

NGA BANNED SUBSTANCES

The following substances and related compounds are banned by the National Gym Association, Inc. (NGA) and their use constitutes grounds for dismissal from NGA competitions and suspension from membership in the organization.

ANABOLIC STEROIDS including but limited to bolasterone, boldenone, chloroxomesterone (dehydrochlormethyltestosterone), clostebol, floxymesterone, mesterolone, methandienone (methandrostenolone), methanolone, methyltestosterone, nandrolone, norethandrolone, oxandrolone, oxymetholone, stanozolol, testosterone, and all other related compounds.

TESTOSTERONE (injections, patches, gels).

TESTOSTERONE/EPITESTOSTERONE RATIO. The T/E ratio is used to measure the presence of exogenous testosterone, or illicit elevation of testosterone levels. Any T/E ratio in excess of 6:1 is ruled positive.

GROWTH HORMONES (PHARMACEUTICAL HGH, HCG and any other related compound).

PRESCRIPTION DIURETICS (Fen-Phen and any other prescription weight-loss substance used for bodybuilding purposes, even when physician-prescribed, are banned by the NGA).

PYSCHOMOTOR STIMULANTS.

MUSCLE IMPLANTS OF ANY KIND.

CHEMICALS/DRUG FOR THE PURPOSE OF DECEIVING OR PASSING THE POLYGRAPH TEST.

CLENBUTEROL AND GHB (since 1992).

ANY ILLEGAL OR ILLICIT BODYBUILDING DRUG OR SUBSTANCE.

ANY FDA-BANNED SUBSTANCE EXCEPT IF OTHERWISE INDICATED.

ANY IOC-BANNED SUBSTANCE EXCEPT IF OTHERWISE INDICATED.

Note: The following IOC-banned hormonal products/substances will be banned by the NGA as of January 1, 2000: DHEA, androstenedione, norandrostenedione, and all other hormone precursors. However, should the use of any such substance cause an elevated T/E ratio in excess of the 6:1 limit or produce the presence of nandrolone or any other banned substance in the urine, the athlete will be ruled as positive, thereby failing the test.

I have read and agree to abide by this of banned substances as a prerequisite for participation in the NGA and its sanctioned events.

Athlete's Name (Print)

Signature

Date