

<b>PROHIBITED METHODS</b>
---------------------------

**M1. ENHANCEMENT OF OXYGEN TRANSFER**

The following are prohibited:

1. Blood doping, including the use of autologous, homologous or heterologous blood or red blood cell products of any origin.
2. Artificially enhancing the uptake, transport or delivery of oxygen, including but not limited to perfluorochemicals, efaproxiral (RSR13) and modified haemoglobin products (e.g. haemoglobin-based blood substitutes, microencapsulated haemoglobin products).

**M2. CHEMICAL AND PHYSICAL MANIPULATION**

1. *Tampering*, or attempting to tamper, in order to alter the integrity and validity of *Samples* collected during *Doping Controls* is prohibited. These include but are not limited to catheterisation, urine substitution and/or alteration.
2. Intravenous infusions are prohibited, except as a legitimate medical treatment.

**M3. GENE DOPING**

The non-therapeutic use of cells, genes, genetic elements, or of the modulation of gene expression, having the capacity to enhance athletic performance, is prohibited.