



AFL PROHIBITED TREATMENTS LIST

Pursuant to clause 11.2(a)(i) of the AFL Anti-Doping Code and without limiting the WADA Prohibited List, the General Counsel determines that the following Treatments are AFL Prohibited Treatments

- 1) Any Treatment involving use of a therapeutic good that is not listed or registered on the Australian Register of Therapeutic Goods, unless approved by the AFL.
- 2) Peptides GHRP-2, GHRP-6, CJC 1295, AOD 9604, Hexarelin, Ipamorelin, Sermorelin and related substances. If there is doubt regarding the status of a peptide, approval should be sought from the AFL.
- 3) Any experimental treatment or treatment as part of a research project, unless approved by the AFL.
- 4) The following single item or category substances:
 - a) Cerebrolysin
 - b) Tribulus
 - c) Prohormones
 - d) Caffeine > 4mg/Kg dose
 - e) Intravenous Vitamin C
 - f) Intravenous anti-oxidants
 - g) TA65
- 5) Notwithstanding the foregoing, the following Treatments are specifically excluded from the AFL Prohibited Treatments List:
 - a) All foods, confectionary, juices and cosmetics
 - b) Glucose
 - c) Natural sources of caffeine in food or beverage (not added)
 - d) Non-caffeine sports drinks
 - e) Electrolytes (e.g. Gastrolyte, Hydralyte)
 - f) Acupuncture and dry needling
 - g) Standard and specialist physiotherapy including electro-physical appliances (APA approved)
 - h) Standard physical therapies including the use of appliances such as strapping, ice, heat and orthotics
 - i) Massage therapy
 - j) Phonophoresis and Iontophoresis
 - k) Podiatry
 - l) Vaccinations against specific infectious diseases
 - m) Hypoxic treatment
 - n) Altitude training
 - o) Extracorporeal Shock Wave Therapy
 - p) Pilates and yoga
 - q) Physical recovery and conditioning sessions
 - r) Paracetamol, ibuprofen, aspirin, diclofenac, naproxen used for up to a 2 day period

A handwritten signature in black ink, appearing to read 'Andrew Dillon', is positioned above the printed name.

Andrew Dillon
General Counsel
15 March 2015