**NPC/IFBB PRO NATURAL CONTEST RULES**

1. The following substances are prohibited for the listed time frame before entering an NPC/IFBB PRO natural contest:

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|  | **PROHIBITED SUBSTANCES** | **TIME FRAME** |
| 1. | **ANABOLIC AGENTS [1]** | 3 years |
| 2. | **HORMONE AND METABOLIC MODULATORS** | 3 years |
| 3. | **INSULIN [2]** | 3 years |
| 4. | **PEPTIDE HORMONES, GROWTH FACTORS,  RELATED SUBSTANCES, AND MIMETICS [3]** | 3 years |
| 5. | **SARMs (Selective Androgen Receptor Modulators) [4]** | 3 years |
| 6. | **THYROID HORMONES [5]** | 3 years |
| 7. | **BETA-2 AGONISTS** | 6 months |
| 8. | **DIURETICS AND MASKING AGENTS** | 6 months |
| 9. | **INSULIN MANIPULATORS [6]** | 6 months |
| 10. | **STIMULANTS** | 6 months |
| 11. | **INTOXICATING SUBSTANCES** **[7]** | 12 hours before polygraph |
| 12. | **MUSCLE IMPLANTS OR INJECTIONS OF ANY KIND [8]** |  |
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**[1]** Anabolic Androgenic Steroids (Exogenous, Endogenous when administered exogenously), and other Anabolic Agents (e.g. Clenbuterol, Tibolone, Zeranol, Zilpaterol)

**[2]** When used for the purpose of bodybuilding (prescribed insulin is permitted)

**[3]** Including but not limited to EPO, Peptide Hormones and Hormone Modulators, Growth Hormone, Growth Factors and Growth Factor Modulators

**[4]** Andarine, LGD-4033, Ostarine, RAD140

**[5]** When used for bodybuilding purposes including but not limited to: Synthroid, T3, T4 (prescribed thyroid hormones are permitted)

**[6]** When used solely for weight loss (e.g. Wegovy, Ozempic, Metformin, Rybelsus, etc.)

**[7]** Cannabis, Alcohol, Narcotics

**[8]** Including Synthol

1. **Natural NPC Regional** contests will:

* have at least all Open Class Winners tested backstage by urinalysis by a qualified nurse or doctor; **or**
* have a minimum of 50% of the competitors tested by polygraph scheduled before or during check-in.

1. **Natural NPC Pro Qualifier** contests, such as the Ben Weider Naturals Pro/Am, will:

* have at least all Open Class Winners tested backstage by urinalysis by a qualified nurse or doctor; **and**
* have polygraph testing during check-ins.

1. **Natural IFBB PRO USA** contests, such as the Ben Weider Naturals Pro/Am, will:

* have the Top 2 in each division tested backstage by urinalysis by a qualified nurse or doctor; **and**
* have polygraph testing during check-ins.

NOTE: Natural IFBB PRO International contests will be governed by the same rules used by NPC Worldwide.

1. Polygraph Rules: **Polygraph results are final.**Testing will begin at check-in. Any competitor who, for whatever reason, fails to check in and make themselves available for testing will be disqualified.  Any competitor who refuses to be tested, or who leaves before testing is completed, will be disqualified.  **Under no circumstances will refunds be given for entries, tickets or other event-related expenses if an athlete is disqualified as a result of a positive urinalysis or failed polygraph.**
2. The penalties for a positive test result are as follows:

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| **OFFENCE** | **PENALTY** |
| First | One year |
| Second | Two years |
| Third | Lifetime |

NOTE: The suspension is from all NPC, NPC Worldwide and IFBB PRO contests.