

### V.3 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 for seven years. Please note that it is the athletes' sole responsibility to refer to the following list regarding current supplements he/she may be taking. It is the athlete's responsibility to research all the ingredients of a prescription or supplement before consuming them to ensure that you are not ingesting something that can cause you to fail a drug test.

**V.3.1 Anabolic Steroids** – see NGA By-Laws for the list

#### V.3.2 Growth Hormones

PHARMACEUTICAL HGH, HCG and any other related compound.

#### V.3.3 Keto / DHEA

**7 Keto DHEA (July 1, 2016)** – There shall be a **(3) month** amnesty through 2016. As of **January 1, 2018**, these substances shall carry a **(2) year** ban time frame.

- **7-ketodehydroepiandrosterone**
- **7-oxodehydroepiandrosterone**
- **7 $\alpha$ -hydroxy-DHEA**
- **7 $\beta$ -hydroxy-DHEA**
- **DHEA**

**V.3.4 Prescription Diuretics** – see NGA By-Laws for the list

**V.3.5 Prescription Psychomotor Stimulants** – see NGA By-Laws for the list

#### V.3.6 SARMS

Although they are not approved or regulated by the FDA, SARMS are also on the list of NGA Banned substances and will not be permitted in any NGA sanctioned shows. Because their intent and use are for performance enhancing and have similar effects as steroids on the androgen receptor they will be considered Performance Enhancing Drugs (PED). They currently have no medical approval so are not acceptable for the Hormone Replacement Therapy (HRT) Guidelines as set forth in the NGA By-Laws even if prescribed from a Physician. They include but are not limited to:

- MK-2866, GTx-024 (Ostarine)
- LGD-4033 (Ligandrol)
- GSX-007, S-4 (Andarine)
- GW-501516 (Cardarine)
- LGD-3303

I have read and agree to abide by this of banned substances as a prerequisite for participation in the \_\_\_\_\_ and/or other NGA sanction events. I further understand and agree that I will not be permitted to enter the contest if I do not take the polygraph examination or if the results of the examination, as determined or interpreted by the examiner, indicate or disclose that I have taken anabolic steroids, growth hormones, diuretics or any substance listed above within the past \_\_\_\_\_ years from the contest date (length of drug free period).

\_\_\_\_\_  
Athlete's Name (Print)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Parent or Guardian's Signature (if under 18 years of age)

\_\_\_\_\_  
Date