

BANNED SUBSTANCES

LIST OF ABFF BANNED SUBSTANCES (Effective 3/25/09)

The following substances and related compounds are **BANNED** by the ABFF and their use constitutes grounds for dismissal from ABFF Competitions and suspension from membership privileges in the organization for a period of three years from the failure date. This list is effective March 25th, 2009.

ANABOLIC STEROIDS. All Anabolic Steroids, including but not limited to bolasterone, boldenone, chioroxomesterone (dyhydrochlormethyl- testosterone), clostebol, fluoxymesterone, mesterolone, methandienone, methyltestosterone, nandrolone, norethandrolone, oxandrolone, oxymetholone, stanozolol, testosterone and all other related compounds, are strictly banned.

TESTOSTERONE (injections, patches, gels) in any form or for any reason, even if under a doctor's prescription.

TESTOSTERONE/EPITESTOSTERONE RATIO. The T/E ratio is used to measure the presence of exogenous testosterone, or illicit elevation of testosterone levels. A T/E ratio in excess of 6/1 is ruled as positive, no matter what the cause. Note: Should the use of any substance cause an elevated T/E ratio in excess of the 6/1 limit, the athlete will be ruled as positive (failure).

GROWTH HORMONES (PHARMACEUTICAL HGH, HCG and any other related compounds). Oral, spray or sublingual GH compounds of pharmaceutical (recombinant DNA technology) origin are banned.

HORMONES, PROHORMONES AND ALL PRECURSORS & METABOLITES, DERIVATIVES & RELATED COMPOUNDS. The use of any hormone (injectable, oral, sublingual or otherwise) for bodybuilding purposes – **including insulin** – is prohibited.

•**All hormonal precursors** (DHEA, androstenedione; 19-norandrostenedione; androstenediol; 5-AD; androstene-TRIONE; 17-androdione; etc.) are banned. (Includes Novadex, Superdrol, Halodrol, Methyl-1, etc.)

NOTE: The sole exception of this ruling is 7-Keto DHEA (also known as 7-OXO DHEA only),

•**All other additional hormonal supplements** (6-OXO; 6-OXO-androstenetrione; 2a,17a-dimethyl-17β-hydroxy-5a-androstan-3-one; 3, 17-keto-etiochol-triene; 1,4,6-androstatriene-3,17-dione; 3-Alpha (5a-androstane-3a,17b-diol); etc.) have been identified as prohormonal in nature as of January 1, 2004, and are banned. (Includes Novadex, Superdrol, Halodrol, Methyl-1, Forza-T, etc.)

•**Fat-Burning Prohormone Derivatives** such as 3,17-dihydroxy-delta-5-etiocholane-7-one (A7-D), 3,17-dihydroxy-delta-5-etiocholane-7-one diethylcarbonate (A7-E), 7-OH DHEA, etc. are banned effective January 1, 2007. (Includes Hot Rox, Fahrenheit, etc.)

NOTE: 7-Keto DHEA (aka 7-OXO DHEA), when used for weight loss, is the **ONLY** hormonal product approved for use in ABFF.

•**Pro-Steroids** are banned. They are marketed as not being prohormonal, but they ARE. (Includes 1-Test, etc.)

•**Prescription Thyroid Hormone Medication** when used for bodybuilding purposes is banned.

•**The presence of any banned substance in the urine** (i.e., nandrolone, etc.), **no matter how it arrived**, is ruled as a positive (failure).

NOTE: BE SURE TO CHECK ALL INGREDIENTS LISTS OF SUPPLEMENTS BEFORE USING THEM! (e-mail snlb@gci.net.)

Nutritional supplements products that are sold over-the-counter may not be banned by the FDA. As a competitive athlete, it is your responsibility to research the products before you purchase them. To insure your passing a urine test under the guidelines of the IOC, banned substance testing regulations, the ABFF's recommendation is "when in doubt don't buy it, don't use it".

PRESCRIPTION DIURETICS. Any and all prescription weight-loss substances and diuretics used for bodybuilding purposes, **even when physician-prescribed**, are banned by the ABFF.

EPHEDRINE, EPHEDRA AND ALL RELATED COMPOUNDS are banned

PSYCHOMOTOR STIMULANTS such as amphetamines, speed, cocaine or other stimulants when used for bodybuilding purposes.

BANNED SUBSTANCES

- MUSCLE IMPLANTS OF ANY KIND** are strictly prohibited. **BREAST IMPLANTS** for females are not banned.

- CHEMICALS/DRUGS FOR THE PURPOSE OF DECEIVING OR PASSING THE POLYGRAPH OR URINE TEST.**
- CLENBUTEROL AND GHB.**
- ANY ILLEGAL OR ILLICIT BODYBUILDING DRUG OR SUBSTANCE AS DECREED BY U.S. GOVERNMENT AGENCIES.**
- ANY FDA-BANNED SUBSTANCE, EXCEPT IF SPECIFICALLY OTHERWISE INDICATED.**
- ANY IOC-BANNED SUBSTANCE, EXCEPT IF SPECIFICALLY OTHERWISE INDICATED.**

AGREED: I have **read** and **agree to abide by** this list of banned substances as a prerequisite for my participation in the ABFF and its sanctioned events. A failing (positive) test in the polygraph or urinalysis exams will make me ineligible for competition for 3 years from the date of the test failure. All titles and placings will be stripped from the athlete.

Athlete's Name (Print) _____

Signature _____

Today's Date _____

Alaska Bodybuilding Figure and Fitness