

2019 WNBFF & Affiliate Banned Substance List

CHECK ALL INGREDIENT LISTS FOR SUPPLEMENTS BEFORE USING THEM

THE FOLLOWING SUBSTANCES AND RELATED COMPOUNDS ARE BANNED AND THEIR USE CONSTITUTES GROUNDS FOR DISMISSAL FROM COMPETITIONS AND SUSPENSION FROM MEMBERSHIP PRIVILEGES FOR A PERIOD OF **TEN (10) YEARS** FROM THE FAILURE DATE.

ANABOLIC AGENTS, HORMONAL PRECURSORS and METABOLITES (including, but not limited to)

1-Androstendiol/1-Androstendione/1-Testosterone, 4-Hydroxytestosterone (Formestane), 6a-Methylandrostendione, Androstendiol/Androstendione, Bolasterone, Boldenone, Calusterone, Clenbutorol, Clostebol, Danazol, Desoxymethyltestosterone (DMT), Dhydrochloromethyltestosterone (DHCMT)/CHIOROMESTERONE, Drostanolone, Estra-4,9-diene-3,17-dione, Fluoxymesterone, Formebolone, Furazabol, Halodrol, Mestanolone, Mesterolone, Methandrostenolone/Methandienone, Methandriol, Methasterone, Methenolone, Methyl-1-testosterone, Methyltestosterone, Mibolerone, Nandrolone/19-Norandrostendione/19-Norandrostendiol, Norclostebol, Norethandrolone, Oxabolone, Oxandrolone, Oxymesterone, Oxymetholone, Prostanazol, Stanozolol, Stenbolone, Testolactone, Trenbolone, T3 (Liothyronine sodium, Cytomel. T4 (Levothyroxine, Synthroid).

TESTOSTERONE – in any form (injections/patches/gels/pellets) for any reason, even if prescribed.

TESTOSTERONE/EPITESTOSTERONE (T/E) RATIO – A testosterone to epitestosterone (T/E) ratio of 6/1 or greater is considered a positive detection of exogenous testosterone (or testosterone precursor) use.

GROWTH HORMONES - Pharmaceutical Human Growth Hormone (HGH), Human Chorionic Gonadotropin (HCG), Gamma hydroxybutyrate (GHB), Somatropin

PRO-HORMONES, PRO-STEROIDS, PRE-CURSOR, METABOLITES, DERIVATIVES AND RELATED COMPOUNDS (including but not limited to) –insulin-like growth factor 1 (IGF-1, oral

spray or sublingual GH compounds of pharmaceutical (recombinant DNA technology) origin, 6OXO; 6OXOandrostenedione; 2a, 17adimethyl17β-hydroxy5aandrostane3one; 3, 17ketoetiocholtriene; 1,4,6androstatriene3, 17dione; 3Alpha (5aandrostane-3a, 17bdiol).

Any athlete who is NEW to the federation must have not used any pro-hormones for at least two (2) years before joining the INBF/WNBFF or an affiliate federation for the first time.

PRESCRIPTION DIURETICS – Acetazolamide, Amiloride, Bendroflumethiazide, Bumetanide, Canrenone, Chlorothiazide, Chlorthalidone, Clopamide, Cyclothiazide, Dichlorphenamide, Ethacrynic Acid, Furosemide, Hydrochlorothiazide, Hydroflumethiazide, Triamterene. prescription diuretics, even when physician prescribed cannot be used for **3 months** prior to competitions (excluding heart medications). Spironolactone (for acne is abstinence for 2 weeks).

STIMULANTS (included but not limited to) amphetamines, methamphetamines (speed),

STIMULANTS CON'T

cocaine, Modafinil, Ephedra/Ephedrine/Ma-Huang, DMAA (Methylhexanamine, 1,3-dimethylamylamine, geranium), and fat burning prohormone derivatives such as 3, 17-dihydroxy- Δ^5 -etiocholan-7-one (A7D), and 3, 17-dihydroxy- Δ^5 -etiocholan-7-one, diethylcarbonate (A7E).

Any athletes who are new to the INBF/WNBF or international affiliate federation must have not used any stimulants for **3 months** before joining the INBF/WNBF or an affiliate federation for the first time.

MUSCLE IMPLANTS

MASKING AGENTS (chemicals/drugs for the purpose of deceiving or passing the polygraph or urine test) such as Epi-testosterone or Probenecid

The use of the following substances is Disallowed after July 1, 2016

- **SARMs** (selective androgen receptor modulators) (e.g. andarine, cardarine, ostarine, tibolone, zeranol, zilpaterol)
- **SERMs** (selective estrogen receptor modulators) (e.g. raloxifene, tamoxifen, toremifene)
- 5-AT (5-Etioallocholen-3 β ,7 β ,17 β -triol)
- DHEA (Dehydroepiandrosterone, 3-beta-Hydroxy-5-androsten-17-one, 3-beta-Hydroxyandrost-5-en-17-one, 3-beta-Hydroxy-D5-androsten-17-one, 3-beta-hydroxy-etioallocholan-5-ene-17-one, 5-Androsten-3beta-ol-17-one)
- 7-keto-DHEA (7-oxo-DHEA, 7-ketodehydroepiandrosterone, 7-oxodehydroepiandrosterone (7-oxo-DHEA), 7 α -hydroxy-DHEA, 7 β -hydroxy-DHEA)

The presence of any banned substance in the urine, regardless of the cause, is ruled as positive and considered a failure.

*By signing this form, I agree that I have read the full list of banned substances, and I have researched any questions or uncertainties regarding supplements and the drug testing procedures. **I am responsible for my supplement usage, and understand the polygraph and urinalysis testing results are binding and conclusive.***

Signature: _____ Date: _____

(Parent signature required if under age 18)