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

Andrew Dillon  
General Counsel  
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