PANAM SPORTS DOPING CONTROL GUIDE
FOR THE LIMA 2019 PAN AMERICAN GAMES
Content

2. Purpose of the Doping Control Guide .......................................................... 3
3. About the Anti-Doping Control ................................................................. 4
   a) Biological Passport Application ....................................................... 4
   b) Laboratory ................................................................................. 4
4. Prohibited Substances ............................................................................ 4
5. Medication Use ...................................................................................... 5
6. Supplement Use .................................................................................... 5
7. Therapeutic Use Exemption (TUE) .......................................................... 5
   a) Prior to the Games ..................................................................... 6
   b) Games-time ............................................................................. 6
8. Whereabouts Information ........................................................................ 7
9. Information Exchange Through Secure Databases .................................. 7
10. Resolving Pending Cases Involving Possible Anti-doping Rule Violations ............................................. 7
11. WADA Outreach Program .................................................................... 8
12. WADA Independent Observer Program ................................................ 8
14. No-needle Policy .................................................................................. 9
15. Forms .................................................................................................. 9
16. Annex .................................................................................................. 10
   16.1 TUE form .................................................................................. 10
   16.2 The Needle Policy ...................................................................... 15
   16.3 The Prohibited List ...................................................................... 16

1. Governance of the Lima 2019 Pan American Games Anti-doping Program

The Pan American Sports Organization (Panam Sports) is in charge of the management of the doping control program for the Lima 2019 Pan American Games, from the opening of the Athletes’ Village on July 19, 2019, to the Closing Ceremony on August 11, 2019.

The Panam Sports Medical Commission and the Lima 2019 Pan American Games Organizing Committee (COPAL) will be responsible for the planning, coordination and execution of the processes necessary to carry out anti-doping controls during the Games.

Panam Sports is signatory to the World Anti-Doping Code that establishes strict and mandatory international guidelines to ensure the fight against doping in sports. The Panam Sports Rules are complemented by the International Standards of the World Anti-Doping Agency (WADA) and outline different anti-doping rule violations and a detailed result management process following a possible anti-doping rule violation.

The Panam Sports Rules will apply to the Games from the opening of the Athletes’ Village until its closing date. Athletes registered in the Games may be tested at any time during this period, regardless of their location, upon request of the Panam Sports Medical Commission. All participants (athletes and athlete support personnel) accept the Panam Sports Rules as a condition of participation and are presumed to have agreed to fully comply with them.

For the purposes of the Lima 2019 Pan American Games, the Control and Result Management Authority will be Panam Sports. The Sample Collection Authority will be CONAD-Peru.

The person responsible for enforcing the provisions set forth in the Panam Sports Rules will be the Panam Sports Medical Commission President or a representative appointed by him/her. The Panam Sports Rules can be found at https://www.lima2019.pe/programa-antidopaje

2. Purpose of the Doping Control Guide

The main purpose is to provide support for the athlete, the National Olympic Committee (NOC) and the International Federation (IF) based on a clear understanding of the implementation of the rules and procedures for the doping control during the Lima 2019 Pan American Games.

All competing athletes and support personnel must be aware of the fight against doping and follow the regulations of this guide. As a condition of participation in the Games, all athletes undertake to comply with these rules.
3. About the Anti-Doping Control

Doping controls may be carried out during the Games at any time and in any location by collecting urine and/or blood samples. As set out in the World Anti-Doping Code, the types of tests for these Games will be IN-COMPETITION and OUT-OF-COMPETITION. Prohibited substances both in-competition and out-of-competition will be tested for in the requested lab analyses, as indicated in the 2019 WADA Prohibited List. The term “in-competition” is defined as the period commencing twelve hours before a Competition in which the Athlete is scheduled to participate through the end of such Competition and the Sample collection process related to such Competition. In order to obtain further information about the current Prohibited List visit:

https://www.lima2019.pe/programa-antidopaje
https://www.wada-ama.org/en/resources/science-medicine/prohibited-list-documents

A) BIOLOGICAL PASSPORT APPLICATION

The National Olympic Committees (NOCs), Regional or National Anti-doping Organizations (RADOs/NADOs) or International Federations (IFs) that wish to collect samples from athletes to analyze their Biological Passports must seek prior approval of the Panam Sports Medical Commission, which will evaluate the relevance of the request. In such cases the Anti-doping Organization requesting the controls will be responsible for the result management, unless otherwise indicated by WADA, the IF or Panam Sports.

B) LABORATORY

Collected samples will be analyzed in a WADA-accredited laboratory. Results are typically provided within 48 to 72 hours after the laboratory has received the samples. More time may be needed for those samples requiring additional analysis or those with abnormal results. Some samples may be subject to analysis after the Closing Ceremony, without prejudice to the start of the result management process in case of adverse analytical findings. Any anti-doping rule violation discovered as a result of that analysis will be handled according to the Panam Sports Rules.

4. Prohibited Substances

The 2019 WADA Prohibited List contains the substances and methods prohibited for the Lima 2019 Pan American Games. If the 2019 Prohibited List is modified during the Games, the WADA website version will prevail. It can be found at

https://www.lima2019.pe/programa-antidopaje
https://www.wada-ama.org/en/resources/science-medicine/prohibited-list-documents

All athletes and athlete support personnel must be familiar with the 2019 Prohibited List.

5. Medication Use

The athlete is responsible for determining if a substance that he/she is using or considering using is prohibited or not. Athletes are strongly advised to continuously check the status of all medications with their team doctors. If further clarification is required during the Games, the athlete must check with the NOC Physician.

When bringing medication into Peru, all NOCs must be familiar with the import process of medications, pharmaceutical products and medical equipment that are detailed on the Lima 2019 Medical Care Guide and the NOC Chefs de Mission Manual.

6. Supplement Use

Extreme caution is recommended regarding supplement use.

The use of dietary supplements by athletes is highly risky since the manufacturing and labeling of supplements in many countries may not follow strict manufacturing or storage practices, as is required for medications. As a result, a supplement might contain declared or undeclared prohibited substances.

A significant number of adverse analytical findings have been attributed to the misuse of supplements. Taking a mislabeled dietary supplement is not an appropriate defense at a hearing. Athletes are encouraged to check with a specialist before taking supplements.

The athlete or athlete support personnel is solely responsible for using supplements before and after the Lima 2019 Games.

7. Therapeutic Use Exemption (TUE)

The Panam Sports Medical Commission will be responsible for the regulation of Therapeutic Use Exemptions (TUE), which will be published on the Lima 2019 website. If the medication that an athlete takes to treat an illness or medical condition falls under 2019 the Prohibited List, said athlete must apply for a Therapeutic Use Exemption (TUE) to take the necessary medication.

The TUE application form can be downloaded from:

https://www.lima2019.pe/programa-antidopaje
A) PRIOR TO THE GAMES

It is expected that all athletes competing at the Lima 2019 Pan American Games who need a TUE have requested it to the corresponding Anti-doping Organization, so that the TUE is provided a day before the opening of the Athletes’ Village at the latest. Before the Games, athletes must determine whether they are considered as international-level athletes by their International Federation (IF). If so, they must send a request to their IF; otherwise, they must submit the TUE request to their National Anti-doping Organization (NADO) or the Regional Anti-doping Organization of their country of origin.

NOCs are encouraged to:

- Be proactive in assisting their athletes in verifying the status of medications.
- Discuss the risks associated to supplement use with athletes.
- Identify, along with the athlete’s physician, therapeutic use alternatives to prohibited medications when possible.
- Assist athletes in submitting legible and complete TUE application forms in a timely manner (at least one month before the start of Games) to the corresponding Anti-doping Organization, with supporting medical documentation.

The Medical Commission of PANAM SPORTS requires that, when ordering, be delivered all the TUE’s valid of all athletes competing in the XVIII Pan American Games Lima 2019. This includes the application, any medical documentation that justifies and the certificate of TUE. Also, the NOCs must have available a copy of the certificate of TUE valid in the games. If the NADO, IF or the NOC does not use the system of management and administration Anti-doping (ADAMS) of WADA, may submit the TUE to the medical commission of PANAM SPORTS by email to caut@lima2019.pe, 30 days before to the beginning of the event.

The Panam Sports Medical Commission reserves the right to recognize the TUE issued by other anti-doping organizations.

B) GAMES-TIME

The Panam Sports Medical Commission will only consider a retroactive TUE for approval, as detailed on the International Standard for Therapeutic Use Exemptions (ISTUE).

Retroactive TUE requests must be submitted immediately to the Panam Sports Medical Commission in a mailbox located in the Athletes’ Village Polyclinic.

A copy of the TUE request form can be downloaded from https://www.lima2019.pe/programa-antidopaje

8. Whereabouts Information

The effectiveness of the anti-doping control programs largely depends on accurate and complete athlete whereabouts information.

Consequently, the Panam Sports Medical Commission requires all NOCs to:

- Ensure that athletes who belong to an IF/National Registered Testing Pool (RTP) have provided accurate and detailed whereabouts information to the respective anti-doping organization.
- Provide timely information on travel schedules, specific rooming allocation list and training schedules for the Games.

These components are essential to locate athletes in order to perform controls that are not associated with a competition.

If the information received from NOCs is incomplete or if NOCs refrain from sharing information with the Panam Sports and Lima 2019 Medical Commissions, the Panam Sports Medical Commission has the right to request NOCs to provide more detailed whereabouts information. NOCs are responsible for being familiar with ADAMS use and may learn more about it at wada-ama.org/en/ADAMS/.

9. Information Exchange Through Secure Databases

The Panam Sports Medical Commission welcomes temporary access to national/IF anti-doping databases other than ADAMS to obtain both TUE and whereabouts information of athletes competing at the Lima 2019 Games. Access will be available in Games-time. Anti-doping organizations wishing to share information this way must send an email to antidopaje@lima2019.pe

10. Resolving Pending Cases Involving Possible Anti-doping Rule Violations

The Panam Sports Medical Commission appreciates every effort made by NOCs, anti-doping organizations and IFs to ensure that pending cases involving possible anti-doping rule violations committed by athletes or athlete support personnel, who intend to participate in the Lima 2019 Pan American Games, are resolved before athletes validate their Games accreditation cards.

Any issue related to pending results management must be reported to antidopaje@lima2019.pe
11. WADA Outreach Program

The WADA Outreach Program has developed into an effective means of reaching out and educating both athletes and their entourage on the dangers and consequences of doping. An outreach booth will be available at the Athletes’ Village, where competitors can approach anti-doping experts from around the world. A key aspect for the success of the Outreach Program is the one-on-one interaction that athletes, coaches and officials will have with anti-doping experts. The program will include a variety of educational materials and an interactive functional questionnaire.

12. WADA Independent Observer Program

The WADA Independent Observer Program improves the confidence of athletes and the public during main events by observing all doping control phases and result management processes and reporting their findings in a neutral and impartial manner.

A team of WADA Independent Observers will observe the doping control operations during the Games and will regularly work with the Lima 2019 and Panam Sports Medical Commissions to provide feedback.


All doping control procedures will be implemented in accordance with the WADA International Standard for Testing and Investigations (ISTI). The ISTI can be found here: https://www.wada-ama.org/en/resources/science-medicine/prohibited-list-documents.

The following information complements ISTI requirements:

- All detailed sampling procedures of the Panam Sports Medical Commission comply with the ISTI.

The control process details are available on the Urine and Blood Sampling Guide of the Lima 2019 Pan American Games

https://www.lima2019.pe/programa-antidopaje

14. No-needle Policy

The Lima 2019 Pan American Games will implement the "No-needle Policy" for all participating athletes.

(i) Needles can only be used by:

- Medically professionals accredited and certified by Lima 2019 for the clinically justified treatment of injuries, illnesses or other medical conditions (for which a valid TUE may be required), or
- Those requiring an auto-injection therapy for an established medical condition with a valid TUE that has been timely declared by the corresponding NOC. It is the responsibility of each athlete, their entourage and each National Olympic Committee to ensure compliance with this Policy.

The complete needle use policy is detailed on the Medical Care Guide.

15. Forms

The forms used by athletes during the doping control process can be checked in detail on the Urine and Blood Sampling Guide (Annexes).
FORMULARIO DE SOLICITUD DE AUTORIZACIÓN
USO TERAPÉUTICO (AUT)
Therapeutic Use Exemptions (TUE) application form

Por favor complete todas las secciones en letras mayúsculas o a máquina. El deportista debe completar las secciones 1, 5, 6 y 7; el médico debe completar las secciones 2, 3 y 4. Las solicitudes ilegibles o incompletas se devolverán y se deberán presentar nuevamente de forma legible y completa.

Please complete all sections in capital letters or typing. Athlete to complete sections 1, 5, 6 and 7; physician to complete sections 2, 3 and 4. Illegible or incomplete applications will be returned and will need to be re-submitted in legible and complete form.

1. INFORMACIÓN DEL DEPORTISTA / ATHLETE INFORMATION:

Apellido: ____________________________
Surname: ____________________________

Nombres: ____________________________
Given Names: _________________________

Organización Deportiva Nacional o Internacional:
International or National Sport Organization:

Si el deportista tiene alguna discapacidad, por favor indíquela:
If you are an Athlete with an impairment, please indicate the impairment:

2. INFORMACIÓN MÉDICA (CONTÍNUE EN UNA HOJA APARTE SI ES NECESARIO)/
MEDICAL INFORMATION (CONTINUE ON SEPARATE SHEET IF NECESSARY)

Diagnóstico / Diagnosis:

________________________________________
________________________________________
________________________________________
________________________________________

Comentario / Comments

Los elementos que confirman el diagnóstico deben ser anexados y enviados con esta solicitud. Las pruebas médicas deben incluir un historial médico completo y los resultados de todos los exámenes pertinentes, investigaciones de laboratorio y estudios de imágenes. Las copias de los informes o cartas originales deben ser incluidas cuando sea posible. Las pruebas deben ser lo más objetivas posibles teniendo en cuenta las circunstancias clínicas. En el caso de condiciones no demostrables, opiniones médicas independientes respaldarán esta solicitud.

Evidence confirming the diagnosis shall be attached and forwarded with this application. The medical evidence must include a comprehensive medical history and the results of all relevant examinations, laboratory investigations and imaging studies. Copies of the original reports or letters should be included when possible. Evidence should be as objective as possible in the clinical circumstances. In the case of non-demonstrable conditions, independent supporting medical opinion will assist this application.

WADA mantiene una serie de guías para apoyar a los médicos en preparar y completar las solicitudes de AUT. Estas guías de AUT para los médicos se encuentran disponibles ingresando el término de búsqueda “Medical information” en el sitio web de WADA: https://www.wada-ama.org. Las guías dirigen el diagnóstico y tratamiento de un número de condiciones médicas que comúnmente afectan a los atletas y requieren tratamiento con sustancias prohibidas.

WADA maintains a series of guidelines to assist physicians in the preparation of complete and thorough TUE applications. These TUE Physician Guidelines can be accessed by entering the search term “Medical Information” on the WADA website: https://www.wada-ama.org. The guidelines address the diagnosis and treatment of a number of medical conditions commonly affecting athletes, and requiring treatment with prohibited substances.
3. DETALLES DE LA MEDICACIÓN / MEDICATION DETAILS

<table>
<thead>
<tr>
<th>Sustancia(s) prohibida(s)</th>
<th>Dosis</th>
<th>Vía de administración</th>
<th>Frecuencia</th>
<th>Duración del tratamiento</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nombre Genérico</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

4. DECLARACIÓN DEL MÉDICO / MEDICAL PRACTITIONER’S DECLARATION

Nombre / Name:

Dirección / Address:

Tel: ________________________

Fax: ________________________

E-mail: ________________________

Firma del médico:
Signature of Medical Practitioner: ________________________

Fecha: ________________________

Certifico que la información que figura en las secciones 2 y 3 anteriores, es precisa y que el tratamiento arriba mencionado es médicamente apropiado. / I certify that the information at sections 2 and 3 above is accurate, and that the above-mentioned treatment is medically appropriate.

Especialidad Médica / Medical specialty:

5. SOLICITUDES RETROACTIVAS / RETROACTIVE APPLICATIONS

¿Es ésta una solicitud retroactiva? / Is this a retroactive application?

Sí / Yes: [ ]

No / No: [ ]

Si la respuesta es afirmativa, ¿en qué fecha comenzó el tratamiento? / If yes, on what date was treatment started?

Indique el motivo / Please indicate reason:

- [ ] Fue necesario un tratamiento de emergencia o tratamiento de una condición médica aguda / Emergency treatment or treatment of an acute medical condition was necessary
- [ ] Debido a otras circunstancias excepcionales, no hubo tiempo ni oportunidades suficientes para presentar una solicitud, antes de la recogida de muestras / Due to other exceptional circumstances, there was insufficient time or opportunity to submit an application prior to sample collection
- [ ] No se requiere una solicitud anticipada, según las normas aplicables / Advance application not required under applicable rules
- [ ] Otro / Other

Especifique / Please explain:

¿Ha presentado previamente alguna solicitud de AUT / Have you submitted any previous TUE application(s)?

Sí / Yes: [ ]

No / No: [ ]

¿Para qué sustancia o método / For which substance or method?

¿Para quién / To whom?

¿Cuándo / When?

Decisión / Decision: Aprobada / Approved [ ]

No aprobada / Not approved [ ]
7. DECLARACIÓN DEL DEPORTISTA / ATHLETE’S DECLARATION

Yo, certifico que la información de las secciones 1, 5 y 6 es exacta. Autorizo la divulgación de información médica personal a la Organización Antidopaje (ADO), así como al personal de la ADO, al CAUT de la ADO (Comité de Autorización de Uso Terapéutico) y a otras CAUT de ADO y personal autorizado, que tenga derecho a conocer esta información de acuerdo con el Código Mundial Antidopaje y/o el Estándar Internacional para Autorizaciones de Uso Terapéutico.

Yo autorizo a mi(s) médico(s) a facilitar a las personas anteriores cualquier información médica que consideren necesaria con el fin de examinar y decidir acerca de mi solicitud.

Yo entiendo que esta información solo se utilizará para evaluar mi solicitud de AUT y en el contexto de posibles investigaciones y procedimientos de infracciones de las normas antidopaje. Entiendo que si alguna vez deseo: (1) obtener más información sobre el uso de mis datos médicos, (2) ejercer mi derecho de acceso y rectificación, o (3) revocar el derecho de estas organizaciones a obtener información médica sobre mi, debo notificar a mi médico y a mi ADO por escrito de ese hecho. Entiendo y acepto que puedo ser necesario que la información relacionada con una AUT presentada antes de revocar mi consentimiento sea conservada con el único propósito de establecer una posible infracción de las normas antidopaje, conforme a las exigencias del Código Mundial Antidopaje.

Yo consentí que la decisión relativa a esta solicitud se ponga a disposición de todas las Organizaciones Antidopaje u otras organizaciones con potestad, para realizar controles y/o para realizar la gestión de resultados.

Yo entiendo y acepto que los destinatarios de mi información y de la decisión relativa a esta solicitud puedan encontrarse fuera del país en el que resido. En algunos de estos países, las leyes de privacidad y de protección de datos pueden no ser equivalentes a las de mi país de residencia.

Yo entiendo que tengo la posibilidad de presentar una reclamación a la AMA o al TAD si yo considero que mi información personal no se utiliza de acuerdo con este consentimiento y con el Estándar Internacional para la Privacidad y la Información Personal.

I certify that the information set out at sections 1, 5 and 6 is accurate. I authorize the release of personal medical information to the Anti-Doping Organization (ADO) as well as to WADA authorized staff, to the WADA TUEC (Therapeutic Use Exemption Committee) and to other ADD TUEC’s and authorized staff that may have a right to this information under the World Anti-Doping Code (“Code”) and/or the International Standard for Therapeutic Use Exemptions.

I consent to my physician(s) releasing to the above persons any health information that they deem necessary in order to consider and determine my application.

I understand that my information will only be used for evaluating my TUE request and in the context of potential anti-doping rule violation investigations and procedures. I understand that if I ever wish to (1) obtain more information about the use of my health information; (2) exercise my right of access and correction; or (3) revoke the right of these organizations to obtain my health information, I must notify my medical practitioner and my ADO in writing of that fact. I understand and agree that it may be necessary for TUE-related information submitted prior to revoking my consent to be retained for the sole purpose of establishing a possible anti-doping rule violation, where this is required by the Code. I consent to the decision on this application being made available to all ADOs, or other organizations, with Testing authority and/or results management authority over me.

I understand and accept that the recipients of my information and of the decision on this application may be located outside the country where I reside. In some of these countries, data protection and privacy laws may not be equivalent to those in my country of residence.

I understand that if I believe that my Personal Information is not used in accordance with this consent and the International Standard for the Protection of Privacy and Personal Information, I can file a complaint to WADA or CAS.

Una lectura natural del texto proporcionado no revela ninguna información que solicite en el marco de la discusión de la planificación de un documento legal. Por lo tanto, el texto aquí proporcionado es una transcripción que incluye la declaración del deportista (athlete’s declaration) y la política de agujas (needle policy) en contextos especiales como los Juegos Parapanamericanos y Panamericanos de Lima 2019, que no es relevante para el contexto de esta pregunta. La política de agujas es específica y está dirigida a la dispensación de medicamentos, a menudo en el contexto de problemas de salud que pueden afectar a los atletas en competencia. Este documento está diseñado para garantizar la seguridad y el cumplimiento de las normas antidopaje relevantes. El resumen del documento incluye la firma del padre o tutor del deportista, la firma del deportista, la firma del médico y la firma del administrador de la inyección. La firma del deportista debe ser realizada por la persona que administra la inyección. El formulario incluye información sobre la solicitud, la fecha y el lugar de la inyección, la sustancia a ser inyectada, entre otros detalles. El formulario también incluye un espacio para la firma del deportista, el padre o tutor, el médico y el administrador de la inyección. En algunos casos, se solicitará la firma del deportista en un idioma diferente al inglés, para garantizar la comprensión y el consentimiento informado. En algunos países, se requiere la firma de un padre o tutor para garantizar que el consentimiento es informado. El formulario incluye un espacio para la firma del deportista en su idioma nativo. El formulario también incluye un espacio para la firma del deportista en su idioma nativo. El formulario incluye un espacio para la firma del deportista en su idioma nativo. El formulario incluye un espacio para la firma del deportista en su idioma nativo.
16.3. THE PROHIBITED LIST:

THE WORLD ANTI-DOPING CODE
INTERNATIONAL STANDARD

PROHIBITED LIST
JANUARY 2019

16.3. THE PROHIBITED LIST:

THE WORLD ANTI-DOPING CODE
INTERNATIONAL STANDARD

PROHIBITED LIST
JANUARY 2019

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

IN ACCORDANCE WITH ARTICLE 4.2 OF THE WORLD ANTI-DOPING CODE, ALL PROHIBITED SUBSTANCES SHALL BE CONSIDERED AS “SPECIFIED SUBSTANCES” EXCEPT SUBSTANCES IN CLASSES 51, 52, 54 A, 54 B, 56 A, AND PROHIBITED METHODS M1, M2 AND M3.

NON-APPROVED SUBSTANCES
Any pharmacological substance which is not approved by any of the competent regulatory health authorities for human therapeutic use & g. drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use is prohibited at all times.

ANABOLIC AGENTS
Anabolic agents are prohibited.

1. ANABOLIC ANDROGENIC STEROIDS (AAS)
a. Exogenous AAS, including:
   1-Androstenolone [1a-androst-1-one-3β]-ol, 1-Androstenedione [1a-androst-1-one-3,17-one], 1-Androstenone [1a-hydroxy-17β-androst-1-one], 1-Testosterone [17β-hydroxy-17α-androst-4-en-3-one],
   Bolasterone, Cisterterone, Clostebol, Dianabol [1,2-diazabicyclo[2.2.2]octane-6,5'-2',3'-pregn-4-en-20-yn-17β-ol], Dihydrotestosterone [4-chloro-17β-hydroxy-17α-methyltestosterone-1,4-dien-3-one], Desoxymethyltestosterone [17α-methyl-17β-androst-2-4-en-17β-ol] and 17α-methyl-17β-androst-3-en-17β-ol), Drostanolone, Ethylnormethyltestosterone, Nandrolone, Norboleone, Norethandrolone, Oxandrolone, Oxymetholone, Prostanolone [17β-(3-bromo-4-chlorophenyl-2-yloxy)-17β-hydroxy-4- androsten-3-one], Quinabolone, Stanzerol, Stanozolol, Testolone, Testosteron [17β-hydroxy-17α-homo-19-nor-17α-pregn-4-en-11-one-3-one], Trenbolone [17β-hydroxy-19-nor-17α-pregn-4-en-11-one-3-one], Trenbolone [17β-hydroxy-19-nor-17α-pregn-4-en-11-one-3-one], and other substances with a similar chemical structure or similar biological effects.

b. Endogenous AAS, including:
   1-Androstenolone [1a-androst-1-one-3β]-ol, 1-Androstenedione [1a-androst-1-one-3,17-one], 1-Androstenone [1a-hydroxy-17β-androst-1-one], 1-Testosterone [17β-hydroxy-17α-androst-4-en-3-one],
   Bolasterone, Cisterterone, Clostebol, Dianabol [1,2-diazabicyclo[2.2.2]octane-6,5'-2',3'-pregn-4-en-20-yn-17β-ol], Dihydrotestosterone [4-chloro-17β-hydroxy-17α-methyltestosterone-1,4-dien-3-one], Desoxymethyltestosterone [17α-methyl-17β-androst-2-4-en-17β-ol] and 17α-methyl-17β-androst-3-en-17β-ol), Drostanolone, Ethylnormethyltestosterone, Nandrolone, Norboleone, Norethandrolone, Oxandrolone, Oxymetholone, Prostanolone [17β-(3-bromo-4-chlorophenyl-2-yloxy)-17β-hydroxy-4- androsten-3-one], Quinabolone, Stanzerol, Stanozolol, Testolone, Testosteron [17β-hydroxy-17α-homo-19-nor-17α-pregn-4-en-11-one-3-one], Trenbolone [17β-hydroxy-19-nor-17α-pregn-4-en-11-one-3-one], Trenbolone [17β-hydroxy-19-nor-17α-pregn-4-en-11-one-3-one], and other substances with a similar chemical structure or similar biological effects.
2. OTHER ANABOLIC AGENTS

*Including, but not limited to:
- Clomabulin, selective androgen receptor modulators (SAMHs, e.g. andriand, DOD-403, enobosarm (ostarine) and RAD140, tibolone, zarasin, and ziptoten.

Par purposes of this section:
- *Exogenous* refers to a substance which is not ordinarily produced by the body naturally.
HORMONE AND METABOLIC MODULATORS

The following hormone and metabolic modulators are prohibited:

1. Aromatase inhibitors including, but not limited to:
   2-Androstenol (e.g. androst-2-ene-17-ol),
   2-Androstenone (e.g. androst-2-ene-17-one),
   3-Androstenol (e.g. androst-3-ene-17-ol),
   3-Androstenone (e.g. androst-3-ene-17-one),
   4-Androsten-3,17-dione (e.g. 4-androstenedione),
   Aminoglutethimide,
   Anastrozole,
   Anastrozole-1,4,4-triene-3,17-dione (anastrozolenedione),
   Anastrozole-3,5-diene-3,17-dione (anastrozole),
   Enemorme,
   Femtexone,
   Letrozole,
   Testolactone.

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

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

4. Agents preventing activation of the AMP-activated protein kinase (AMPK), e.g. AICAR, 5’-AMP, and Pimelic Acid Progestin Activated Receptor 6 (PARR) agonists, e.g. 2-(3-methyl-4-isoxazol-4-yl)-3-(4-fluoromethyl)phenyl(4-hydroxy-3-methylphenoxy)acetic acid (GW1516, GW1516A).

5. Metabolic modulators:
   5.1 Activators of the AMP-activated protein kinase (AMPK), e.g. AICAR, 5’-AMP, and Pimelic Acid Progestin Activated Receptor 6 (PARR) agonists, e.g. 2-(3-methyl-4-isoxazol-4-yl)-3-(4-fluoromethyl)-phenyl(4-hydroxy-3-methylphenoxy)acetic acid (GW1516, GW1516A).
   5.2 Insulin and insulin-mimetics,
   5.3 Melanotan,
   5.4 Thrombodrene.

DIURETICS AND MASKING AGENTS

The following diuretics and masking agents are prohibited, as are other substances with a similar chemical structure or similar biological effects.

Including, but not limited to:
- Diuretics; plasma expanders;
- e.g. diuretics, intravenous administration of albumin, dextran, hydroxyethyl starch and mannitol;
- Acesulfamide, amiloride, bumetanide, canrenone, chlorothalidone, etacrynic acid, furosemide, indapamide, metolazone, spironolactone, thiazides, e.g. bendroflumethiazide, chlorothiazide and hydrochlorothiazide; triamterene and spironolactone; e.g. tolvaptan.

Except:
- Drospirenone, pimobendan, and opthalmic use of carbonic anhydrase inhibitors (e.g. dorzolamide, brinzolamide);
- Local administration of aminoguanidine in dental anesthesia.

The detection in an Athlete’s Sample at all times or In-Competition, as applicable, of any substance of the following substances subject to threshold limits: metformin, salbutamol, caffeine, ephedrine, methyldopamine, methylenedioxymethamphetamine, 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.

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.

3. Providing, but not limited to:
   - Porphyrin derivates, etapropranol (PSR1-3) and modified haemoglobin products, e.g. haemoglobin-based blood substitutes and microencapsulated haemoglobin products, excluding supplemental oxygen by inhalation.
   - Any form of intravascular manipulation of the blood or blood components by physical or chemical means.

CHEMICAL AND PHYSICAL MANIPULATION

Tampering, or Attempting to Tamper, to alter the integrity and validity of Samples collected during Doping Control, including, but not limited to:

1. Unnatural alteration 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.

GENE AND CELL DOPING

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

1. The use of polymers of nucleic acids or nucleic acid analogues.

2. The use of gene editing agents designed to alter genome sequences and/or the transcriptional or epigenetic regulation of gene expression.

3. The use of normal or genetically modified cells.
SUBSTANCES & METHODS PROHIBITED INS COMPETITION

IN ADDITION TO THE Classes 50 TO 55 AND M1 TO M5 DEFINED ABOVE, THE FOLLOWING CLASSES ARE PROHIBITED IN-COMPETITION

PROHIBITED SUBSTANCES

STIMULANTS

All stimulants, including all optical isomers, e.g. d- and L- where relevant, are prohibited.

Stimulants include:

- Non-Specified Stimulants:
  - Amphetamines,
  - Amphetamine,
  - Methamphetamine,
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**BETA-BLOCKERS**

Beta-blockers are prohibited In-Competition only, in the following sports, and also prohibited Out-of-Competition where indicated:

- Archery (IAA)
- Automobile (FIA)
- Billiards (all disciplines) (WCBIS)
- Darts (WDF)
- Golf (EGF)
- Shooting (ISSF, IPC)
- Skiing/Snowboarding (FIS) in ski jumping, freestyle aerials/halfpipe and snowboard halfpipe/Big Air
- Underwater sports (OMAS) 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:

- Atenolol
- Alprenolol
- Atomolol
- Bucindolol
- Buventolol
- Carvediolol
- Celiprolol
- Esmolol
- Labetalol
- Metoprolol
- Metiprolol
- Nadolol
- Orgenolol
- Pindolol
- Propranolol
- Sorbital
- Timolol

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