

WADA 2022 PROHIBITED LIST: MAJOR CHANGES

Effective from 1 January 2022

Each year, the World Anti-Doping Agency updates the [List of Prohibited Substances and Methods](#) which are banned for use within sport. There have been important changes to the use of cortisone (and other glucocorticoids), asthma medication salbutamol, and the addition of a new risky supplement ingredient BPC-157.

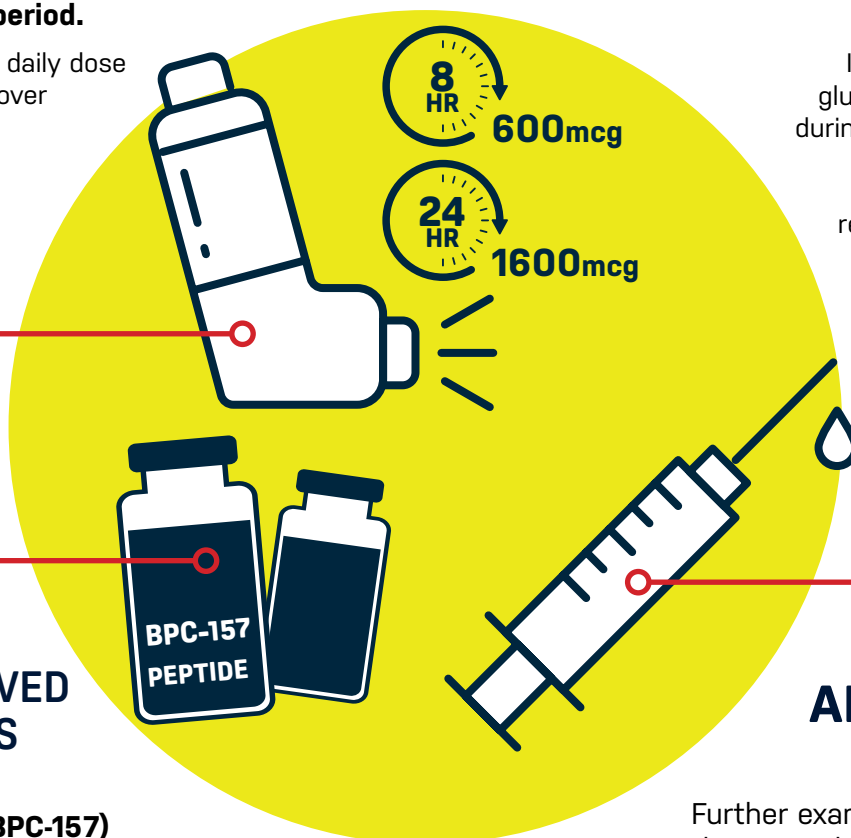


S3

BETA-2 AGONISTS

Permitted doses of **inhaled salbutamol** have been modified to **600 micrograms over any 8-hour period**.

The total permitted daily dose (1,600 micrograms over 24-hours) remains unchanged.



S0

NON-APPROVED SUBSTANCES

Body Protecting Compound 157 (BPC-157) has been added to the prohibited list.

Athletes should remain vigilant for any supplements that market BPC-157 as it is not approved for human consumption.

S9

GLUCOCORTICOIDS

All injections of glucocorticoids (like cortisone) are prohibited in-competition.

If an athlete needs a glucocorticoid injection during the in-competition period, they should check whether they require an in-advance Therapeutic Use Exemption.

Athletes and doctors should use the Sport Integrity App to check if this applies to them.



ADDITIONAL CHANGES



Further examples of prohibited substances have been added to various categories.

The full list of changes can be found on the [WADA website](#).

For further information on how to comply with the new glucocorticoid regulations, please refer to Sport Integrity Australia's [Glucocorticoid TUE Policy](#).



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