



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. NGA member athletes, both amateur and professionals must undergo and pass a polygraph test at each NGA sanctioned contest in which he/she is to participate (unless a drug waiver form is presented) that indicates each athlete has not taken any banned substance on this list in the past 7 years. Promoters have the option to conduct a urine test for all NGA amateur sanction shows.

ANABOLIC STEROIDS including but limited to bolasterone, boldenone, chloroxomesterone (dehydrochloromethyltestosterone), 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.

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

I have tested the above athlete for the banned substances listed above and the results are reflected below:

Polygrapher Name (Print)

Signature

Date

RESULT: PASS FAIL (Circle one only)