

## Banned Substances 2024-2025

It is the student athlete's responsibility to check with the appropriate or designated athletic staff before using any substance.

### The NJSIAA bans the following drug classes:

- 1. Stimulants
- 2. Anabolic agents
- Beta-blockers
- 4. Diuretics and other masking agents
- 5. Narcotics
- 6. Cannabinoids
- 7. Peptide hormones, growth factors, related substances and mimetics
- 8. Hormone and metabolic modulators
- 9. Beta-2 agonists

Note: Any substance chemically/pharmacologically related to any of the classes listed above and with no current approval by any governmental regulatory health authority for human therapeutic use (e.g., drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is also banned. All drugs within the banned-drug class shall be considered to be banned regardless of whether they have been specifically identified. There is no complete list of banned substances.

#### **Substances and Methods Subject to Restrictions:**

- 1. Blood and gene doping.
- 2. Local anesthetics (permitted under some conditions).
- 3. Manipulation of urine samples.
- 4. Beta-2 agonists (permitted only by inhalation with prescription).
- 5. Tampering of urine samples.

#### NJSIAA Nutritional/Dietary Supplements:

Before consuming any nutritional/dietary supplement product, review the product and its label with your school's athletics department staff.

- Many nutritional/dietary supplements are contaminated with banned substances not listed on the label.
- 2. Nutritional/dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test.
- 3. Student-athletes have tested positive and lost their eligibility using nutritional/dietary supplements.
- 4. Any product containing a nutritional/dietary supplement ingredient is taken at your own risk.

Athletics department staff should consider providing information to student-athletes about supplement use and the importance of having nutritional/dietary products evaluated by qualified staff members before consumption. The NJSIAA has identified Drug Free Sport AXIS™ (AXIS) as the service designated to facilitate student-athletes and schools review of label ingredients in medications and nutritional/dietary supplements. Contact AXIS at 816-474-7321 or <u>axis.drugfreesport.com</u> (password: njsports).

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There is no complete list of banned substances. The following are some examples of substances in each of the banned drug classes. Do not rely on this list to rule out any labeled ingredient. Any substance that is chemically/pharmacologically related to one of the below classes, even if it is not listed as an example, is also banned.

### 1. Stimulants

Amphetamine (Adderall)	Methamphetamine
Caffeine (Guarana)	Methylhexanamine (DMAA; Forthane)
Cocaine	Methylphenidate (Ritalin)
Dimethylbutylamine (DMBA; AMP)	Mephedrone (bath salts)
Dimethylhexylamine (DMHA; Octodrine)	Modafinil
Ephedrine	Octopamine
Heptaminol	Phenethylamines (PEAs) and its derivatives
Hordenine	Phentermine
Lisdexamfetamine (Vyvanse)	Synephrine (bitter orange)

Exceptions: Phenylephrine and Pseudoephedrine are not banned.

### 2. Anabolic Agents

Methandienone
Methasterone
Nandrolone (19-nortestosterone)
Oxandrolone
SARMS [Ligandrol (LGD-4033); Ostarine; RAD140; S-23]
Stanozolol
Stenbolone
Testosterone
Trenbolone

## 3. Beta Blockers

Atenolol	Pindolol
Metoprolol	Propranolol
Nadolol	Timolol

## 4. Diuretics and Masking Agents

Bumetanide	Hydrochlorothiazide
Canrenone (Spironolactone)	Probenecid
Chlorothiazide	Triamterene
Furosemide	Trichlormethiazide

Exceptions: Finasteride is not banned

#### 5. Narcotics

Buprenorphine	Morphine
Dextromoramide	Nicomorphine
Diamorphine (heroin)	Oxycodone
Fentanyl, and its derivatives	Oxymorphone
Hydrocodone	Pentazocine
Hydromorphone	Pethidine
Methadone	Tramadol

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### 6. Cannabinoids

Marijuana	Tetrahydrocannabinol (THC, Delta-8)
Synthetic cannabinoids (Spice; K2; JWH-018; JWH-073)	

## 7. Peptide Hormones, growth factors, related substances, and mimetics

BPC-157	Erythropoietin (EPO)
Growth hormone (hGH)	IGF-1 (colostrum; deer antler velvet)
Human Chorionic Gonadotropin (hCG)	Ibutamoren (MK-677)

Exceptions: Insulin, Synthroid, and Forteo are not banned.

#### 8. Hormone and Metabolic Modulators

Anti-Estrogen (Fulvestrant)
Aromatase Inhibitors [Anastrozole (Arimidex); ATD (androstatrienedione); Formestane; Letrozole]

PPAR-δ [GW1516 (Cardarine); GW0742]

SERMS [Clomiphene (Clomid); Raloxifene (Evista); Tamoxifen (Nolvadex)]

# 9. Beta-2 Agonists

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