

2020 INBF/WNBF & Affiliate Banned Substance List

CHECK ALL SUPPLEMENT INGREDIENT LISTS 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, Clenbutrol, 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-Norandrostendiol 19-Norandrostendione, Norclostebol, Norethandrolone, Oxabolone, Oxandrolone, Oxymesterone, Oxymetholone, Prostanazol, Stanozolol, Stenbolone, Testolactone, Trenbolone, **T3** (Liothyronine sodium, Cytomel. **T4** (Levothyroxine, Synthroid).

TESTOSTERONE – Injections, Pellets, Patches, Gels, Creams, or in any form event when physician prescribed is strictly prohibited!

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) usage.

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

DESIGNER STEROIDS, STEROID PRE-CURSORS, METABOLITES, DERIVATIVES AND RELATED COMPOUNDS, IGF-1 (including but not limited to) – 6OXO; 6OXOandrostenetrione; 2a, 17adimethyl17β-hydroxy5aandrostan3one; 3, 17ketoetiocholtriene; 1,4,6androstatriene3, 17dione; 3Alpha (5aandrostane-3a, 17bdiol). Pharmaceutical/Injectable insulin-like growth factor 1 - IGF-1, oral spray or sublingual GH compounds of pharmaceutical (recombinant DNA technology) origin.

MASKING AGENTS (Any chemical/drugs used for the purpose of deceiving or passing the polygraph examination or urine test) such as Epitestosterone, Probenecid, Cannabis, or any other chemical/drug not explicitly listed here.

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

Use of the following substances is **Disallowed after July 1, 2016** also carrying a two **(2) Year** ban timeframe.

- **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-3b,7b,17b-triol)

CLENBUTEROL – **2 Years** before joining the INBF/WNBF or an affiliate federation for the first time.

DHEA & METABOLITES: Use of the following substances requires **90 days (3 Months)** of abstinence prior to competing in the INBF/WNBF or affiliate federations for the first time. In **2021** these substances/metabolites will carry a one **(1) year** ban time frame. In **2022** these substances/metabolites will carry a two **(2) year** ban time frame. **NO EXCEPTIONS!**

- **DHEA** (Dehydroepiandrosterone, 3-beta-Hydroxy-5-androsten-17-one
3-beta-Hydroxyandrost-5-en-17-one, 3-beta- Hydroxy-D5-androsten-17-one
 - Prasterone, Intrarosa, Gynodian Depot
- 3-beta-hydroxy-etioallocholan-5-en-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

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).

Spirolactone (for acne is abstinence for **2 weeks-No Exceptions**).

STIMULANTS: Any athlete who is new to the INBF/WNBF or international affiliate federation may not have used Banned Stimulants for a duration of **90 days (3 Months)** before joining the INBF/WNBF or an affiliate federation for the first time.

Banned Stimulants: (included but not limited to) amphetamines, methamphetamines (speed), Cocaine, Modafinil, Ephedra/Ephedrine/Ma-Huang, DMAA (Methylhexanamine, 1,3-dimethylamylamine, geranium), and fat burning prohormone derivatives such as 3, 17-dihydroxydelta5etiocholane7one (A7D), and 3,17-dihydroxydelta5etiocholane7one, diethylcarbonate (A7E).

MUSCLE IMPLANTS: Muscle implants of any kind are prohibited.

PRESCRIPTION MEDICATIONS: All medical conditions treated with prescribed medication must be assessed and cleared by the INBF/WNBF or affiliate federation doping officials prior to being tested by way of polygraph or urinalysis testing. The athlete is responsible for producing copies of physician notes and up to date prescriptions to event promoters at each event entered.

*****The presence of any banned substance in urine, regardless of the cause, is ruled as a positive result and is 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 own supplement usage, and I understand the polygraph and urinalysis testing results are binding and conclusive. I also acknowledge that after signing this form I will at no point use anything on the banned substance list, or I will sacrifice my eligibility with the INBF/WNBF or WNBF World Affiliates for a duration of 10 years.

Signature: _____ Date: _____

(Parent signature required if under age 18)