



Competitors who plan to enter a Novice division confirm they have not placed first in any class within any division other than Teen at any previous contest with any organization.

BANNED SUBSTANCES

Anabolic Agents: Including, but not limited to the following as well as their metabolites:

(Cannot have been used within seven years of contest date: Boldenone, Clenbutorol, Clostebol, Danazol, DHCMT (Dehydrochloromethyltestosterone), Dihydrotestosterone (DHT), DNP (2,4 Dinitrophenol), Drostanolone, Fluoxymesterone, Formebolone, Mesterolone, Methandrostenolone (Methandienone, Dianabol), Methandriol, Methenolone, Methylnortestosterone, Methyltestosterone, Mibolerone, Oxabolone, Oxandrolone, Oxymesterone, Oxymetholone, Stanozolol, Testolactone, Testosterone (Note: For urinalysis, a testosterone to epitestosterone (T/E) ratio of 6:1 or greater is considered a positive detection of exogenous testosterone (or testosterone precursor) use, Trenbolone

Cannot have been used after January 19, 2005¹ (or ineligible for 7 years from date of last use): 1-Testosterone, (1-dihydrotestosterone), (1-Androstendiol) found in supplements such as 1-AD and 1-Androstendione, 4-Hydroxytestosterone (Formestane), Androstendione (Androstendiol), found in supplements such as 4-AD. (T/E Ratio > 6:1), Bolasterone, Calusterone, Furazabol, Mestanolone, Methyl-1-testosterone, found in supplements such as M1T, Nandrolone (19-Norandrostendione), (19-Norandrostendiol), Norclostebol, Norethandrolone (Ethylestrenol), Stenbolone

¹ The *Anabolic Steroid Control Act of 2004* went into effect January 20, 2005. The bill added a number of "prohormones" and "prosteroids" to the list of illegal anabolic steroids previously established. The new additions became banned substances effective January 20, 2005. A complete list of banned substances included in the Act can be found online at <http://thomas.loc.gov/cgi-bin/query/z?c108:S.2195>:

Cannot have been used after December 31, 2005² (or ineligible for 7 years from date of last use): 6a-Methylandrosterone (17-hydroxy-6-alpha methyl-ethyletiocholon-3,20 dione), found in supplements such as M1P, Desoxymethyltestosterone (DMT), (17a-methyl-etioallocholan-2-ene-17b-ol), (17-methyl-delta-2-etioallocholane isomers), found in supplements such as Pheraplex, P-Plex, Phera Vol, Ergomax, Methyl-Plex, D-Stianozol, MASS Extreme and Nasty Mass InSLINsified, Estra-4,9-diene-3,17-dione / 19-norandrosta-4,9-diene-3,17-dione (found in supplements such as FiniGenX Magnum, Tren Extreme, Trenaplex and Testraflex), Methasterone (Methyldrostanolone), (Methasteron), (2a,17a di methyl etiocholan 3-one, 17b-ol), (2a,17a-dimethyl-17b-hydroxy-5a-androstan-3-one), (2a, 17a-dimethyl-17b-hydroxy-5a-etiocholan-3-one), found in supplements such as Superdrol, S-Drol, Methyl Masterdrol, M-Drol, OmneVol, and Methyl-Drol XT, Prostanazol ([3,2-c]pyrazole-5alpha-etioallocholane-17beta-tetrahydropyranol), found in supplements such as Orastan-E, WIN-E and Winztrol

² Designer steroids that were/are being legally sold over-the-counter as supplements that became banned with the World Anti-Doping Agency (WADA) effective January 1, 2006 and subsequently became banned substances with OCB/NANBF/IFPA effective that date as well.

Cannot be used after December 31, 2008 (or ineligible for 2 years from date of last use): Liothyronine sodium (L-triiodothyronine), (T3), found in brand names such as Cytomel, 1,4,6-Androstatrien-3,17-dione (ATD), found in supplements such as Rebound XT, Novedex XT, Reversitol, Arimatest, DecaVol, Formadrol Extreme XL, Methyl 1-D, Methyl 1-D XL and Inhibit-E), 1,4-androstadiene-3,17-dione (1,4 AD), (Boldione), found in supplements such as Bold and MMA-3 Xtreme, M-1,4ADD (17a-methyl-1,4-Androstadiene-3,17diol), found in supplements such as Methyl-Stak, 2,3a-Epithio-17a-methyletioallo cholan-17b-ol (2a,3a-epithio-17a-methyletioallocholanol), (2a, 3a-Epithio-17a-Methyl- 5a-Androstan-17b-OI), found in supplements such as E-Stane, EPI, Epistane, Epidrol, Epivol, Methly E, Epi-Max, Hemaguno HMG Xtreme and Havoc, 4-chloro-17a-methyl-andro-4-ene-3,17b-diol (4-chloro-17a-methyl-androst-1,4-diene-3-17b-diol), (17a-methyl-4-chloro-androsta-1,4-diene-3b,17b-diol), (4-chloro-17a-methyl-4-ene-3,17 diol), found in supplements such as ProMagnon 25, H-Drol, Super Halo, VNS-9 Xtreme, Halotest 25 and Halodrol-50.

Cannot be used after December 31, 2009 (or ineligible for 2 years from date of last use): 12-ethyl-3-methoxy-gona-diene (6-17 dihydroxyetiocholone-3-ol propionate), found in supplements such as Propadrol, 13-ethyl-3-methoxy-gona-2,5(10)-diene-17-one, found in supplements such as Max LMG, Revolt, Nasty Mass and InSLINsified, 17b-Methoxy-Trienbolone, found in supplements such as Methoxy-TRN and Trenadrol, 4-chloro-17a-methyl-etioallochol-4-ene-17b-ol-3, 11-dione, found in supplements such as Oxanabolan³ and Oxyguno, 5a-androstan[2,3-c] furazan-17b-tetrahydropyranol (found in supplements such as Furaguno and Ortasan-A), Androst-4-ene-3,6,17-trione (4-Androstene-3,6,17-trione), (4-etioallocholone-3,6,17-trione), (4 -AT), found in supplements such as 6-OXO, Dehydroepiandrosterone (DHEA, 3-beta-Hydroxy-5-androsten-17-one, 3-beta-Hydroxyandrost-5-en-17-one, 3-beta-Hydroxy-D5-androsten-17-one, 3-beta-hydroxy-etioallocholone-5-ene-17-one, 5-Androsten-3beta-ol-17-one, Prastera, Prasterone, Fidelin, Fluasterone) in excess of 50 mg/day⁴, Dymethazine, Mebalozine (17beta-hydroxy 2alpha,17beta-dimethyl 5alpha-androstan 3-on azine) found in supplements such as Dymethazine, Levothyroxine (L-thyroxine, T4), (found in brand names such as Levothroid, Levoxyl, Synthroid, Unithroid).

³After an inquiry from OCB, Victor Uralets, Ph.D., head of sports drug testing at Redwood Toxicology Laboratory purchased a bottle of Oxanabolon capsules from Bodybuilding Chemicals, Inc., tested it, and said it appears to be desoxymethyltestosterone, not 4-chloro-17a-methyl-etioallochol-4-ene-17b-ol-3,11-dione as listed on the label. Desoxymethyltestosterone (DMT, 17a-methyl-etioallochol-2-ene-17b-ol), (found in supplements such as Pheraplex, P-Plex, Phera Vol, Ergomax, Methyl-Plex, D-Stianozol and Nasty Mass InSLINsified), has been banned with NANBF/OCB/IFPA since January 1, 2006. Thus, this should not be used effective immediately.

⁴DHEA is a naturally occurring steroid hormone produced in the adrenal glands by both men and women. Production of it decreases with age. DHEA is not recommended for people under 40 years of age, unless DHEA levels are known to be low (<130 mg/dl in women and <180 mg/dl in men). Therapeutic doses of 10-50mg of DHEA are used by many mature individuals (age 40+) for increase in perceived physical and psychological well-being (improved quality of sleep, more relaxed, increased energy, better ability to handle stress, improved depressive state)¹. For men or women who have either adrenal insufficiency or hypopituitarism, although gluco- and mineralocorticosteroid replacement is needed, 50 mg a day of DHEA is sufficient for replacement². Studies have shown no dangerous side effects from DHEA supplementation when taken in normal recommended therapeutic doses³. With respect to potential increase of the urinary testosterone/epitestosterone ratio (T/E) through DHEA supplementation, studies support DHEA use of 50mg/day or less having only slightly affected levels for a short period of time (2-5 h) without exceeding the 6:1 current acceptable ratio for OCB, NANBF and the IFPA⁴. DHEA's effectiveness as an anabolic or energy-producing agent remains unproven.

References:

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-Wallace, M. B.; Lim, J.; Cutler, A.; Bucci, L. (1999). "Effects of dehydroepiandrosterone vs androstenedione supplementation in men". Medicine and Science in Sports and Exercise 31 (12): 1788-92. PMID 10613429. Corrigan AB. Dehydroepiandrosterone and sport. Med J Aust. 1999;171:206-208. Welle S, Jozefowicz R, Statt M. Failure of dehydroepiandrosterone to influence energy and protein metabolism in humans. J Clin Endocrinol Metab 1990; 71: 1259-1264.

Note: A T/E ratio >6:1 is deemed a violation of anti doping rules regardless of what compound is ingested. Any supplements used are at an individual's own risk.

Growth Hormones (Cannot have been used within seven years of contest date) including, but not limited to: Gamma hydroxybutyrate (GHB), Human Chorionic Gonadotropin (HCG), Pharmaceutical Human Growth Hormone (HGH), Somatropin

Prescription Antiestrogens (Cannot have been used within seven years of contest date) including, but not limited to: Arimidex, Clomid, Letrozole, Nolvadex

Stimulants (Cannot have been used within six months of contest date): Prescription weight-loss substances used for bodybuilding purposes including, but not limited to the following as well as their metabolites: Amphetamine, Diethylpropion, Ephedra/Ephedrine/Ma-Huang, Ethamivan, Ethylamphetamine, Fencamfamine, Fenethylline, Fenfluramine, Fenproporex, Heptaminol, MDA (Methylenedioxyamphetamine), MDE (Methylenedioxyethylamphetamine), MDMA (Methylenedioxymethamphetamine), Mefenorex, Methamphetamine, Methylphenidate, Modafinil, Nikethamide, Phendimetrazine, Phenmetrazine, Phentermine

Masking Agents (Cannot have been used within seven years of contest date): Chemicals or drugs used for the purpose of deceiving or passing the polygraph test and anything used to attempt altering urine test results including, but not limited to: Epitestosterone (> 200 ng/mL), Probenecid

Prescription Diuretics (Cannot have been used within 3 weeks before contest date) including, but not limited to: Acetazolamide, Bendroflumethiazide, Bumetanide, Canrenone/Spironolactone, Chlorothiazide, Chlorthalidone, Clopamide, Cyclothiazide, Dichlorphenamide, Ethacrynic Acid, Furosemide, Hydrochlorothiazide, Hydroflumethiazide, Methclothiazide, Metolazone, Polythiazide, Quinethazone, Trichlormethiazide.

Miscellaneous: Insulin for the purpose of bodybuilding (Cannot have been used within seven years of contest date), Muscle Implants, Synthol (Cannot have been used within seven years of contest date), For the purpose of physique competition, any medical procedures that extract fat and can show more leanness (Example: ab etching), Any of substances on this banned list found in alternative forms available through "experimental" or "for research purposes only" labeling (Cannot have been used within seven years of contest date).

Contestant's Name: _____ Results: ___ Pass ___ Did Not Pass

Examiner's Name: _____ Signature: _____ Date: _____