

**NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION**  
**1161 Route 130, P.O. Box 487**  
**Robbinsville, NJ 08691**

To: Athletic Directors

From: Bob Baly, Assistant Director, NJSIAA

Date: May 17, 2006

Re: Steroid Testing Permission Slip

Enclosed are a "steroid testing permission slip" and a list of NJSIAA banned drug classes and substances. Please remember:

1. All parents/guardians and student athletes must sign the enclosed permission form before participating in interscholastic sports. Failure to sign the consent form renders the student athlete ineligible.
2. The list of banned drug classes and substances must be included with the permission form.
3. It shall be considered a violation of the NJSIAA Sportsmanship rule for any student athlete to possess, ingest or otherwise use any of the substances on the list of banned substances, without a written prescription by a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition.
4. The permission forms will be signed yearly. Principals shall keep all steroid testing permission forms in a file on school premises for the entire school year.

## NJSIAA Banned-Drug Classes 2006 - 2007

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 NJSIAA 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 positive NJSIAA drug test. **The use of supplements is at the student-athlete's own risk.** Student-athletes should contact their physician or athletic trainer for further information.

The following is a list of banned-drug classes, with examples of banned substances under each class:

### (a) Stimulants

amiphenazole  
amphetamine  
bemigrade  
benzphetamine  
bromantan  
caffeine<sup>1</sup> (guarana)  
chlorphentermine  
cocaine  
cropropamide  
crothetamide  
diethylpropion  
dimethylamphetamine  
doxapram  
ephedrine  
(ephedra, ma huang)  
ethamivan  
ethylamphetamine  
fencamfamine  
meclofenoxate  
methamphetamine  
methylenedioxymethamphetamine  
(MDMA, ecstasy)  
methylphenidate  
nikethamide  
pemoline  
pentetrazol  
phenmetrazine  
phentermine  
phenylpropanolamine (ppa)  
picrotoxine  
pipradol  
prolintane  
strychnine  
synephrine  
(citrus aurantium, zhi shi, bitter  
orange)  
and related compounds

### (b) Anabolic Agents

anabolic steroids  
androstenediol  
androstenedione  
boldenone  
clostebol  
dehydrochlormethyl-  
testosterone  
dehydroepiandro-  
sterone (DHEA)  
dihydrotestosterone (DHT)  
dromostanolone  
epitrenbolone  
fluoxymesterone  
gestrinone  
mesterolone  
methandienone  
methenolone  
methyltestosterone  
nandrolone  
norandrostenediol  
norandrostenedione  
norethandrolone  
oxandrolone  
oxymesterone  
oxymetholone  
phenidimetrazine  
pregnelone  
stanozolol  
testosterone<sup>2</sup>  
tetrahydrogestrinone  
(THG)  
trenbolone  
and related compounds

### other anabolic agents

clenbuterol

### (c) Diuretics

acetazolamide  
bendroflumethiazide  
benzthiazide  
bumetanide  
chlorothiazide  
chlorthalidone  
ethacrynic acid  
flumethiazide  
furosemide  
hydrochlorothiazide  
hydroflumenthiazide  
methyclothiazide  
metolazone  
polythiazide  
quinethazone  
spironolactone  
triamterene  
trichlormethiazide  
and related compounds

### (d) Peptide Hormones & Analogues:

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

**All the respective releasing factors  
of the above-mentioned substances  
also are banned:**  
erythropoietin (EPO)  
darbypoetin  
sermorelin

### (e) Definitions of positive depends on the following:

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

<sup>2</sup> for testosterone – if administration of testosterone or use of any other manipulation has the result of increasing the ratio of the total concentration of testosterone to that of epitestosterone in the urine of greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.

# **NJSIAA STEROID TESTING POLICY**

## **CONSENT TO RANDOM TESTING**

In Executive Order 72, issued December 20, 2005, Governor Richard Codey directed the New Jersey Department of Education to work in conjunction with the New Jersey State Interscholastic Athletic Association (NJSIAA) to develop and implement a program of random testing for steroids, of teams and individuals qualifying for championship games.

Beginning in the Fall, 2006 sports season, any student-athlete who possesses, distributes, ingests or otherwise uses any of the banned substances on the attached page, without written prescription by a fully-licensed physician, as recognized by the American Medical Association, to treat a medical condition, violates the NJSIAA's sportsmanship rule, and is subject to NJSIAA penalties, including ineligibility from competition. The NJSIAA will test certain randomly selected individuals and teams that qualify for a state championship tournament or state championship competition 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. No student may participate in NJSIAA competition unless the student and the student's parent/guardian consent to random testing.

By signing below, we consent to random testing in accordance with the NJSIAA steroid testing policy. We understand that if the student or the student's team qualifies for a state championship tournament or state championship competition, the student may be subject to testing for banned substances.

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Signature of student-athlete

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Date

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Signature of parent/guardian

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Date