

WADA's 2019 List of Prohibited Substances and Methods published

02 October 2018, Monaco: The World Anti-Doping Agency (WADA) has published the 2019 List of Prohibited Substances and Methods (List); the 2019 Summary of Major Modifications and Explanatory Notes; and the 2019 Monitoring Program. The List, approved by WADA's Executive Committee, comes into force on 1 January 2019.

The List, which is one of six International Standards are mandatory for all Signatories of the World Anti-Doping Code (Code), defines what substances and methods are prohibited both in- and out-of-competition, and which substances are banned in particular sports.

The List is released three months ahead of it taking effect so that athletes and their support personnel can familiarise themselves with any modifications. Ultimately, athletes are responsible for the substances in their body and the methods on the List; and, athlete support personnel are also liable for anti-doping rule violations if determined to be complicit.

If there is any doubt as to the status of a substance or method, it is important that athletes or support personnel contact the [Athletics Integrity Unit](#) for advice.

For more information [click here](#).

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NOTES TO EDITORS

About the Athletics Integrity Unit

The Athletics Integrity Unit (AIU) is the independent body that manages all doping and non-doping integrity- related matters for the sport of athletics. The remit of the AIU includes anti-doping, the pursuit of individuals engaged in age or competition results manipulation, investigating fraudulent behavior with regards to transfers of allegiance, and detecting other misconduct including bribery and breaches of betting rules. It is the AIU's role to drive cheats out of our sport, and to do everything within its power to support honest athletes around the world who dedicate their lives to reaching their sporting goals through dedication and hard work.