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# 2025 ANBF BANNED SUBSTANCE LIST

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## IMPORTANT NOTICE FOR ATHLETES

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- All ANBF athletes must be a minimum of 7 years drug-free from the use of prescription or pharmaceutical hormones and other substances listed on the banned substance list.
- Athletes must also be 2 years free of any over-the-counter hormones, pro-hormones, banned substances, or their chemical counterparts, unless otherwise specified.
- All required documentation (e.g., prescriptions, doctor's notes) must be submitted with your polygraph paperwork.
- Any banned substance detected in your system, regardless of intent or cause, will result in a 7-year suspension from competition.
- It is your responsibility to understand this list and comply with all testing procedures.
- The ANBF defers to the officially WADA Banned Substance List for anything not explicitly covered in this document. Athletes should check the WADA lists as well.

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## POLYGRAPH EXAMINATION POLICY

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Athletes must abstain from using **marijuana (THC)** or any **mind-altering substances** within **12 hours prior to the polygraph examination**.

The **restricted period** begins 12 hours before the polygraph test and ends after the completion of all required events.

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## BANNED SUBSTANCES LIST

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### 1. ANABOLIC AGENTS

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This category encompasses anabolic androgenic steroids (AAS) and other anabolic agents that promote muscle growth or enhance performance. All forms are strictly prohibited, including prescription, pharmaceutical, and synthetic formulations. Athletes must have abstained from the use of these substances for a minimum of **7 years prior to competing in the ANBF, unless otherwise specified**.

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EXAMPLES OF PROHIBITED SUBSTANCES INCLUDE BUT ARE NOT LIMITED TO:

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1-Androstendiol, 1-Androstendione, 1-Testosterone, 4-Hydroxytestosterone (Formestane), 6a-Methylandrostendione, Androstendiol, Androstendione, Bolasterone, Boldenone, Calusterone, Clenbuterol, Clostebol, Danazol, Desoxymethyltestosterone (DMT), Dihydrochloromethyltestosterone (DHCMT), 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.

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#### TESTOSTERONE USE

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- Testosterone in any form is prohibited, including **injections, pellets, patches, gels, creams, or bio-identical formulations**.
- A **testosterone to epitestosterone (T/E) ratio of 6:1 or greater** is considered a positive test for exogenous testosterone or its precursors.
- If an elevated T/E ratio is detected, additional testing via isotope-ratio mass spectrometry (IRMS) or carbon isotope ratio (CIR) will be conducted to determine if synthetic testosterone is present. This testing will be done at the athlete's expense using a WADA-accredited laboratory.

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#### ADDITIONAL PROHIBITION

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- **Muscle implants** of any kind are strictly prohibited.

## 2. PEPTIDE HORMONES AND GROWTH FACTORS

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All peptide hormones and substances that promote growth, repair, or performance enhancement are banned unless explicitly permitted under special conditions. Athletes must have refrained from using these substances for a minimum of **7 years prior to competing in the ANBF, unless otherwise specified**.

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#### EXAMPLES INCLUDE BUT ARE NOT LIMITED TO:

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- **Peptide Hormones:** Human Growth Hormone (HGH), chorionic gonadotropin (CG), luteinizing hormone (LH), insulin-like growth factor-1 (IGF-1).
- **Growth Hormone Secretagogues (GHS):** Ibutamoren (MK-677), sermorelin.
- **All Performance-Enhancing Peptides** are prohibited.

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#### SPECIAL RULE FOR HEALING AND RECOVERY PEPTIDES

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Certain peptides, such as **BP-157** and **TB-500**, may be permitted under the following conditions:

1. **Medical Necessity:**

- These peptides may only be used to treat a serious injury or aid in surgical recovery.
- Use must be supported by proper documentation, including medical records and a prescription from a licensed doctor or health professional.

## 2. **Amnesty Period:**

- Athletes must observe a **9-month abstinence period** from these peptides before competing in an ANBF competition.

## 3. **Strict Regulations:**

- Illegal or non-prescribed use of these peptides is strictly prohibited and will result in suspension.

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### SPECIAL EXCEPTION FOR HCG (PREGNANCY)

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Female athletes prescribed **HCG (chorionic gonadotropin)** for pregnancy must submit a doctor's note or prescription with their polygraph paperwork.

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## 3. **PRO-HORMONES**

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Pro-hormones, their precursors, and metabolites are prohibited because they can convert into active anabolic steroids within the body. Athletes must have abstained from the use of these substances for a minimum of **2 years prior to competing in the ANBF, unless otherwise specified.**

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### EXAMPLES INCLUDE BUT ARE NOT LIMITED TO:

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- 6-OXO, 6-OXOandrostene-3-one.
- 2a,17a-Dimethyl-17 $\beta$ -hydroxy-5a-androstan-3-one.
- 1,4,6-Androstatriene-3,17-dione.
- 3-Alpha (5a-androstane-3a,17 $\beta$ -diol).

### **Additional Notes:**

- **DHEA and 7-Keto DHEA** are banned substances.
- **Pregnenolone** is **not banned** and is allowed for use.

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### HORMONAL PRECURSORS, METABOLITES, AND ISOMERS:

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All hormonal precursors, their metabolites, and isomers are prohibited. **New athletes** supplementing with these substances must observe a 90-day (3-month) abstinence period prior to competing in the ANBF for the first time.

- **DHEA (Dehydroepiandrosterone):**
  - There is a **3-month amnesty period** for new athletes who wish to join the ANBF.

- Any athlete who has been supplementing with DHEA or its metabolites is **ineligible to compete for 3 months** prior to their first ANBF competition.
- **7-Keto DHEA:**
  - There is a **3-month amnesty period** for new athletes who wish to join the ANBF.
  - Any athlete who has been supplementing with 7-Keto DHEA or its metabolites is **ineligible to compete for 3 months** prior to their first ANBF competition.

**For New Athletes:**

Athletes must abstain from pro-hormone use for **2 years** before joining or competing in the ANBF.

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## 4. STIMULANTS

Stimulants are prohibited due to their performance-enhancing effects. Athletes must abstain from stimulant use for a minimum of **6 months** prior to competing in the ANBF, unless otherwise specified.

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EXAMPLES INCLUDE BUT ARE NOT LIMITED TO:

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- Ephedrine, Ephedra.
- DMAA (Methylhexanamine) and related compounds (e.g., 1,3-dimethylamylamine, geranium extract).
- Hydroxyamphetamine (parahydroxyamphetamine).
- Octodrine (1,5-dimethylhexylamine).
- Phenethylamine and its derivatives.
- Methylphenidate and Isometheptene.

**Special Rules for Stimulants:**

- **Ephedrine and Ephedra:** Athletes must abstain from use for at least **6 months** before joining the ANBF or competing for the **first** time.
- **DMAA and Related Compounds:** Athletes must observe a **30-day amnesty period** before competing in their first ANBF event.

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## 5. DIURETICS AND MASKING AGENTS

Diuretics and masking agents are prohibited because they can alter or conceal the presence of other banned substances in the body. Athletes must abstain from the use of these substances for a minimum of **6 months** prior to competing in the ANBF, unless otherwise specified.

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EXAMPLES INCLUDE BUT ARE NOT LIMITED TO:

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**Diuretics:**

- Furosemide, Hydrochlorothiazide, Spironolactone, Acetazolamide, Bumetanide, Triamterene.

**Masking Agents:**

- Probenecid, Mannitol, and other substances designed to conceal the presence of banned substances.

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SPECIAL RULES FOR SPIRONOLACTONE AND FINASTERIDE:

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- **Permitted Use:**

- **Spironolactone** and **finasteride** are allowed if prescribed by a licensed doctor for legitimate medical reasons, such as acne, hypertension, heart failure, or hair loss (e.g., male pattern baldness).
- Athletes must submit a **doctor's note or prescription** with their polygraph paperwork prior to competing.

- **Unauthorized Use:**

- Athletes using **spironolactone** or **finasteride** without a valid prescription or medical documentation must observe a **6-month abstinence period** before competing in the ANBF.

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IMPORTANT NOTES:

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- **6-Month Clean Period:** Unless explicitly permitted with a doctor's note, athletes must be clean of all diuretics and masking agents for at least **6 months** before competition.
- Unauthorized use of these substances will result in suspension.
- Athletes are responsible for monitoring their medication and supplement intake to avoid unintentional violations.
- Always disclose medical use to ANBF officials to ensure compliance.

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## 6. CANNABINOIDS

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- **Marijuana (THC):** Athletes must abstain from marijuana or THC use **12 hours prior to the polygraph examination** or during the polygraph process.
- **CBD:** Cannabidiol products that do not contain THC are permitted.

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## 7. THYROID MEDICATIONS

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The use of thyroid medications for bodybuilding or performance enhancement is strictly prohibited without a doctor's prescription.

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EXAMPLES INCLUDE BUT ARE NOT LIMITED TO:

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- T3 (Liothyronine Sodium, Cytomel).
- T4 (Levothyroxine, Synthroid).

**Medical Use:** Athletes prescribed thyroid medication for legitimate health conditions must submit a **doctor's note or prescription** with their polygraph paperwork.

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## 8. ESTROGEN AND PROGESTERONE

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Female athletes using **estrogen** or **progesterone** for medical reasons must submit a **doctor's note or prescription** with their polygraph paperwork. Misuse of these hormones for non-medical purposes or in excessive doses is prohibited.

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## 9. SPECIAL MENTIONS

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SYNEPHRINE:

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- **Status:** Synephrine is **not banned by WADA** and is a common ingredient in dietary supplements, especially those marketed as fat burners or pre-workouts.
- **Caution:** While synephrine is not currently prohibited, athletes should exercise caution when using products containing this substance, as high doses or its combination with other stimulants could lead to testing irregularities or adverse effects.

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PREGNENOLONE:

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- **Status:** Pregnenolone is **not banned by WADA** and is allowed for use by ANBF athletes.
- **Notes:** Although pregnenolone is a precursor to hormones like testosterone, it is not classified as a prohibited substance.

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GENERAL MEDICATION RULE

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If you are unsure whether a medication or substance is permitted, contact:

- **Kent Bierly** or **Ryan Sullivan** for guidance and clarification.

## ATHLETE RESPONSIBILITIES

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1. **Testing:** Be aware of polygraph and urine testing procedures.
2. **Supplements:** If in doubt, consult ANBF officials before using.
3. **Transparency:** Disclose all medications or prescriptions with polygraph paperwork.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
(Parent signature required if under age 18).

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