



## **IHSA Steroid Testing Policy**

### **Consent to Random Testing 2009-10 School Term**

In January 2008, the Illinois High School Association's Board of Directors approved a plan developed by the IHSA's Sports Medicine Advisory Committee to implement random testing for steroids and performance-enhancing dietary supplements of teams and individuals qualifying for state finals competition.

During the 2009-10 school term, any student-athlete who ingests or otherwise uses substance from the association's banned drug classes, without written permission by a licensed physician, to treat a medical condition, violates IHSA By-law 2.170 and its subsections, and is subject to IHSA penalties, including ineligibility from competition. The IHSA will test certain randomly selected individuals and teams that participate in state series competitions for banned substances. The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents, and his or her school.

By signing below, we consent to random testing in accordance with the IHSA's steroid testing policy. We understand that, if the student or the student's team participates in state series competitions, the student may be subject to testing for banned substances.

No student-athlete may participate in IHSA state series competition unless the student and the student's parent/guardian consent to random testing.

A complete list of the current IHSA Banned Drug Classes can be accessed at [http://www.ihsa.org/initiatives/sportsMedicine/files/IHSA\\_banned\\_drug\\_classes.pdf](http://www.ihsa.org/initiatives/sportsMedicine/files/IHSA_banned_drug_classes.pdf).

\_\_\_\_\_  
Name of student-athlete (please print)

\_\_\_\_\_  
Signature of student-athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of parent/guardian

\_\_\_\_\_  
Date

## IHSA Banned Drug Classes 2009-10

The value of high school interscholastic programs is found in the over-all physical, emotional, and intellectual development of student-athletes. In that pursuit, anabolic steroids and performance-enhancing dietary supplements offer no positive contribution. Rather, their use jeopardizes not only the health of student-athletes, but also impedes in their over-all development. And since this use runs counter to the purpose and value of interscholastic programs, coaches, administrators, school officials or employees, or booster club/support group members have an obligation and responsibility to provide only healthy, safe, and approved substances to student-athletes. IHSA By-Law 2.170, which took effect on July 1, 2007, strengthens the relationship between students and their schools by affirming the school's commitment to offering a safe environment in which their students can develop.

The purpose of this document is to provide schools, athletes, and parents with a description of those substances that are considered banned by the IHSA, and, therefore, substances student-athletes can not take and maintain their athletic eligibility.

This document presents the banned drug classes to be in effect for the 2009-10 school year. As a part of the IHSA's Drug Testing Program, the IHSA Board of Directors shall annually approve the association's banned drug classes, and that group reserves the right to adjust the banned classes as necessary at any time. The classes shall be made available to schools and other interested parties through the IHSA's website.

Background: 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 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 violation of the IHSA Drug Testing Program. The use of supplements is at the student-athlete's own risk for students are ultimately responsible for what they ingest. Student-athletes should contact their physician or athletic trainer for further information.

The following is a list of banned-drug classes, **with some examples of substances under each class. No substance belonging to the banned drug class may be used, regardless of whether it is specifically listed as an example.**

### 1. Stimulants

amiphenazole, amphetamine, bempigrade, benzphetamine, bromantan, caffeine<sup>1</sup> (guarana), chlorphentermine, cocaine, cropropamide, crothetamide, diethylpropion, dimethylamphetamine, doxapram, ephedrine (ephedra, ma huang), ethamivan, ethylamphetamine, fencamfamine, meclofenoxate, methamphetamine, methylenedioxymethamphetamine (DMA, ecstasy), methylphenidate, nikethamide, octopamine, pemoline pentretazol, phendimetrazine, phenmetrazine phentermine, phenylpropranolamine (PPA), picrotoxin, pipradol, prolintane, strychnine, synephrine (citrus aurantium, zhi shi, bitter orange), and related compounds

### 2. Anabolic Agents: Anabolic Steroids

androstenediol, androstenedione, boldenone, ciostebol, dehydrochloromethyltestosterone, dehydroepiandrosterone (DHEA), dihydrotestosterone (DHT), dromostanolone, epitrenbolone, fluoxymesterone, gestrinone, mesterolone, methandienone, methyltestosterone, nandrolone, norandrostenediol, norandrostenedione, norethandrolone, oxandrolone, oxymesterone, oxymetholone, stanozolol, testosterone<sup>2</sup>, tetrahydrogestrinone (THG), trenbolone, and related compounds

### 3. Diuretics

acetazolamide, bendroflumethiazide, benzhiazine, bumetanide, chlorothiazide, chlorthalidone, ethacrynic acid, finasteride, flumethiazide, furosemide, hydrochlorothiazide, hydroflumethiazide, methyclothiazide, metolazone, polythiazide, probenecid, quinethazone, spironolactone (canrenone), triamterene, trichlormethiazide, and related compounds

### 4. Peptide Hormones and Analogues

Corticotrophin (ACTH), human chorionic gonadotrophin (hCG), luteinizing hormone (LH), growth hormone (HGH, somatotrophin), insulin like growth hormone (IGF-1)

**All the respective releasing factors of the previously-mentioned substances also are banned:**

erythropoietin (EPO), darbypoetin, sermorelin

**Definitions of unacceptable levels depend on the following:**

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

<sup>2</sup>for testosterone — an adverse analytical finding (positive result) based on any reliable analytical method (e.g., IRMS, GCMS, CIR) which shows that the testosterone is of exogenous origin, or if the ration of total concentration of testosterone to that of epitestosterone in the urine is greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.