي مع وبدون زعانف، توقف التنفس

أثناء الغمر الحرة، الأزرق الانتقال انقطاع النفس، صيد الأسماك بالرمح، توقف

التنفس أثناء الثبات، وإطلاق النار المستهدفة وتوقف التنفس أثناء الوزن متغير.

## وتشمل محصرات البيتا المواد التالية ولكن دون حصر:

Acebutolol, alprenolol, atenolol, betaxolol, bisoprolol, bunolol, carteolol, carvedilol, celiprolol, esmolol, labetalol, levobunolol, metipranolol, metoprolol, nadolol, oxprenolol, pindolol, propranolol, sotalol, timolol.





## Saudi Anti Doping Committee

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# PLAY TRUE

# SAY NO TO DOPING

[WWW.SAADC.COM](http://WWW.SAADC.COM)



اللجنة السعودية للرقابة على المنشطات  
Saudi Arabian Anti Doping Committee

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# THE PROHIBITED LIST



WORLD  
ANTI-DOPING  
AGENCY

 @SAUDI\_NADO

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Edited by:

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Supervised by:

**MR. ABDULAZIZ ALMASAED**

General Secretary, SAADC

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**2015**

# Preface

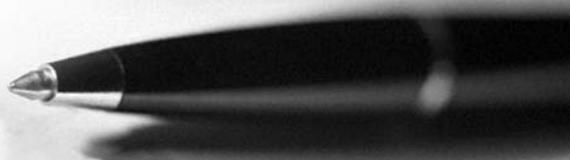
Saudi Arabian Anti-Doping Committee prepare this booklet as a part of an education and awareness national program, and providing useful information for Saudi athletes.

The list of prohibited substances and methods is one of the international standards emanating from the WADA Code and issued by the World Anti-Doping Agency WADA.

For all athletes and their personal staff, we would like to focus of some points to be known to take advantage of the acquisition of this list , which can be summarized as follows:

- 1- The list shall come into effect on 1/1/2015 until 31/12/2015 .
- 2- Every athlete or athlete's support personnel refer to this list before using any type of medications or supplements or etc..
- 3- The list contains the names of some scientific and chemical properties of pharmaceutical compounds which are different from brand-name pharmaceuticals in pharmacies & medical centers shows and selling dietary supplements.
- 4- Please commitment to distribute a copy of the list of Prohibited substances and methods to all athletes , medical, staff.
- 5- The English version of the List is the official version which WADA has approved.

With best wishes to all the teams and sports clubs, and contribute together to devote the principle of sports arena for fair competition and maintain the health of all athletes .





# TABLE OF CONTENTS

## SUBJECT

## PAGE

World Anti-Doping Agency "WADA"

4

Saudi Arabian Anti-Doping Committee "SAADC"

4

WADA CODE

5

Prohibited List " International Standards"

5

How is the list updating?

6

Saudi Arabian Anti-Doping Program

8





## ● **WORLD ANTI-DOPING AGENCY "WADA"**

The World Anti-Doping Agency is an independent international organization responsible for promoting, coordinating and monitoring the fight against doping in sport in all its forms. It seeks to doping-free sport, established in 10 November 1999.

## ● **SAUDI ARABIAN ANTI-DOPING COMMITTEE "SAADC"**

SAADC is a consultative, legislative and executive committee, attached to the executive office of Saudi Arabian National Olympic Committee. It is an independent distinct body and is a reference in all anti-doping matters nationwide in the Kingdom of Saudi Arabia. It is the sole authority to represent Saudi Arabia at International anti-doping events. SAADC operates within the policies of Saudi Arabian National Olympic Committee, established in 23 June 2004.



## ● **WADA CODE:**

The Code is the fundamental and universal document upon which the World Anti-Doping Program in sport is based. The purpose of the Code is to advance the anti-doping effort through universal harmonization of core anti-doping elements. It is intended to be specific enough to achieve complete harmonization on issues where uniformity is required, yet general enough in other areas to permit flexibility on how agreed-upon anti-doping principles are implemented, It is worth mentioning that it was starting to work with updated new code from the date 1 January 2015.

## ● **PROHIBITED LIST “ INTERNATIONAL STANDARDS”**

List of prohibited substances and methods is called (the Prohibited List) it is the international standard that determines what are the materials and methods banned in both IN and OUT of the competition. It also refers to the list of prohibited substances in a particular sport. The list is updated annually.

## HOW IS THE LIST UPDATING



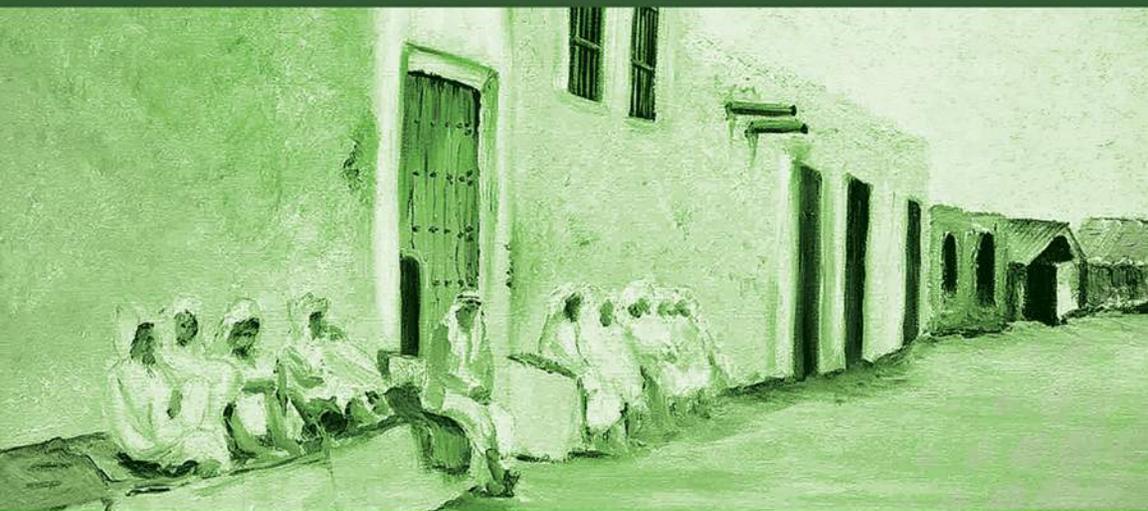
List developed through a consultative and intensive process, began circulating and sending a draft to more than 1,700 persons who are related in particular to the anti-doping and substances matters to get their comments and notes . All received Comments have been processed through the scientific committees of the World Anti-Doping Agency and composed of international anti-doping scientists and experts. WADA team work is analyzes all these comments and consultations report last findings to the on WADA Medical and Research Committee, which in turn sends its final recommendations to the Executive Committee, to confirm the final draft in their annual meeting which held in September every year. (Executive Committee , is the final decision-making body to approve all policies related to international standards) .



## THE SAUDI ARABIAN ANTI-DOPING PROGRAM

Anti-doping programs seek to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as “the spirit of sport”; it is the essence of Olympism; it is how we play true. The spirit of sport is the celebration of the human spirit, body and mind, and is characterized by the following values:

- Ethics, fair play and honesty
- Health
- Excellence in performance
- Character and education
- Fun and joy
- Teamwork
- Dedication and commitment
- Respect for rules and laws
- Respect for self and other participants
- Courage
- Community and solidarity



**Doping is fundamentally contrary to the spirit of sport.**

The Saudi Arabian National Anti-Doping Program is conducted according to the following main items:

- Education, Training and Research.
- Therapeutic Use Exemption.
- Testing.
- Result Management.
- Sanctions.
- Appeals.

## SAADC MAIN OBJECTIVE

The main objective of SAADC is to promote Saudi Arabian Sports to reach the International level while remaining dope-free.

الإسلام لله أكبر  
الإسلام لله أكبر  
الإسلام لله أكبر



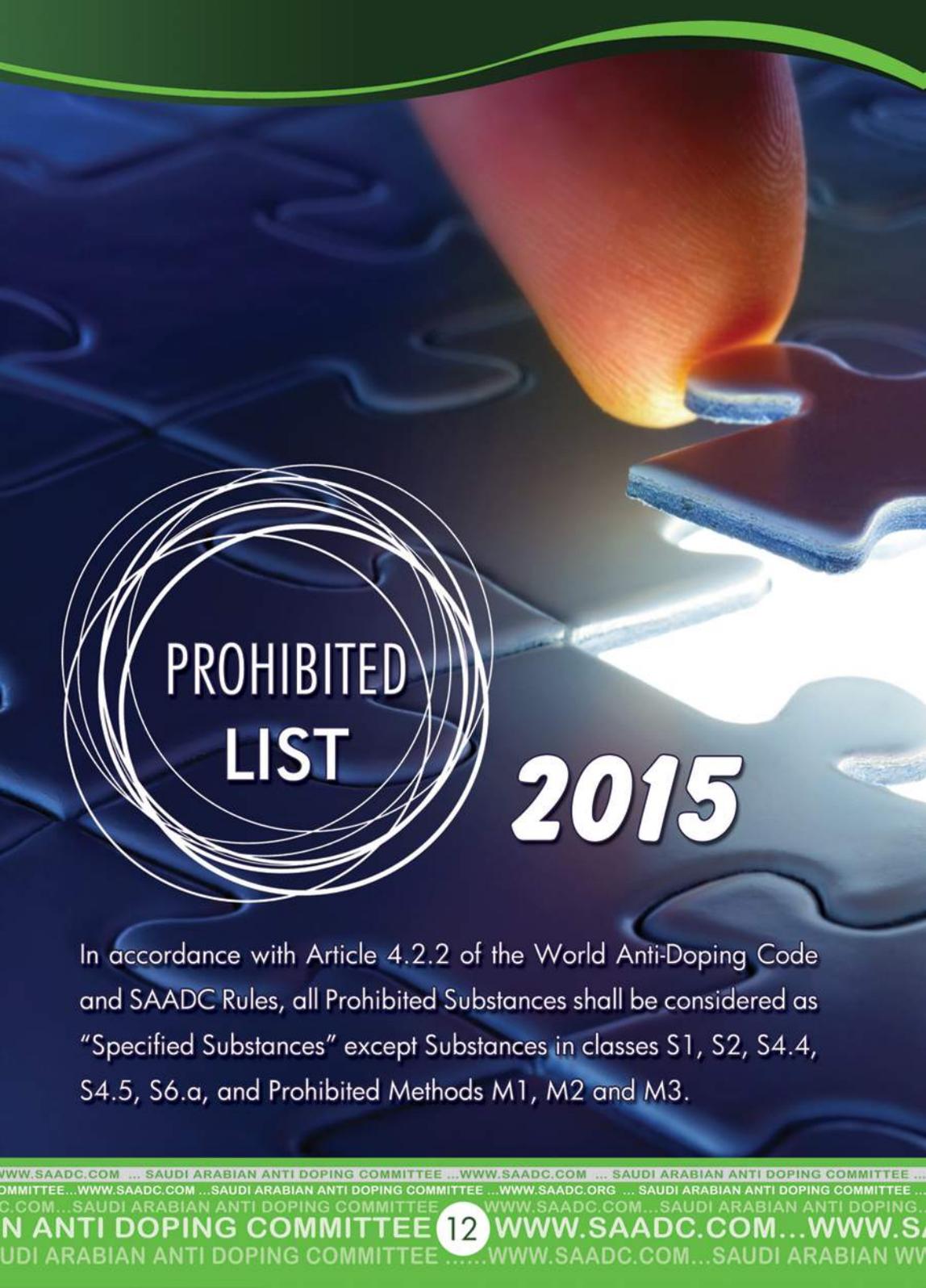
## ANTI-DOPING RULE VIOLATIONS

Doping is defined as the occurrence of one or more of the anti-doping rule violations shown below (athlete and other persons should be responsible for knowing what constitutes a violation of anti-doping rules, and the prohibited substances and methods):

1. Presence of a Prohibited Substance or its Metabolites or Markers in an Athlete's sample.
2. Use or Attempted Use by an Athlete of a Prohibited Substance or a Prohibited Method.
3. Refusing or failing without compelling justification to submit to Sample collection after notification as authorized in the Saudi Arabian Anti-Doping Rules, or otherwise evading Sample collection.
4. Violation of applicable requirements regarding Athlete availability for Out-of-Competition Testing set out in the International Standard for Testing, including failure to file whereabouts information.
5. Tampering or Attempted Tampering with any part of Doping Control.
6. Possession of Prohibited Substances and Methods.
7. Trafficking or Attempted Trafficking in any Prohibited Substance or Prohibited Method.
8. Administration or Attempted administration to any Athlete In-Competition of any Prohibited Method or Prohibited Substance, or administration or Attempted administration to any Athlete Out-of-Competition of any Prohibited Method or any Prohibited Substance that is prohibited in Out-of Competition Testing, or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an anti-doping rule violation or any Attempted anti-doping rule violation.
9. Complicity  
Assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity involving an anti-doping rule violation, Attempted anti-doping rule violation or violation of Article 10.12.1 by another Person.
10. Prohibited Association

**Every Athlete are responsible to ensure non-entry  
of any banned substance into his body.**





# PROHIBITED LIST

# 2015

In accordance with Article 4.2.2 of the World Anti-Doping Code and SAADC Rules, all Prohibited Substances shall be considered as "Specified Substances" except Substances in classes S1, S2, S4.4, S4.5, S6.a, and Prohibited Methods M1, M2 and M3.





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

#### a. Exogenous\* AAS, including:

**1-androstenediol** ( $5\alpha$ -androst-1-ene- $3\beta$ , $17\beta$ -diol); **1-androstenedione** ( $5\alpha$ -androst-1-ene-3,17-dione); **bolandiol** (estr-4-ene- $3\beta$ , $17\beta$ -diol); **bolasterone**; **boldenone**; **boldione** (androsta-1,4-diene-3,17-dione); **calusterone**; **clostebol**; **danazol** ([1,2]oxazolo[4',5':2,3]pregna-4-en-20-yn- $17\alpha$ -ol); **dehydrochlormethyltestosterone** (4-chloro- $17\beta$ -hydroxy- $17\alpha$ -methylandrosta-1,4-dien-3-one);

**desoxymethyltestosterone** (17 $\alpha$ -methyl-5 $\alpha$ -androst-2-en-17 $\beta$ -ol);  
**drostanolone; ethylestrenol** (19-norpregna-4-en-17 $\alpha$ -ol);  
**fluoxymesterone; formebolone; furazabol** (17 $\alpha$ -methyl [1,2,5]  
oxadiazolo[3',4':2,3]-5 $\alpha$ -androstan-17 $\beta$ -ol); **gestrinone; 4-**  
**hydroxytestosterone** (4,17 $\beta$ -dihydroxyandrost-4-en-3-one);  
**mestanolone; mesterolone; metandienone** (17 $\beta$ -hydroxy-17 $\alpha$ -  
methylandrosta-1,4-dien-3-one); **metenolone; methandriol;**  
**methasterone** (17 $\beta$ -hydroxy-2 $\alpha$ ,17 $\alpha$ -dimethyl-5 $\alpha$ -androstan-3-one);  
**methyldienolone** (17 $\beta$ -hydroxy-17 $\alpha$ -methylestra-4,9-dien-3-one);  
**methyl-1-testosterone** (17 $\beta$ -hydroxy-17 $\alpha$ -methyl-5 $\alpha$ -androst-1-en-3-  
one); **methylnortestosterone** (17 $\beta$ -hydroxy-17 $\alpha$ -methylestr-4-en-3-  
one); **methyltestosterone; metribolone** (methyltrienolone, 17 $\beta$ -  
hydroxy-17 $\alpha$ -methylestra-4,9,11-trien-3-one); **mibolone;**  
**nandrolone; 19-norandrostenedione** (estr-4-ene-3,17-dione);  
**norboletone; norclostebol; norethandrolone; oxabolone;**  
**oxandrolone; oxymesterone; oxymetholone; prostanazol** (17 $\beta$ -[[  
tetrahydropyran-2-yl)oxy]-1'H-pyrazolo[3,4:2,3]-5 $\alpha$ -androstane);  
**quinbolone; stanozolol; stenbolone; 1-testosterone** (17 $\beta$ -hydroxy-  
5 $\alpha$ -androst-1-en-3-one); **tetrahydrogestrinone** (17-hydroxy-18 $\alpha$ -  
homo-19-nor-17 $\alpha$ -pregna-4,9,11-trien-3-one); **trenbolone** (17 $\beta$ -  
hydroxyestr-4,9,11-trien-3-one);  
and other substances with a similar chemical structure or similar  
biological effect(s).

**b. Endogenous\*\* AAS when administered exogenously:**

**Androstenediol** (androst-5-ene-3 $\beta$ ,17 $\beta$ -diol); **androstenedione** (androst-4-ene-3,17-dione); **dihydrotestosterone** (17 $\beta$ -hydroxy-5 $\alpha$ -androstan-3-one); **prasterone** (dehydroepiandrosterone, DHEA, 3 $\beta$ -hydroxyandrost-5-en-17-one); **testosterone**;

and their **metabolites** and **isomers**, including but not limited to:

**5 $\alpha$ -androstane-3 $\alpha$ ,17 $\alpha$ -diol; 5 $\alpha$ -androstane-3 $\alpha$ ,17 $\beta$ -diol; 5 $\alpha$ -androstane-3 $\beta$ ,17 $\alpha$ -diol; 5 $\alpha$ -androstane-3 $\beta$ ,17 $\beta$ -diol; 5 $\beta$ -androstane-3 $\alpha$ ,17 $\beta$ -diol; androst-4-ene-3 $\alpha$ ,17 $\alpha$ -diol; androst-4-ene-3 $\alpha$ ,17 $\beta$ -diol; androst-4-ene-3 $\beta$ ,17 $\alpha$ -diol; androst-5-ene-3 $\alpha$ ,17 $\alpha$ -diol; androst-5-ene-3 $\alpha$ ,17 $\beta$ -diol; androst-5-ene-3 $\beta$ ,17 $\alpha$ -diol; 4-androstenediol (androst-4-ene-3 $\beta$ ,17 $\beta$ -diol); 5-androstenedione (androst-5-ene-3,17-dione); androsterone (3 $\beta$ -hydroxy-5 $\alpha$ -androstan-17-one); epi-dihydrotestosterone; epitestosterone; etiocholanolone; 7 $\alpha$ -hydroxy-DHEA; 7 $\beta$ -hydroxy-DHEA; 7-keto-DHEA; 19-norandrosterone; 19-noretiocholanolone.**

## 2. Other Anabolic Agents

Including, but not limited to:

**Clenbuterol, selective androgen receptor modulators (SARMs, e.g. andarine and ostarine), tibolone, zeranol and zilpaterol.**

### FOR PURPOSES OF THIS SECTION

- \* 'exogenous' refers to a substance which is not ordinarily produced by the body naturally.
- \*\* 'endogenous' refers to a substance which is ordinarily produced by the body naturally.

## 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. Erythropoietin-Receptor agonists:

**1.1 Erythropoiesis-Stimulating Agents (ESAs) including e.g. darbepoietin (dEPO); erythropoietins (EPO); EPO-Fc; EPO-mimetic peptides (EMP), e.g. CNTO 530 and peginesatide; and methoxy polyethylene glycol-epoetin beta (CERA);**

1.2 Non-erythropoietic EPO-Receptor agonists, e.g. ARA-290, asialo EPO and carbamylated EPO;

2. Hypoxia-inducible factor (HIF) stabilizers, e.g. cobalt and FG-4592; and HIF activators, e.g. argon, xenon;

3. Chorionic Gonadotrophin (CG) and Luteinizing Hormone (LH) and their releasing factors, e.g. buserelin, gonadorelin and triptorelin, in males;

4. Corticotrophins and their releasing factors, e.g. corticorelin;

5. Growth Hormone (GH) and its releasing factors including Growth Hormone Releasing Hormone (GHRH) and its analogues, e.g. CJC-1295, sermorelin and tesamorelin; Growth Hormone Secretagogues (GHS), e.g. ghrelin and ghrelin mimetics, e.g. anamorelin and ipamorelin; and GH-Releasing Peptides (GHRPs), e.g. alexamorelin, GHRP-6, hexarelin and pralmorelin (GHRP-2).

### **Additional prohibited growth factors:**

**Fibroblast Growth Factors (FGFs); Hepatocyte Growth Factor**

**(HGF); Insulin-like Growth Factor-1 (IGF-1) and its analogues;**

**Mechano Growth Factors (MGFs); Platelet-Derived Growth**

**Factor (PDGF); Vascular-Endothelial Growth Factor (VEGF) and**

**any other growth factor.**

affecting muscle, tendon or ligament protein synthesis/degradation, vascularisation, energy utilization, regenerative capacity or fibre type switching.

### S3. BETA-2 AGONISTS

All beta-2 agonists, including all optical isomers, e.g. d- and l- where relevant, are prohibited.

Except:

- \* Inhaled **Salbutamol** (maximum 1600 micrograms over 24 hours);
- \* Inhaled **Formoterol** (maximum delivered dose 54 micrograms over 24 hours); and
- \* Inhaled **Salmeterol** in accordance with the manufacturers' recommended therapeutic regimen.

The presence in urine of salbutamol in excess of 1000 ng/mL or formoterol in excess of 40 ng/mL is presumed not to be an intended 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 the use of the therapeutic inhaled dose up to the maximum indicated above.

## **S4. HORMONE AND METABOLIC MODULATORS**

The following **hormones** and **metabolic modulators** are prohibited:

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

**aminoglutethimide; anastrozole; androsta-1,4,6-triene-3,17-dione (androstatrienedione); 4-androstene-3,6,17 trione (6-oxo); exemestane; formestane; letrozole and testolactone.**

**2. Selective estrogen receptor modulators (SERMs) including, but not limited to: raloxifene; tamoxifen and toremifene.**

**3. Other anti-estrogenic substances including, but not limited to: clomiphene; cyclofenil and fulvestrant.**

**4. Agents modifying myostatin function(s) including, but not limited, to: myostatin inhibitors.**

### **5. Metabolic modulators:**

**5.1 Activators of the AMP-activated protein kinase (AMPK), e.g. AICAR; and Peroxisome Proliferator Activated Receptor  $\delta$  (PPAR $\delta$ ) agonists, e.g. GW 1516;**

**5.2 Insulins;**

**5.3 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. glycerol** and 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 topical dorzolamide and 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 unless the Athlete has an approved 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.

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:

Urine substitution and/or adulteration, e.g. proteases.

2. Intravenous infusions and/or injections of more than 50 mL per 6 hour period except for those legitimately received in the course of hospital admissions, surgical procedures or clinical investigations.

## **M3. GENE DOPING**

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

1. The transfer of polymers of nucleic acids or nucleic acid analogues;
2. The use of normal or genetically modified cells.

# ▶▶▶ SUBSTANCES AND METHODS PROHIBITED IN-COMPETITION

In addition to the categories S0 to S5 and M1 to M3 defined above, the following categories 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; benfluorex; benzyloperazine; bromantan; clobenzorex; cocaine; cropropamide; crotetamide; fencamine; fenetylline; fenfluramine; fenproporex; fonturacetam [4-phenylpiracetam (carphedon)]; furfenorex; mefenorex; mephentermine; mesocarb; metamfetamine(d-); p-methylamphetamine; modafinil; norfenfluramine; phendimetrazine; phentermine; prenylamine and prolintane.**

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

## **b: Specified Stimulants.**

Including, but not limited to:

**Benzfetamine; cathine\*\*;** cathinone and its analogues, e.g. mephedrone, methedrone, and  $\alpha$ -pyrrolidinovalerophenone; **dimethylamphetamine; ephedrine\*\*\*;** epinephrine\*\*\*\* (adrenaline); etamivan; etilamfetamine; etilefrine; famprofazone; fenbutrazate; fencamfamin; heptaminol; hydroxyamfetamine (parahydroxyamphetamine); isometheptene; levmetamfetamine; meclofenoxate; methylenedioxyamphetamine; methylephedrine\*\*\*; methylhexaneamine (dimethylpentylamine); methylphenidate; nikethamide; norfenefrine; octopamine; oxilofrine (methylsynephrine); pemoline; pentetrazol; phenethylamine and its derivatives; phenmetrazine; phenpromethamine; propylhexedrine; pseudoephedrine\*\*\*\*\*; selegiline; sibutramine; strychnine; tenamfetamine (methylenedioxyamphetamine), tuaminoheptane;

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

**Except:**

Imidazole derivatives for topical/ophthalmic use and those stimulants included in the 2015 Monitoring Program\*.

\* Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, piperidol, and synephrine: These substances are included in the 2015 Monitoring Program, and are not considered Prohibited Substances.

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

\*\*\* Ephedrine and methylephedrine: Prohibited when the concentration of either in urine is greater than 10 micrograms per milliliter.

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

\*\*\*\*\* Pseudoephedrine: Prohibited when its concentration in urine is greater than 150 micrograms per milliliter.



## SUBSTANCES PROHIBITED IN PARTICULAR SPORTS

### P1. ALCOHOL

Alcohol (ethanol) is prohibited In-Competition only, in the following sports. Detection will be conducted by analysis of breath and/or blood. The doping violation threshold is equivalent to a blood alcohol concentration of 0.10 g/L.

Air Sports (FAI)

Archery (WA)

Automobile (FIA)

Motorcycling (FIM)

Powerboating (UIM)

use of alcohol results  
in the death of 2.5 million  
people annually



# ▶▶▶ THE 2015 MONITORING PROGRAM\*

The following substances are placed on the 2015 Monitoring Program:

- 1. Stimulants: In-Competition only:** Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol and synephrine.
- 2. Narcotics: In-Competition only:** Hydrocodone, mitragynine, morphine/codeine ratio, tapentadol and tramadol.
- 3. Glucocorticoids: In-competition** (by routes of administration other than oral, intravenous, intramuscular or rectal) and Out-of-Competition (all routes of administration)
- 4. Telmisartan: In and Out-of-Competition**
- 5. Meldonium: In and Out-of-Competition**

\* 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.”

# 2015 PROHIBITED LIST



## Summary of Major Modifications and Explanatory Notes

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

#### PROHIBITED SUBSTANCES

##### S1: Anabolic Agents

- \* Changes were made to reflect current scientific nomenclature.
- \*  $5\beta$ -androstane- $3\alpha,17\beta$ -diol was added to the examples of testosterone metabolites.

##### S2. Peptide Hormones, Growth Factors, Related Substances and Mimetics

- \* The title of this section has been changed: Mimetics have been added to the title to reflect the fact that synthetic analogs are also prohibited under this section.
- \* Please note that all the substances named as examples in this revised section of the 2015 Prohibited List were already considered prohibited under previous Prohibited Lists, as applicable.
- \* The ESA sub-section has been expanded by adding the non-erythropoietic EPO-Receptor agonists.
- \* In addition, the HIF stabilizer sub-section has been placed in a separate paragraph to highlight the growing importance of these drugs and to specifically identify HIF activators such as xenon and argon. Note that cyanocobalamin (vitamin B12) is not prohibited.

- \* Examples of Chorionic Gonadotrophin (CG) and Luteinizing Hormone (LH) releasing factors have now been identified.
- \* A Corticotrophin releasing factor has now been added as an example.
- \* GH releasing factors have been divided in a more precise categorization and several examples of each have been added to illustrate their different pharmacological properties.
- \* IGF-1 has been moved to the other growth factor section.
- \* Note that Platelet Derived Plasma preparations are not prohibited.

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

- \* Trimetazidine was originally included in S6.b based upon the similarity of its chemical structure to some of the listed Stimulants. It has been moved to the newly created sub-section S4.5.c as it is pharmacologically classified as a modulator of cardiac metabolism.
- \* AMPK activators were re-described to reflect current nomenclature.

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

- \* The title and subsequent paragraphs has been modified by the removal of the word “other” to reflect that diuretics are not only masking agents but can also be abused for other purposes such as notably the induction of rapid weight loss.
- \* The last paragraph has been reworded for the sake of clarity. The principle and processes identified in the previous version of the Prohibited List remain unchanged.

## **PROHIBITED METHODS**

### **M2. Chemical and Physical Manipulation**

- \* The term “surgical procedures” has been added to the sentence describing the situations in which the administration of intravenous infusions or injections of more than 50 mL per 6 hours are permitted when medically required.

## SUBSTANCES AND METHODS PROHIBITED IN- COMPETITION

### S6. Stimulants:

- \* For the sake of clarification, topical/ophthalmic imidazole derivatives have been mentioned as exceptions of non-prohibited stimulants.
- \* Phenmetrazine, initially in section S6.a, has been moved to section S6.b since fenbutrazate (section S6.b) can metabolize to phenmetrazine.
- \* The List now clearly identifies the whole family of phenethylamine derivatives as being prohibited to address the growing number of illegal, designer stimulants derived from phenethylamine.
- \* Trimetazidine has been transferred to the newly created section S4.5.c (see above).

### S9: Glucocorticoids:

- \* Glucocorticosteroids are described as Glucocorticoids to reflect current nomenclature and use.

## SUBSTANCES PROHIBITED IN PARTICULAR SPORTS

### P1: Alcohol:

\* Following the request of World Karate Federation (WKF), karate was removed from the list of sports in which alcohol is prohibited

### P2. Beta-blockers

\* The World Underwater Federation (CMAS) has, at its request, been added to the group of International Federations prohibiting the use of Beta-blockers in competition for certain disciplines.

## MONITORING PROGRAM

\* Following sufficient collection of data leading to clear conclusions, monitoring of pseudoephedrine below 150 microgram per milliliter will cease in 2015.

\* Telmisartan, an atypical angiotensin II receptor antagonist with apparent partial PPAR $\delta$  receptor agonist properties (prohibited under S4.5.b), was added to the Monitoring Program to assess the abuse of this substance.

\* Meldonium, a drug with potential cardiac effects, was added to the Monitoring Program to assess the abuse of this substance.



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