



Dear Friends,

The 2018 Prohibited List of Substances and Methods, released by the World Anti-Doping Agency (WADA) is now available on the [WADA website](#) and the [ITTF Anti-Doping webpage](#).

It takes effect on Monday, 1st January 2018.

Although the 2018 List does not present major change for the sport of table tennis, it is essential that all players and support personnel whether coaches, physicians, or doctors attached to clubs or teams, consult the list as well as the closely related [2018 Summary of Major Modifications and Explanatory Notes](#).

Notably:

- several substances have been namely added as examples in the various classes of substances,
- S3-beta-2 agonists (prohibited at all times): the dosing parameters of permitted inhaled salbutamol were revised to make it clear that divided doses of salbutamol may not exceed 800 micrograms over any 12 hours, starting from any dose.
- S8-Cannabinoids (prohibited In-Competition): cannabidiol is no longer prohibited. however, cannabidiol extracted from cannabis plants may also contain varying concentrations of THC, which remains a prohibited substance.

As always, Players are strongly advised to be very cautious if deciding to use any supplement product.

If in doubt contact Françoise Dagouret, ITTF Anti-Doping Manager at fdagouret@ittf.com or your [National Anti-Doping Organization \(NADO\)](#).

Françoise works in close cooperation with the ITTF Anti-Doping Chief Dr. Shiro Matsuo. Both take this opportunity to thank all ITTF National Federations for their support and commitment in promoting doping-free table tennis, and invite you to regularly browse on the [ITTF Anti-Doping webpage](#). There you will find not only the latest updated rules and regulations, but also useful tips and advice helping, for example, to promote proactive values-based behaviours or avoid inadvertent doping. In addition, your comments and questions will be always welcome.

Thanks a lot for your attention on these very important matters.

Best regards,

Miran Kondric, PhD

ITTF Sports Science and Medical Committee Chairman

INTERNATIONAL TABLE TENNIS FEDERATION

a: Gortanova 22, 1000 Ljubljana, Slovenia

t: +386 1 520 77 37 | **f:** +386 1 520 77 40

e: miran.kondric@fsp.uni-lj.si | **w:** [ITTf.com](http://www.ittf.com)

<http://www.ittfssc2017.com>