

## **NJSIAA'S STEROID TESTING POLICY**

In accordance with Executive Order 72, issued by the Governor of the State of New Jersey, Richard J. Codey, on December 20, 2005, the NJSIAA will test a random selection of student athletes, who have qualified, as individuals or as members of a team, for state championship competition.

### **1. General prohibition against performance enhancing drugs:**

- A.** It shall be considered a violation of the Sportsmanship Rule for any student-athlete to possess, ingest, or otherwise use any substance on the list of banned substances, without written prescription by a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition.
- B.** Violations found as a result of NJSIAA's testing shall be penalized in accordance with this policy.
- C.** Violations found as a result of member school testing shall be penalized in accordance with the school's policy.
- D.** The NJSIAA policy shall consist of this general prohibition, the NJSIAA Steroid Testing Procedures, the NJSIAA Steroid Testing Protocol and the NJSIAA Banned Drug Classes.

### **2. List of banned substances:**

A list of banned substances shall be prepared annually by the Medical Advisory Committee, and approved by the Executive Committee. (See list)

### **3. Consent form:**

Before participating in interscholastic sports, the student-athlete and the student-athlete's parent or guardian shall consent, in writing, to random testing in accordance with this policy. Failure to sign the consent form renders the student-athlete ineligible.

### **4. Selection of athletes to be tested:**

- 5.** Tested athletes will be selected randomly from those athletes participating in championship competition. Testing may occur at any state championship site or at the school whose athletes have qualified for championship competition. **Administration of tests:**

Tests shall be administered by a certified laboratory, selected by the Executive Director and approved by the Executive Committee.

### **6. Testing methodology:**

The methodology for taking and handling samples shall be in accordance with current legal standards.

### **7. Sufficiency of results:**

No test shall be considered a positive result unless the approved laboratory reports a positive result, and the NJSIAA's medical review officer confirms that there was no

medical reason for the positive result. A “B” sample shall be available in the event of an appeal.

**8. Appeal process:**

If the certified laboratory reports that a student-athlete’s sample has tested positive, and the medical review officer confirms that there is no medical reason for a positive result, a penalty shall be imposed unless the student-athlete proves, by a preponderance of the evidence, that he or she bears no fault or negligence for the violation. Appeals shall be heard by a NJSIAA committee consisting of two members of the Executive Committee, the Executive Director/designee, a trainer and a physician. Appeal of a decision of the Committee shall be to the Commissioner of Education, for public school athletes, and to the superior court, for non-public athletes. Hearings shall be held in accordance with NJSIAA By-Laws, Article XIII, “Hearing Procedure.”

**9. Penalties**

Any person who tests positively in an NJSIAA administered test, or any person who refuses to provide a testing sample, or any person who reports his or her own violation, shall immediately forfeit his or her eligibility to participate in NJSIAA competition for a period of one year from the date of the test. Any such person shall also forfeit any individual honor earned while in violation. No person who tests positive, refuses to provide a test sample, or who reports his or her own violation shall resume eligibility until he or she has undergone counseling and produced a negative test result.

**10. Confidentiality:**

Results of all tests shall be considered confidential and shall only be disclosed to the individual, his or her parents and his or her school.

**11. Compilation of results:**

The Executive Committee shall annually compile and report the results of the testing program.

**12. Yearly renewal of the steroid policy:**

The Executive Committee shall annually determine whether this policy shall be renewed or discontinued.

## NJSIAA Banned-Drug Classes 2013-2014

The term “related compounds” comprises substances that are included in the class by their pharmacological action and/or chemical structure. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.

Many nutritional/dietary supplements contain NJSIAA banned substances. In addition, the U. S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NJSIAA drug test. **The use of supplements is at the student-athlete’s own risk.** Student-athletes should contact their physician or athletic trainer for further information.

The following is a list of banned-drug classes, with examples of banned substances under each class:

<p><b>(a) Stimulants</b>  amiphenazole  amphetamine  bemigrade  benzphetamine  bromantan  caffeine<sup>1</sup> (guarana)  chlorphentermine  cocaine  cropropamide  crothetamide  diethylpropion  dimethylamphetamine  doxapram  ephedrine  (ephedra, ma huang)  ethamivan  ethylamphetamine  fencamfamine  meclofenoxate  methamphetamine  methylenedioxymethamphetamine  (MDMA, ecstasy)  methylphenidate  nikethamide  pemoline  pentetrazol  phendimetrazine  phenmetrazine  phentermine  phenylpropanolamine  picrotoxine  pipradol  prolintane  strychnine  synephrine  (citrus aurantium, zhi shi, bitter orange)  <b>and related compounds</b></p>	<p><b>(b) Anabolic Agents</b>  <u><b>anabolic steroids</b></u>  androstenediol  androstenedione  boldenone  clostebol  dehydrochloromethyl-  testosterone  dehydroepiandro-  sterone (DHEA)  dihydrotestosterone (DHT)  dromostanolone  epitrenbolone  fluoxymesterone  gestrinone  mesterolone  methandienone  methenolone  methyltestosterone  nandrolone  norandrostenediol  norandrostenedione  norethandrolone  oxandrolone  oxymesterone  oxymetholone  stanozolol  testosterone<sup>2</sup>  tetrahydrogestrinone  (THG)  trenbolone  <b>and related compounds</b>    <u><b>other anabolic agents</b></u></p>	<p><b>(c) Diuretics</b>  acetazolamide  bendroflumethiazide  benzhiazine  bumetanide  chlorothiazide  chlorthalidone  ethacrynic acid  flumethiazide  furosemide  hydrochlorothiazide  hydroflumethiazide  methyclothiazide  metolazone  polythiazide  quinethazone  spironolactone  triamterene  trichlormethiazide  <b>and related compounds</b></p>	<p><b>(d) Peptide Hormones &amp; Analogues:</b>  corticotrophin (ACTH)  human chorionic gonadotrophin (hCG)  leutenizing hormone (LH)  growth hormone (HGH, somatotrophin)  insulin like growth hormone (IGF-1)    <b>All the respective releasing factors  of the above-mentioned substances  also are banned:</b>  erythropoietin (EPO)  darbypoetin  sermorelin</p>
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**(e) Definitions of positive depends on the following:**

<sup>1</sup> for caffeine – if the concentration in urine exceeds 15 micrograms/ml

<sup>2</sup> for testosterone – if administration of testosterone or use of any other manipulation has the result of increasing the ratio of the total concentration of testosterone to that of epitestosterone in the urine of greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.