Competitors cannot have used any substances listed below during the duration periods specified. Participants are required to pass polygraph screenings prior to competitions (polygraph test results from amateur OCB shows can be honored for other amateur OCB shows held within six weeks from the contest where testing took place. Polygraph test results from other amateur all-natural federations, other than OCB, can possibly be honored, but only in circumstances where the polygraph examiner who conducted the testing sends verification to OCB, or where the conducting examiner's name and contact information are supplied to OCB for OCB to be able to verify testing took place and what results were in advance). Pros are required to be polygraph tested for every OCB Pro show, regardless of how recently they may have been tested elsewhere. In addition to polygraph testing, pro-qualifying placement winners at amateur events, and cash-prize placement winners in pro divisions, must pass a urine test.

Polygraph screenings are used since events are seven-years drug-free for many substances. Most anabolic steroids and other banned substances are no longer detectable in urine within a month or two from last use, and growth hormone is not detected in routine sports panel urine testing. Note: If you think Bikini competitors don't use banned substances, think again. Approximately half of the competitors who don’t pass the polygraph test at OCB contests are Bikini competitors. Drug use is not always about gaining maximum muscle size. Certain banned substances, which are more popular among females, can yield an unfair advantage with getting leaner and shapelier more easily.

**ANABOLIC AGENTS (INCLUDING FRAGMENTS, METABOLITES, AND RELEASING FACTORS) – BANNED 7 YEARS**

Including, but not limited to (some trade names shown in parenthesis):
1-Androstendiol
1-Androstendione
1-Testosterone
19-Norandrostenedione
4-Hydroxytestosterone
6a-Methylandrostendione
Androstendiol
Androstendione
Bolasterone
Boldenone (Equipoise)
Calusterone
Clenbuterol
Clostebol
Danazol
Dehydrochlormethyltestosterone
Desoxymethyltestosterone
DHEA (aka androstenolone) in excess of 100mg/day (Note "7-Keto-DHEA" is different than "DHEA" and is not banned)
Drostanolone
Estra-4,9-dien-3,17-dione
Fluoxymesterone
Formebolone
Formestane
Furazabol
Halodrol
Mestanolone
Mesterolone
Methandriol
Methandrostenolone (Dianabol)
Methasterone (Superdrol)
Methenolone (Primobolan)
Methyl-1-testosterone
Methyltestosterone
Mibolerone
Nandrolone (Deca-Durabolin)
Norclostebol
Norethandrolone
Oxabolone
Oxandrolone (Anavar)
Oxymesterone
Oxymetholone (Anadrol)
Prostanozol
Stanozolol
Stenbolone (Winstrol)
Testosterone
Trenbolone

**PRESCRIPTION-GRADE STIMULANTS AND WEIGHT-LOSS SUBSTANCES – BANNED 6 MONTHS**

Including, but not limited to:
Amphetamines
Cocaine
Methamphetamine
Methylphenidate
Modafinil
Phentermine

**PRESCRIPTION-GRADE DIURETICS & MASKING AGENTS USED FOR COMPETITION PURPOSES – BANNED 1 WEEK**

Including, but not limited to:
Acetazolamide
Amiloride
Bendroflumethiazide
Bumetanide
Canrenone
Chlorothiazide
Chlorthalidone
Clopamide
Cyclothiazide
Dichlorphenamide
Ethacrynic acid
Furosemide (Lasix)
Hydrochlorothiazide (aka HCT or HCTZ)
Hydroflumethiazide
Spironolactone
Triamterene