

ANBF Drug Policy

Effective Date: January 1, 2018

Introduction

The **American Natural Body Building Federation (ANBF)** aims to create an environment for natural body building athletes where they can be assured the competitor standing next to them on stage is indeed 100% drug free. This policy addresses the ANBF's policies regarding banned substances including testing requirements, rule violations, disqualifications, appeals, and therapeutic use exemptions.

Scope

The ANBF drug policy applies to all ANBF competitors, coaches and other parties responsible for supporting/preparing athletes to compete on the ANBF stage. All ANBF promoters will apply this policy in the conduct of their ANBF-sanctioned competitions.

Prohibited Substance List

The ANBF adheres to the World Anti-Doping Agency (WADA) Prohibited Substance List as its drug free standard. The WADA prohibited substance list is updated at least annually and can be found at <https://www.wada-ama.org>. Athletes who used prohibited substances that were previously allowed by the ANBF prior to adoption of the WADA standard on January 1, 2018 will not be penalized, but they should disclose the use of the substance to the promoter of the competition(s) that they are participating in. However, exceptions will *not* be made for use of substances that were banned by the ANBF's prior drug policies.

Drug Policy Violations

It is each competitor's personal duty to ensure that no Prohibited Substance enters his or her body. Competitors and other parties shall be responsible for knowing what constitutes a rule violation and the substances and methods which are included on the WADA Prohibited Substance List. It will not be necessary for intent, fault, or negligence to be proven in order to establish that an ANBF Drug Policy violation has occurred.

The Following constitute ANBF Drug Policy Violations:

1. Presence of a Prohibited Substance or its metabolites or markers in a Competitor's sample
2. Use or attempted use of a Prohibited Substance
3. Evading, Refusing or Failing to submit to sample collection
4. Tampering or Attempted Tampering with any aspect of ANBF drug policy enforcement
5. Possession of a prohibited substance
6. Administration or attempted administration to a competitor of any prohibited substance
7. Assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity involving an ANBF Drug Policy violation.

Sanctions

The ANBF uses the World Anti-Doping Code as a guideline for sanctions on individuals that commit ANBF Drug Policy Violations. A drug policy violation occurring during or in connection with an ANBF event will result in

disqualification of all of the competitor's results/placements obtained in that event and forfeiture of any prizes or pro card awards. Additionally, the competitor's results/placements obtained in ANBF events conducted after the date of the policy violation will also be disqualified.

ANBF Drug Policy Violations identified either at an ANBF event or through the ANBF's off-season testing program will also result in a period of ineligibility for participation in future ANBF events. The minimum period of ineligibility for the first ANBF Drug Policy Violation will be as described in the following table, and the ANBF reserves the right to impose a longer period of ineligibility based upon the specific infraction(s). A second ANBF Drug Policy violation will result in a lifetime period of ineligibility, unless the Athlete can establish no fault or negligence, in which case it the violation will be treated the same as a first violation.

Violation	Minimum Ineligibility
Presence of a Prohibited Substance or its metabolites or markers in a Competitor's sample	4 years
Use or attempted use of a Prohibited Substance	4 years
Evading, Refusing or Failing to submit to sample collection	4 years
Tampering or Attempted Tampering with any aspect of ANBF drug policy enforcement	4 years
Possession of a prohibited substance	4 years
Administration or attempted administration to a competitor of any prohibited substance	4 years to lifetime
Assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity involving an ANBF Drug Policy violation	2 years

Individuals will be notified in writing of any ANBF Drug Policy Violation and associated sanctions and provided a copy of any associated urinalysis results. In an effort to work with other drug-tested organizations, and to eliminate the possibility that a competitor who is banned in one organization may be competing in another, the name of the individual, their violation, the nature of the ANBF sanction, and copies of urinalysis results will be shared, in writing, with the other natural bodybuilding organizations, including but not limited to: AAU, DFAC, IPL, NGA, NANBF, OCB, PNBA, USBF, WPA/IPE, WBFF, and WNBF. **Additionally, if the ANBF is notified of a competitor's failure in another drug tested organization, the ANBF will match that organization's sanctions starting from the date of notification.**

Drug Testing

The first line of defense against prohibited drug use is random urinalysis. During the competitors' meeting for each show, 10% of the competitors registered at the event will be randomly selected to submit a urinalysis test. If the competitor is selected to test, they must do so as soon as requested by the expediter, and are not permitted to leave the premises until their sample is 100% completed. Additional competitors may be selected at the promoter's or head judge's discretion to submit a urinalysis test at the end of the event. If the competitor is selected to test, they must do so immediately, and are not permitted to leave the premises until their sample is 100% completed.

As a second line of defense, the ANBF will test all open pro card winners and additional pro class monetary winners (at the promoter's discretion). These winners must submit to the test immediately upon request, and they will not be permitted to leave the premises until their sample is 100% completed.

As a third line of defense, the ANBF will execute an “off season” urinalysis drug testing program. All pros who compete with the ANBF, any athlete who has qualified as a pro through the ANBF, and all ANBF members that and have competed in at least one ANBF show in the previous 24 months are subject to random “off season” urinalysis drug testing. At any time, at the ANBF’s discretion, an athlete can be notified that they must submit to a urinalysis. Testing procedures will be provided to the athlete at their time of notification. **Additionally, the ANBF has the right to give a “no notice” test.** This test can be given, in-person, at any ANBF event or function. **If the athlete refuses any of these tests, it will be treated as a violation of the ANBF Drug Policy and sanctions will be imposed in accordance with this policy.**

Therapeutic Use Exemptions (TUE)

Consistent with the WADA Code, the ANBF is understanding and realistic with respect to the necessary treatment of illness or medical conditions, including hormone deficiencies. As such, the presence of a prohibited substance or its markers and/or the use or attempted use, possession or administration of a prohibited substance or method shall not be considered an ANBF Drug Policy violation provided that it is consistent with a Therapeutic Use Exemption (TUE) granted by the ANBF. A competitor may be granted a TUE if he or she can show that a) the competitor would experience a significant impairment to health if the prohibited substance were withheld; b) the therapeutic use of the prohibited substance or method is unlikely to produce any additional enhancement of performance beyond what might be anticipated in the normal/healthy individual, c) there is no reasonable therapeutic alternative to the prohibited substance; and d) the necessity for the use of the prohibited substance is not due wholly or in part, to the prior use of a substance that was prohibited at the time of use.

Competitors may apply for a TUE using the form available at the ANBF website, www.anbfnatural.com. The competitor and their medical doctor (note: for this purpose, only input from doctors with an M.D. or D.O. degree and a current medical license will be considered) should complete and sign the TUE form and attach a comprehensive medical history including documentation from the diagnosing physician and laboratory investigations and imaging studies relevant to the application. TUE application must be submitted to the ANBF President at least 30 days before his or her targeted Competition. **Competitors using hormone replacement therapy (HRT) must also submit at least two blood test results with the most recent test dated within 1 month of the TUE application. For the TUE to be granted, these test results must demonstrate a history of hormone level maintenance within normal ranges. No competitor is permitted to use HRT for the purpose of enhancing their physique for competition.**

Once a TUE has been granted, the ANBF reserves the right to request additional information and medical documentation from the competitor regarding the continued use of the prohibited substance.

Review, Appeals, and Reductions in Sanctions

Upon receiving notification of an ANBF Drug Policy Violation, the individual is entitled to appeal the finding and any associated sanctions. The appeal and any associated evidence must be submitted to the ANBF President in writing. All costs associated with the appeal will be borne by the Competitor or other affected individual.

If the Competitor or other Person establishes in an individual case that he or she bears No Fault or Negligence, then the otherwise applicable period of Ineligibility shall be eliminated. In cases where the Competitor or other Person can establish that the detected Prohibited Substance came from a Contaminated Product, then the period of Ineligibility may be reduced to zero to two years Ineligibility depending on the specific situation.

An anti-doping rule violation resulting from an adverse analytical finding for a substance which is only prohibited In-Competition shall be presumed to be not intentional if the Competitor can establish that the Prohibited Substance was used out of competition (i.e. during the off-season) in a context unrelated to sport performance. In this case the period of Ineligibility may be reduced to zero to two years Ineligibility depending on the specific situation.

If a Competitor or other Person voluntarily admits the commission of an ANBF Drug Policy violation **before** having received notice to provide a sample for in-season or off-season drug testing, then the period of Ineligibility may be reduced to one-half of the period of Ineligibility otherwise applicable, depending on the seriousness of the violation. If a Competitor promptly admits to the ANBF Drug Policy violation **after** having received notice to provide a sample, they may receive a reduction in the period of Ineligibility by one year, depending on the seriousness of the violation.

In the case of failing to submit to sample collection, if the Competitor can establish that the commission of the ANBF Drug Policy violation was not intentional, then the period of ineligibility may be reduced to two years. However, in establishing the Competitor's intent in this situation, the ANBF will not accept absence at the Competitors' meeting as an acceptable reason to establish that a violation was not intentional. **ALL Competitors MUST be present at the competitors meeting for the event in which they are competing.**