

**WORLD RAW POWERLIFTING FEDERATION/ WRPF  
WORLD EQUIPPED POWERLIFTING FEDERATION/ WEPF**



# **PROHIBITED LIST**

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# CONTENT

<b>CATEGORY 0. NON-APPROVED SUBSTANCES</b>	3
<b>CATEGORY 1. ANABOLIC AGENTS</b>	4
<b>CATEGORY 2. PEPTIDE HORMONES, GROWTH FACTORS AND RELATED SUBSTANCES</b>	6
<b>CATEGORY 3. HORMONE AND METABOLIC MODULATORS</b>	7
<b>CATEGORY 4. DIURETICS AND MASKING AGENTS</b>	8
<b>CATEGORY 5. STIMULANTS</b>	9
<b>CATEGORY 6. GLUCOCORTICOIDS</b>	10
<b>CATEGORY 7. NARCOTICS</b>	11
<b>CATEGORY 8. CANNABINOIDS</b>	12
<b>PROHIBITED METHODS</b>	13

## **CATEGORY 0. 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.

## CATEGORY 1. 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); 1-Androsterone (3 $\alpha$ -hydroxy-5 $\alpha$ -androst-1-ene-17-one); 1-Testosterone (17 $\beta$ -hydroxy-5 $\alpha$ -androst-1-en-3-one); 4-Hydroxytestosterone (4,17 $\beta$ -dihydroxyandrost-4-en-3-one); Bolandiol (estr-4-ene-3 $\beta$ ,17 $\beta$ -diol); Bolasterone; 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; S0 S1 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); Mibolerone; Norboletone; Norclostebol; Norethandrolone; Oxabolone; Oxandrolone; Oxymesterone; Oxymetholone; Prostanazol (17 $\beta$ -[(tetrahydropyran-2-yl)oxy]-1'Hpyrazolo[3,4:2,3]-5 $\alpha$ -androstan-3-one); Quinbolone; Stanazolol; Stenbolone; 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:*

19-Norandrostenediol (estr-4-ene-3,17-diol); 19-Norandrostenedione (estr-4-ene-3,17-dione); Androstanolone (5 $\alpha$ -dihydrotestosterone, 17 $\beta$ -hydroxy-5 $\alpha$ -androstan-3-one); Androstenediol (androst-5-ene-3 $\beta$ ,17 $\beta$ -diol); Androstenedione (androst-4-ene-3,17-dione); Boldenone; Boldione (androsta-1,4-diene-3,17-dione); Nandrolone (19-nortestosterone); Prasterone (dehydroepiandrosterone, DHEA, 3 $\beta$ -hydroxyandrost-5-en-17-one); Testosterone; and their metabolites and isomers, including but not limited to: 3 $\beta$ -Hydroxy-5 $\alpha$ -androstan-17-one; 5 $\alpha$ -Androst-2-ene-17-one; 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; 7 $\alpha$ -Hydroxy-DHEA; 7 $\beta$ -Hydroxy-DHEA; 4-Androstenediol (androst-4-ene-3 $\beta$ , 17 $\beta$ -diol); 5-Androstenedione (androst-5-ene-3,17-dione); 7-Keto-DHEA; 19-Norandrosterone; 19-Noretiocholanolone; 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; Androsterone; Epi-dihydrotestosterone; Epitestosterone; Etiocholanolone.

### 2. Other anabolic agents, including, but not limited to:

Clenbuterol, selective androgen receptor modulators (SARMs, e.g. andarine, LGD-4033, ostarine and RAD140), 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.

## **CATEGORY 2. PEPTIDE HORMONES, GROWTH FACTORS AND RELATED SUBSTANCES**

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

### **1. Peptide Hormones and Hormone Modulators,**

1.1 Chorionic Gonadotrophin (CG) and Luteinizing Hormone (LH) and their releasing factors, e.g. Buserelin, deslorelin, gonadorelin, goserelin, leuprorelin, nafarelin and triptorelin, in males;

1.2 Corticotrophins and their releasing factors, e.g. Corticorelin;

1.3 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. ghrelin and ghrelin mimetics, e.g. anamorelin, ipamorelin and tabimorelin; GH-Releasing Peptides (GHRPs), e.g. alexamorelin, GHRP-1, GHRP-2 (pralmorelin), GHRP-3, GHRP-4, GHRP-5, GHRP-6, and hexarelin.

### **2. Growth Factors and Growth Factor Modulators, including, but not limited to:**

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); Thymosin- $\beta$ 4 and its derivatives e.g. TB-500; Vascular-Endothelial Growth Factor (VEGF).

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

## **CATEGORY 3. HORMONE AND METABOLIC MODULATORS**

The following hormone and metabolic modulators are prohibited:

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

4-Androstene-3,6,17 trione (6-oxo); Aminoglutethimide; Anastrozole; Androsta-1,4,6-triene-3,17-dione (androstatrienedione); S3 S4 5 Androsta-3,5-diene-7,17-dione (arimistane); Exemestane; Formestane; Letrozole; Testolactone.

### **2. Selective estrogen receptor modulators (SERMs) including, but not limited to:**

Raloxifene; Tamoxifen; Toremifene

### **3. Other anti-estrogenic substances including, but not limited to:**

Clomifene; Cyclofenil; 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, 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);

5.2 Insulins and insulin-mimetics;

5.3 Trimetazidine.

## **CATEGORY 4. 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).

Diuretics include:

Amiloride, Acetazolamide, bumetanide, vaptans, indapamide, canrenone, metolazone, spironolactone, thiazides (e.g. bendroflumethiazide, chlorothiazide and hydrochlorothiazide), triamterene, furosemide, torasemide, chlorthalidone, ethacrynic acid.



## CATEGORY 5. 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; Benzylpiperazine; Bromantan; Clobenzorex; Cocaine; Cropropamide; Crotetamide; Fencamine; Fenetylline; Fenfluramine; Fenproporex; Fonturacetam [4-phenylpiracetam (carphedon)]; Furfenorex; Lisdexamfetamine; Mefenorex; Mephentermine; Mesocarb; Metamfetamine(d-); p-methylamphetamine; Modafinil; Norfenfluramine; Phendimetrazine; Phentermine; Prenylamine; Prolintane.

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

### **b: Specified Stimulants. Including, but not limited to:**

1,3-Dimethylbutylamine; 4-Methylhexan-2-amine (methylhexaneamine); 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 (parahydroxyamphetamine); Isometheptene; Levmetamfetamine; Meclofenoxate; Methylenedioxymethamphetamine; Methylephedrine; Methylphenidate; Nikethamide; Norfenefrine; Octopamine; Oxilofrine (methysynephrine); Pemoline; Pentetrazol; Phenethylamine and its derivatives; Phenmetrazine; Phenpromethamine; Propylhexedrine; Pseudoephedrine; 8 Selegiline; Sibutramine; Strychnine; Tenamfetamine (methylenedioxyamphetamine); Tuaminoheptane;

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

## **CATEGORY 6. GLUCOCORTICOIDS**

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

Including but not limited to:

Betamethasone; Budesonide; Cortisone; Deflazacort; Dexamethasone; Fluticasone; Hydrocortisone; Methylprednisolone; Prednisolone; Prednisone; Triamcinolone.

## **CATEGORY 7. NARCOTICS**

Prohibited:

Buprenorphine; Dextromoramide; Diamorphine (heroin); Fentanyl and its derivatives; Hydromorphone; Methadone; Morphine; Oxycodone; Oxymorphone; Pentazocine; Pethidine.

## **CATEGORY 8. CANNABINOIDS**

The following cannabinoids are prohibited:

- Natural cannabinoids, e.g. cannabis, hashish and marijuana, • Synthetic cannabinoids e.g.  $\Delta^9$ -tetrahydrocannabinol (THC) and other cannabimimetics.

Except:

- Cannabidiol.

# **PROHIBITED METHODS**

## **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 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.