

Art. 2. De referentierentevoet op een periode van 25 jaar voor de ziekenhuizen, bedoeld bij artikel 9, § 2, van het bovenvermelde besluit van de Regering van de Franse Gemeenschap, wordt vastgesteld op 2,58%.

Art. 3. De referentierentevoet op een periode van 20 jaar voor de ziekenhuizen, bedoeld bij artikel 9, § 2, van het bovenvermelde besluit van de Regering van de Franse Gemeenschap, wordt vastgesteld op 2,16%.

Art. 4. De referentierentevoet op een periode van 10 jaar voor de ziekenhuizen, bedoeld bij artikel 9, § 2, van het bovenvermelde besluit van de Regering van de Franse Gemeenschap, wordt vastgesteld op 1,53%.

Art. 5. Dit besluit is van toepassing op de berekening van de verblijfkosten voor 2019.

Art. 6. Dit besluit heeft uitwerking met ingang van 1 januari 2020.

Brussel, 28 januari 2020.

Fr. DAERDEN
V. GLATIGNY

**DEUTSCHSPRACHIGE GEMEINSCHAFT
COMMUNAUTE GERMANOPHONE — DUITSTALIGE GEMEENSCHAP**

MINISTERIUM DER DEUTSCHSPRACHIGEN GEMEINSCHAFT

[2020/200782]

**31. OKTOBER 2019 — Erlass der Regierung zur Festlegung
der Liste der verbotenen Stoffe und Methoden im Sport für das Jahr 2020**

DIE REGIERUNG DER DEUTSCHSPRACHIGEN GEMEINSCHAFT,

Aufgrund des Dekrets vom 22. Februar 2016 zur Bekämpfung des Dopings im Sport, Artikel 11;
Aufgrund des Erlasses der Regierung vom 17. März 2016 zur Ausführung des Dekrets vom 22. Februar 2016 zur Bekämpfung des Dopings im Sport, Artikel 2 § 2;

Aufgrund der koordinierten Gesetze über den Staatsrat vom 12. Januar 1973, Artikel 3 § 1;

Auf Vorschlag der Ministerin für Sport;

Nach Beratung,

Beschließt:

Artikel 1. Die in Artikel 11 Absatz 1 des Dekrets vom 22. Februar 2016 zur Bekämpfung des Dopings im Sport erwähnte Liste der verbotenen Stoffe und Methoden ist im Anhang aufgeführt.

Art. 2. Der Sportrat der Deutschsprachigen Gemeinschaft erhält eine Abschrift des vorliegenden Erlasses.

Art. 3. Der vorliegende Erlass tritt am 1. Januar 2020 in Kraft.

Eupen, den 31. Oktober 2019

Für die Regierung der Deutschsprachigen Gemeinschaft,

Der Ministerpräsident

O. PAASCH

Die Ministerin für Kultur und Sport,

Beschäftigung und Medien

I. WEYKMANS

ANHANG

Liste der verbotenen Stoffe und Methoden 2020

THE WORLD ANTI-DOPING CODE
**INTERNATIONAL
STANDARD**



PROHIBITED LIST

JANUARY 2020



The official text of the *Prohibited List* shall be maintained by WADA and shall be published in English and French.
In the event of any conflict between the English and French versions, the English version shall prevail.

This List shall come into effect on 1 January 2020

SUBSTANCES & 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, S4.4, S4.5, 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 (5 α -androst-1-ene-3 β ,17 β -diol);
 1-Androstenedione (5 α -androst-1-ene-3,17-dione);
 1-Androsterone (3 α -hydroxy-5 α -androst-1-ene-17-one);
1-Epiandrosterone (3 β -hydroxy-5 α -androst-1-ene-17-one);
1-Testosterone (17 β -hydroxy-5 α -androst-1-en-3-one);
4-Androstenediol (androst-4-ene-3 β ,17 β -diol);
4-Hydroxytestosterone (4,17 β -dihydroxyandrost-4-en-3-one);
5-Androstenedione (androst-5-ene-3,17-dione);
7 α -hydroxy-DHEA;
7 β -hydroxy-DHEA;
7-Keto-DHEA;
19-Norandrostenediol (estr-4-ene-3,17-diol);
 19-Norandrostenedione (estr-4-ene-3,17-dione);
Androstanolone (5 α -dihydrotestosterone, 17 β -hydroxy-5 α -androstan-3-one);
 Androstenediol (androst-5-ene-3 β ,17 β -diol);
 Androstenedione (androst-4-ene-3,17-dione);
Bolasterone;
 Boldenone;
 Boldione (androsta-1,4-diene-3,17-dione);

Calusterone;
 Clostebol;
Danazol ([1,2]oxazololo[4',5':2,3]pregna-4-en-20-yn-17 α -ol);
 Dehydrochlormethyltestosterone (4-chloro-17 β -hydroxy-17 α -methylandrosta-1,4-dien-3-one);
 Desoxymethyltestosterone (17 α -methyl-5 α -androst-2-en-17 β -ol and 17 α -methyl-5 α -androst-3-en-17 β -ol);
 Drostanolone;
Epiandrosterone (3 β -hydroxy-5 α -androstan-17-one);
 Epi-dihydrotestosterone (17 β -hydroxy-5 β -androstan-3-one);
 Epitestosterone;
 Ethylestrenol (19-norpregna-4-en-17 α -ol);
Fluoxymesterone;
 Formebolone;
 Furazabol (17 α -methyl [1,2,5]oxadiazolo[3',4':2,3]-5 α -androstan-17 β -ol);
Gestrinone;
Mestanolone;
 Mesterolone;
 Metandienone (17 β -hydroxy-17 α -methylandrosta-1,4-dien-3-one);
 Metenolone;
 Methandriol;
 Methasterone (17 β -hydroxy-2 α ,17 α -dimethyl-5 α -androstan-3-one);
 Methyl-1-testosterone (17 β -hydroxy-17 α -methyl-5 α -androst-1-en-3-one);
 Methylclostebol;
 Methyldienolone (17 β -hydroxy-17 α -methylestra-4,9-dien-3-one);
 Methylnortestosterone (17 β -hydroxy-17 α -methylestr-4-en-3-one);
 Methyltestosterone;
 Metribolone (methyltrienolone, 17 β -hydroxy-17 α -methylestra-4,9,11-trien-3-one);
 Mibolerone;
Nandrolone (19-nortestosterone);
 Norboletone;

Norclostebol (4-chloro-17 β -ol-estr-4-en-3-one);
 Norethandrolone;
Oxabolone;
 Oxandrolone;
 Oxymesterone;
 Oxymetholone;
Prasterone (dehydroepiandrosterone, DHEA,
 3 β -hydroxyandrost-5-en-17-one);
 Prostanazol (17 β -[[tetrahydropyran-2-yl]oxy]-1'H-
 pyrazolo[3,4:2,3]-5 α -androstane);
Quinbolone;
Stanozolol;
 Stenbolone;
Testosterone;
 Tetrahydrogestrinone (17-hydroxy-18 α -homo-19-nor-17 α -
 pregna-4,9,11-trien-3-one);
 Trenbolone (17 β -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.
 Darbepoetins (dEPO);
 Erythropoietins (EPO);
 EPO based constructs [e.g. EPO-Fc, methoxy polyeth-
 ylene 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] signalling 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:

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- β 4 and its derivatives e.g. TB-500;
Vascular-Endothelial Growth Factor (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.

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;
Higenamine;
Indacaterol;
Olodaterol;
Procaterol;
Reproterol;
Salbutamol;
Salmeterol;
Terbutaline;
Tretoquinol (trimetoquinol);
Tulobuterol;
Vilanterol.

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 of 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-Androst-enol** (5 α -androst-2-en-17-ol);
- 2-Androst-enone (5 α -androst-2-en-17-one);
- 3-Androst-enol** (5 α -androst-3-en-17-ol);
- 3-Androst-enone (5 α -androst-3-en-17-one);
- 4-Androst-ene-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);
- Exemestane**;
- Formestane**;
- Letrozole**;
- Testolactone**.

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

- Bazedoxifene**;
- Ospemifene**;
- Raloxifene**;
- Tamoxifen**;
- Toremifene.

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

- Clomifene**;
- Cyclofenil;
- Fulvestrant**.

4. Agents preventing activin receptor IIB activation including, but not limited, to:

- Activin A-neutralizing antibodies**;
- Activin receptor IIB competitors such as:
 - Decoy activin receptors (e.g. ACE-031);
 - Anti-activin receptor IIB antibodies (e.g. Bimagrumab);
- Myostatin inhibitors** such as:
 - Agents reducing or ablating myostatin expression;
 - Myostatin-binding proteins (e.g. Follistatin, myostatin propeptide);
 - Myostatin-neutralizing 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 (PPAR δ) 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:

- Drosiprenone; pamabrom; and ophthalmic 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 *Sample*.
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 technologies.
2. The use of normal or genetically modified cells.

SUBSTANCES & 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;
Benfluorex;
 Benzylpiperazine;
 Bromantan;
Clobenzorex;
 Cocaine;
 Cropropamide;
 Crotetamide;
Fencamine;
 Fenetylline;
 Fenfluramine;
 Fenproporex;
 Fonturacetam [4-phenylpiracetam (carphedon)];
 Furfenorex;
Lisdexamfetamine;
Mefenorex;
 Mephentermine;
 Mesocarb;
 Metamfetamine(*d*-);
 p-methylamfetamine;
 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:

3-Methylhexan-2-amine (1,2-dimethylpentylamine);
4-Methylhexan-2-amine (methylhexaneamine);
 4-Methylpentan-2-amine (1,3-dimethylbutylamine);
5-Methylhexan-2-amine (1,4-dimethylpentylamine);
Benzfetamine;
Cathine**;
 Cathinone and its analogues, e.g. mephedrone, methedrone, and α - pyrrolidinovalerophenone;
Dimetamfetamine (dimethylamphetamine);
Ephedrine***;
 Epinephrine**** (adrenaline);
 Etamivan;
 Etilamfetamine;
 Etilefrine;
Famprofazone;
 Fenbutrazate;
 Fencamfamin;
Heptaminol;
 Hydroxyamfetamine (parahydroxyamphetamine);
Isometheptene;
Levmetamfetamine;
Meclofenoxate;
 Methylendioxyamphetamine;
 Methylephedrine***;
 Methylphenidate;
Nikethamide;
 Norfenefrine;
Octodrine (1,5-dimethylhexylamine);
 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:

- Clonidine;
- Imidazole derivatives for dermatological, nasal or ophthalmic use and those stimulants included in the 2020 Monitoring Program*.

* Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol, and synephrine: These substances are included in the 2020 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.

S7 NARCOTICS

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

Buprenorphine;
Dextromoramide;
Diamorphine (heroin);
Fentanyl and its derivatives;
Hydromorphone;
Methadone;
Morphine;
Nicomorphine;
Oxycodone;
Oxymorphone;
Pentazocine;
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;
Cortisone;
Deflazacort;
Dexamethasone;
Fluticasone;
Hydrocortisone;
Methylprednisolone;
Prednisolone;
Prednisone;
Triamcinolone.

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)*
- Automobile (FIA)
- Billiards (all disciplines) (WCBS)
- Darts (WDF)
- Golf (IGF)
- Shooting (ISSF, IPC)*
- 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.

*Also prohibited *Out-of-Competition*

Including, but not limited to:

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

www.wada-ama.org



Gesehen, um dem Erlass der Regierung vom 31. Oktober 2019 zur Festlegung der Liste der verbotenen Stoffe und Methoden im Sport für das Jahr 2020 beigelegt zu werden.

Eupen, den 31. Oktober 2019

Für die Regierung der Deutschsprachigen Gemeinschaft,

Der Ministerpräsident

O. PAASCH

Die Ministerin für Kultur und Sport, Beschäftigung und Medien

I. WEYKMANS

TRADUCTION

MINISTERE DE LA COMMUNAUTE GERMANOPHONE

[2020/200782]

**31 OCTOBRE 2019. — Arrêté du Gouvernement arrêtant la
liste des substances et méthodes interdites dans le sport pour l'année 2020**

Le Gouvernement de la Communauté germanophone,

Vu le décret du 22 février 2016 relatif à la lutte contre le dopage dans le sport, l'article 11;

Vu l'arrêté du Gouvernement du 17 mars 2016 portant exécution du décret du 22 février 2016 relatif à la lutte contre le dopage dans le sport, l'article 2, § 2;

Vu les lois coordonnées sur le Conseil d'État du 12 janvier 1973, l'article 3, § 1^{er};

Sur la proposition de la Ministre compétente en matière de Sport;

Après délibération,

Arrête :

Article 1^{er}. La liste des interdictions mentionnée à l'article 11, alinéa 1^{er}, du décret du 22 février 2016 relatif à la lutte contre le dopage dans le sport figure en annexe.

Art. 2. Le Conseil du sport de la Communauté germanophone reçoit une copie du présent arrêté.

Art. 3. Le présent arrêté entre en vigueur le 1^{er} janvier 2020.

Eupen, le 31 octobre 2019

Pour le Gouvernement de la Communauté germanophone,

Le Ministre-Président,

O. PAASCH

Le Ministre de la Culture et du Sport, de l'Emploi et des Médias,

I. WEYKMANS

ANNEXE

Liste des substances et méthodes interdites 2020

THE WORLD ANTI-DOPING CODE
**INTERNATIONAL
STANDARD**



PROHIBITED LIST

JANUARY 2020



The official text of the *Prohibited List* shall be maintained by WADA and shall be published in English and French.
In the event of any conflict between the English and French versions, the English version shall prevail.

This List shall come into effect on 1 January 2020

SUBSTANCES & 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, S4.4, S4.5, 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 (5 α -androst-1-ene-3 β ,17 β -diol);
 1-Androstenedione (5 α -androst-1-ene-3,17-dione);
 1-Androsterone (3 α -hydroxy-5 α -androst-1-ene-17-one);
1-Epiandrosterone (3 β -hydroxy-5 α -androst-1-ene-17-one);
1-Testosterone (17 β -hydroxy-5 α -androst-1-en-3-one);
4-Androstenediol (androst-4-ene-3 β ,17 β -diol);
4-Hydroxytestosterone (4,17 β -dihydroxyandrost-4-en-3-one);
5-Androstenedione (androst-5-ene-3,17-dione);
7 α -hydroxy-DHEA;
7 β -hydroxy-DHEA;
7-Keto-DHEA;
19-Norandrostenediol (estr-4-ene-3,17-diol);
 19-Norandrostenedione (estr-4-ene-3,17-dione);
Androstanolone (5 α -dihydrotestosterone, 17 β -hydroxy-5 α -androstan-3-one);
 Androstenediol (androst-5-ene-3 β ,17 β -diol);
 Androstenedione (androst-4-ene-3,17-dione);
Bolasterone;
 Boldenone;
 Boldione (androsta-1,4-diene-3,17-dione);

Calusterone;
 Clostebol;
Danazol ([1,2]oxazolol[4',5':2,3]pregna-4-en-20-yn-17 α -ol);
 Dehydrochlormethyltestosterone (4-chloro-17 β -hydroxy-17 α -methylandrosta-1,4-dien-3-one);
 Desoxymethyltestosterone (17 α -methyl-5 α -androst-2-en-17 β -ol and 17 α -methyl-5 α -androst-3-en-17 β -ol);
 Drostanolone;
Epiandrosterone (3 β -hydroxy-5 α -androstan-17-one);
 Epi-dihydrotestosterone (17 β -hydroxy-5 β -androstan-3-one);
 Epitestosterone;
 Ethylestrenol (19-norpregna-4-en-17 α -ol);
Fluoxymesterone;
 Formebolone;
 Furazabol (17 α -methyl [1,2,5]oxadiazolo[3',4':2,3]-5 α -androstan-17 β -ol);
Gestrinone;
Mestanolone;
 Mesterolone;
 Metandienone (17 β -hydroxy-17 α -methylandrosta-1,4-dien-3-one);
 Metenolone;
 Methandriol;
 Methasterone (17 β -hydroxy-2 α ,17 α -dimethyl-5 α -androstan-3-one);
 Methyl-1-testosterone (17 β -hydroxy-17 α -methyl-5 α -androst-1-en-3-one);
 Methylclostebol;
 Methyldienolone (17 β -hydroxy-17 α -methylestra-4,9-dien-3-one);
 Methylnortestosterone (17 β -hydroxy-17 α -methylestr-4-en-3-one);
 Methyltestosterone;
 Metribolone (methyltrienolone, 17 β -hydroxy-17 α -methylestra-4,9,11-trien-3-one);
 Mibolerone;
Nandrolone (19-nortestosterone);
 Norboletone;

Norclostebol (4-chloro-17 β -ol-estr-4-en-3-one);
 Norethandrolone;
Oxabolone;
 Oxandrolone;
 Oxymesterone;
 Oxymetholone;
Prasterone (dehydroepiandrosterone, DHEA,
 3 β -hydroxyandrost-5-en-17-one);
 Prostanazol (17 β -[[tetrahydropyran-2-yl]oxy]-1'H-
 pyrazolo[3,4:2,3]-5 α -androstane);
Quinbolone;
Stanozolol;
 Stenbolone;
Testosterone;
 Tetrahydrogestrinone (17-hydroxy-18 α -homo-19-nor-17 α -
 pregna-4,9,11-trien-3-one);
 Trenbolone (17 β -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.
 Darbepoetins (dEPO);
 Erythropoietins (EPO);
 EPO based constructs [e.g. EPO-Fc, methoxy polyeth-
 ylene 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) signalling 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:

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- β 4 and its derivatives e.g. TB-500;
Vascular-Endothelial Growth Factor (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.

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;
Higenamine;
Indacaterol;
Olodaterol;
Procatamol;
Reproterol;
Salbutamol;
Salmeterol;
Terbutaline;
Tretoquinol (trimetoquinol);
Tulobuterol;
Vilanterol.

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 of 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-Androst-enol** (5 α -androst-2-en-17-ol);
- 2-Androst-enone (5 α -androst-2-en-17-one);
- 3-Androst-enol** (5 α -androst-3-en-17-ol);
- 3-Androst-enone (5 α -androst-3-en-17-one);
- 4-Androst-ene-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);
- Exemestane**;
- Formestane**;
- Letrozole**;
- Testolactone**.

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

- Bazedoxifene**;
- Ospemifene**;
- Raloxifene**;
- Tamoxifen**;
- Toremifene.

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

- Clomifene**;
- Cyclofenil;
- Fulvestrant**.

4. Agents preventing activin receptor IIB activation including, but not limited, to:

- Activin A-neutralizing antibodies**;
- Activin receptor IIB competitors such as:
 - Decoy activin receptors (e.g. ACE-031);
 - Anti-activin receptor IIB antibodies (e.g. Bimagrumab);
- Myostatin inhibitors** such as:
 - Agents reducing or ablating myostatin expression;
 - Myostatin-binding proteins (e.g. Follistatin, myostatin propeptide);
 - Myostatin-neutralizing 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 (PPAR δ) 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:

- Drosiprenone; pamabrom; and ophthalmic 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 *Sample*.
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 technologies.
2. The use of normal or genetically modified cells.

SUBSTANCES & 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;
Amphetamine;
Amfetaminil;
Amiphenazole;
Benfluorex;
Benzylpiperazine;
Bromantan;
Clobenzorex;
Cocaine;
Cropropamide;
Crotetamide;
Fencamine;
Fenetylline;
Fenfluramine;
Fenproporex;
Fonturacetam [4-phenylpiracetam (carphedon)];
Furfenorex;
Lisdexamfetamine;
Mefenorex;
Mephentermine;
Mesocarb;
Metamphetamine(*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:

3-Methylhexan-2-amine (1,2-dimethylpentylamine);
4-Methylhexan-2-amine (methylhexaneamine);
4-Methylpentan-2-amine (1,3-dimethylbutylamine);
5-Methylhexan-2-amine (1,4-dimethylpentylamine);
Benzfetamine;
Cathine**;
Cathinone and its analogues, e.g. mephedrone, methedrone, and α - pyrrolidinovalerophenone;
Dimetamphetamine (dimethylamphetamine);
Ephedrine***;
Epinephrine**** (adrenaline);
Etamivan;
Etilamphetamine;
Etilefrine;
Famprofazone;
Fenbutrazate;
Fencamfamin;
Heptaminol;
Hydroxyamphetamine (parahydroxyamphetamine);
Isometheptene;
Levmetamphetamine;
Meclofenoxate;
Methylenedioxymethamphetamine;
Methylephedrine***;
Methylphenidate;
Nikethamide;
Norfenefrine;
Octodrine (1,5-dimethylhexylamine);
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:

- Clonidine;
- Imidazole derivatives for dermatological, nasal or ophthalmic use and those stimulants included in the 2020 Monitoring Program*.

* Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol, and synephrine: These substances are included in the 2020 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.

S7 NARCOTICS

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

Buprenorphine;
 Dextromoramide;
 Diamorphine (heroin);
 Fentanyl and its derivatives;
 Hydromorphone;
 Methadone;
 Morphine;
 Nicomorphine;
 Oxycodone;
 Oxymorphone;
 Pentazocine;
 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;
 Cortisone;
 Deflazacort;
 Dexamethasone;
 Fluticasone;
 Hydrocortisone;
 Methylprednisolone;
 Prednisolone;
 Prednisone;
 Triamcinolone.

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)*
- Automobile (FIA)
- Billiards (all disciplines) (WCBS)
- Darts (WDF)
- Golf (IGF)
- Shooting (ISSF, IPC)*
- 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.

*Also prohibited *Out-of-Competition*

Including, but not limited to:

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

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Vu pour être annexé à l'arrêté du Gouvernement du 31 octobre 2019 arrêtant la liste des substances et méthodes interdites dans le sport pour l'année 2020.

Eupen, le 31 octobre 2019.

Pour le Gouvernement de la Communauté germanophone,

Le Ministre-Président

O. PAASCH

Ministre de la Culture et du Sport, de l'Emploi et des Médias

I. WEYKMANS

VERTALING

MINISTERIE VAN DE DUITSTALIGE GEMEENSCHAP

[2020/200782]

31 OKTOBER 2019. — Besluit van de Regering tot vastlegging van de lijst van de verboden stoffen en methoden in de sport voor het jaar 2020

De Regering van de Duitstalige Gemeenschap,

Gelet op het decreet van 22 februari 2016 betreffende de bestrijding van doping in de sport, artikel 11;

Gelet op het besluit van de Regering van 17 maart 2016 tot uitvoering van het decreet van 22 februari 2016 betreffende de bestrijding van doping in de sport, artikel 2, § 2;

Gelet op de wetten op de Raad van State, gecoördineerd op 12 januari 1973, artikel 3, § 1;

Op de voordracht van de Minister van Sport,

Na beraadslaging,

Besluit :

Artikel 1. De lijst van de verboden stoffen en methoden bedoeld in artikel 11, eerste lid, van het decreet van 22 februari 2016 betreffende de bestrijding van doping in de sport is opgenomen in de bijlage.

Art. 2. De Sportraad van de Duitstalige Gemeenschap ontvangt een afschrift van dit besluit.

Art. 3. Dit decreet treedt in werking op 1 januari 2020.

Eupen, 31 oktober 2019.

Voor de Regering van de Duitstalige Gemeenschap,

De Minister-President,

O. PAASCH

De Minister van Cultuur en Sport, Werkgelegenheid en Media,

I. WEYKMANS

Bijlage:
Lijst van de verboden stoffen en methoden 2020

THE WORLD ANTI-DOPING CODE
**INTERNATIONAL
STANDARD**



PROHIBITED LIST

JANUARY 2020



The official text of the *Prohibited List* shall be maintained by WADA and shall be published in English and French.
In the event of any conflict between the English and French versions, the English version shall prevail.

This List shall come into effect on 1 January 2020

SUBSTANCES & 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, S4.4, S4.5, 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 (5 α -androst-1-ene-3 β ,17 β -diol);
 1-Androstenedione (5 α -androst-1-ene-3,17-dione);
 1-Androsterone (3 α -hydroxy-5 α -androst-1-ene-17-one);
1-Epiandrosterone (3 β -hydroxy-5 α -androst-1-ene-17-one);
1-Testosterone (17 β -hydroxy-5 α -androst-1-en-3-one);
4-Androstenediol (androst-4-ene-3 β ,17 β -diol);
4-Hydroxytestosterone (4,17 β -dihydroxyandrost-4-en-3-one);
5-Androstenedione (androst-5-ene-3,17-dione);
7 α -hydroxy-DHEA;
7 β -hydroxy-DHEA;
7-Keto-DHEA;
19-Norandrostenediol (estr-4-ene-3,17-diol);
 19-Norandrostenedione (estr-4-ene-3,17-dione);
Androstanolone (5 α -dihydrotestosterone, 17 β -hydroxy-5 α -androstan-3-one);
 Androstenediol (androst-5-ene-3 β ,17 β -diol);
 Androstenedione (androst-4-ene-3,17-dione);
Bolasterone;
 Boldenone;
 Boldione (androsta-1,4-diene-3,17-dione);

Calusterone;
 Clostebol;
Danazol ([1,2]oxazolol[4',5':2,3]pregna-4-en-20-yn-17 α -ol);
 Dehydrochlormethyltestosterone (4-chloro-17 β -hydroxy-17 α -methylandrosta-1,4-dien-3-one);
 Desoxymethyltestosterone (17 α -methyl-5 α -androst-2-en-17 β -ol and 17 α -methyl-5 α -androst-3-en-17 β -ol);
 Drostanolone;
Epiandrosterone (3 β -hydroxy-5 α -androstan-17-one);
 Epi-dihydrotestosterone (17 β -hydroxy-5 β -androstan-3-one);
 Epitestosterone;
 Ethylestrenol (19-norpregna-4-en-17 α -ol);
Fluoxymesterone;
 Formebolone;
 Furazabol (17 α -methyl [1,2,5]oxadiazolo[3',4':2,3]-5 α -androstan-17 β -ol);
Gestrinone;
Mestanolone;
 Mesterolone;
 Metandienone (17 β -hydroxy-17 α -methylandrosta-1,4-dien-3-one);
 Metenolone;
 Methandriol;
 Methasterone (17 β -hydroxy-2 α ,17 α -dimethyl-5 α -androstan-3-one);
 Methyl-1-testosterone (17 β -hydroxy-17 α -methyl-5 α -androst-1-en-3-one);
 Methylclostebol;
 Methyldienolone (17 β -hydroxy-17 α -methylestra-4,9-dien-3-one);
 Methylnortestosterone (17 β -hydroxy-17 α -methylestr-4-en-3-one);
 Methyltestosterone;
 Metribolone (methyltrienolone, 17 β -hydroxy-17 α -methylestra-4,9,11-trien-3-one);
 Mibolerone;
Nandrolone (19-nortestosterone);
 Norboletone;

Norclostebol (4-chloro-17 β -ol-estr-4-en-3-one);
 Norethandrolone;
Oxabolone;
 Oxandrolone;
 Oxymesterone;
 Oxymetholone;
Prasterone (dehydroepiandrosterone, DHEA,
 3 β -hydroxyandrost-5-en-17-one);
 Prostanazol (17 β -[[tetrahydropyran-2-yl]oxy]-1'H-
 pyrazolo[3,4:2,3]-5 α -androstane);
Quinbolone;
Stanozolol;
 Stenbolone;
Testosterone;
 Tetrahydrogestrinone (17-hydroxy-18 α -homo-19-nor-17 α -
 pregna-4,9,11-trien-3-one);
 Trenbolone (17 β -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.
 Darbepoetins (dEPO);
 Erythropoietins (EPO);
 EPO based constructs [e.g. EPO-Fc, methoxy polyeth-
 ylene 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) signalling 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:

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- β 4 and its derivatives e.g. TB-500;
Vascular-Endothelial Growth Factor (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.

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;
Higenamine;
Indacaterol;
Olodaterol;
Procaterol;
Reproterol;
Salbutamol;
Salmeterol;
Terbutaline;
Tretoquinol (trimetoquinol);
Tulobuterol;
Vilanterol.

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 of 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-Androst-enol** (5 α -androst-2-en-17-ol);
- 2-Androst-enone (5 α -androst-2-en-17-one);
- 3-Androst-enol** (5 α -androst-3-en-17-ol);
- 3-Androst-enone (5 α -androst-3-en-17-one);
- 4-Androst-ene-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);
- Exemestane**;
- Formestane**;
- Letrozole**;
- Testolactone**.

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

- Bazedoxifene**;
- Ospemifene**;
- Raloxifene**;
- Tamoxifen**;
- Toremifene.

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

- Clomifene**;
- Cyclofenil;
- Fulvestrant**.

4. Agents preventing activin receptor IIB activation including, but not limited, to:

- Activin A-neutralizing antibodies**;
- Activin receptor IIB competitors such as:
 - Decoy activin receptors (e.g. ACE-031);
 - Anti-activin receptor IIB antibodies (e.g. Bimagrumab);
- Myostatin inhibitors** such as:
 - Agents reducing or ablating myostatin expression;
 - Myostatin-binding proteins (e.g. Follistatin, myostatin propeptide);
 - Myostatin-neutralizing 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 (PPAR δ) 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:

- Drosiprenone; pamabrom; and ophthalmic 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 *Sample*.
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 technologies.
2. The use of normal or genetically modified cells.

SUBSTANCES & 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;
Benfluorex;
 Benzylpiperazine;
 Bromantan;
Clobenzorex;
 Cocaine;
 Cropropamide;
 Crotetamide;
Fencamine;
 Fenetylline;
 Fenfluramine;
 Fenproporex;
 Fonturacetam [4-phenylpiracetam (carphedon)];
 Furfenorex;
Lisdexamfetamine;
Mefenorex;
 Mephentermine;
 Mesocarb;
 Metamfetamine(*d*-);
 p-methylamfetamine;
 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:

3-Methylhexan-2-amine (1,2-dimethylpentylamine);
4-Methylhexan-2-amine (methylhexaneamine);
 4-Methylpentan-2-amine (1,3-dimethylbutylamine);
5-Methylhexan-2-amine (1,4-dimethylpentylamine);
Benzfetamine;
Cathine**;
 Cathinone and its analogues, e.g. mephedrone, methedrone, and α - pyrrolidinovalerophenone;
Dimetamfetamine (dimethylamphetamine);
Ephedrine***;
 Epinephrine**** (adrenaline);
 Etamivan;
 Etilamfetamine;
 Etilefrine;
Famprofazone;
 Fenbutrazate;
 Fencamfamin;
Heptaminol;
 Hydroxyamfetamine (parahydroxyamphetamine);
Isometheptene;
Levmetamfetamine;
Meclofenoxate;
 Methylendioxyamphetamine;
 Methylephedrine***;
 Methylphenidate;
Nikethamide;
 Norfenefrine;
Octodrine (1,5-dimethylhexylamine);
 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:

- Clonidine;
- Imidazole derivatives for dermatological, nasal or ophthalmic use and those stimulants included in the 2020 Monitoring Program*.

* Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol, and synephrine: These substances are included in the 2020 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.

S7 NARCOTICS

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

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

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.

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)*
- Automobile (FIA)
- Billiards (all disciplines) (WCBS)
- Darts (WDF)
- Golf (IGF)
- Shooting (ISSF, IPC)*
- 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.

*Also prohibited *Out-of-Competition*

Including, but not limited to:

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

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Gezien om te worden gevoegd bij het besluit van de Regering van 31 oktober 2019 tot vastlegging van de lijst van de verboden stoffen en methoden in de sport voor het jaar 2020.
Eupen, 31 oktober 2019.

Voor de Regering van de Duitstalige Gemeenschap,
De Minister-President,
O. PAASCH
De Minister van Cultuur en Sport,
Werkgelegenheid en Media,
I. WEYKMANS

REGION WALLONNE — WALLONISCHE REGION — WAALS GEWEST

SERVICE PUBLIC DE WALLONIE

[2020/201107]

13 FEVRIER 2020. — Arrêté du Gouvernement wallon portant approbation des règlements d'ordre intérieur du Comité de gestion et Conseil de suivi financier de la Caisse publique wallonne d'allocations familiales

Le Gouvernement wallon,

Vu le décret du 8 février 2018 relatif à la gestion et au paiement des prestations familiales, l'article 33;

Considérant le règlement d'ordre intérieur approuvé par le Comité de gestion le 6 décembre 2019;

Considérant le règlement d'ordre intérieur approuvé par le Conseil de suivi financier le 16 décembre 2019;

Sur la proposition de la Ministre en charge des allocations familiales;

Après délibération,

Arrête :

Article 1^{er}. Le règlement d'ordre intérieur du Comité de gestion de la Caisse publique wallonne d'allocations familiales, joint en annexe 1 du présent arrêté, est approuvé.

Art. 2. Le règlement d'ordre intérieur du Conseil de suivi financier de la Caisse publique wallonne d'allocations familiales, joint en annexe 2 du présent arrêté, est approuvé.