



2024 INBF WNBFF & WADA BANNED SUBSTANCE LIST

THE FOLLOWING SUBSTANCES AND COMPOUNDS HAVE BANNED TIMEFRAMES. THEIR USE CONSTITUTES GROUNDS FOR DISMISSAL FROM COMPETITIONS AND SUSPENSION/TERMINATION FROM MEMBERSHIP FOR **TEN (10) YEARS TO LIFE**.
CHECK ALL SUPPLEMENT INGREDIENT LISTS BEFORE USING THEM!

S1.1 ANABOLIC ANDROGENIC STEROIDS (10 YEARS | DHEA 2 YEARS) - 1-Androstenediol (5 α -androst-1-ene-3 β ,17 β -diol), 1-Androstenedione (5 α -androst-1-ene-3,17-dione), 1-Androsterone (3 α -hydroxy-5 α -androst-1-ene-17-one), 1-Epiandrosterone (3 β -hydroxy-5 α -androst-1-ene-17-one), 1-Testosterone (17 β -hydroxy-5 α -androst-1-en-3-one), 4-Androstenediol (androst-4-ene-3 β ,17 β -diol), 4-Hydroxytestosterone (4,17 β -dihydroxyandrost-4-en-3-one), 5-Androstenedione (androst-5-ene-3,17-dione), **7 α -hydroxy-DHEA**, **7 β -hydroxy-DHEA**, **7-Keto-DHEA**, 17 α -methyl-epiandrosterone (epistane), 19-Norandrostenediol (estr-4-ene-3,17-diol), 19-Norandrostenedione (estr-4-ene-3,17-dione), Androst-4-ene-3,11,17-trione (11-ketoandrostenedione, adrenosterone), Androstanolone (5 α -dihydrotestosterone, 17 β -hydroxy-5 α -androst-3-one), Androstenediol (androst-5-ene-3 β ,17 β -diol), Androstenedione (androst-4-ene-3,17-dione), Bolasterone, Boldenone, Boldione (androsta-1,4-diene-3,17-dione), Calusterone, Clostebol, Danazol ([1,2]oxazolo[4',5':2,3]pregna-4-en-20-yn-17 α -ol), Dehydrochlormethyltestosterone (4-chloro-17 β -hydroxy-17 α -methylandrosta-1,4-dien-3-one), Desoxymethyltestosterone (17 α -methyl-5 α -androst-2-en-17 β -ol and 17 α -methyl-5 α -androst-3-en-17 β -ol), Drostanolone, Epiandrosterone (3 β -hydroxy-5 α -androst-17-one), Epi-dihydrotestosterone (17 β -hydroxy-5 β -androst-3-one), Epiandrosterone, Ethylestrenol (19-norpregna-4-en-17 α -ol), Fluoxymesterone, Formebolone, Furazabol (17 α -methyl [1,2,5]oxadiazolo[3',4':2,3]-5 α -androst-17 β -ol), Gestrinone, Mestanolone, Mesterolone, Metandienone (17 β -hydroxy-17 α -methylandrosta-1,4-dien-3-one), Metenolone, Methandriol, Methasterone (17 β -hydroxy-2 α ,17 α -dimethyl-5 α -androst-3-one) Methyl-1-testosterone (17 β -hydroxy-17 α -methyl-5 α -androst-1-en-3-one), Methylclostebol, Methyldienolone (17 β -hydroxy-17 α -methyl-4,9-dien-3-one), Methylnortestosterone (17 β -hydroxy-17 α -methyl-4-en-3-one), Methyltestosterone, Metribolone (methyltrienolone, 17 β -hydroxy-17 α -methyl-4,9,11-trien-3-one), Mibolerone, Nandrolone (19-nortestosterone), Norboletone, Norclostebol (4-chloro-17 β -ol-estr-4-en-3-one), Norethandrolone, Oxabolone, Oxandrolone, Oxymesterone, Oxymetholone, Prasterone (dehydroepiandrosterone, **DHEA**, 3 β -hydroxyandrost-5-en-17-one), Prostanazol (17 β -[(tetrahydropyran-2-yl)oxy]-1'H-pyrazolo[3,4:2,3]-5 α -androstane), Quinbolone, Stanozolol, Stenbolone, Testosterone Tetrahydrogestrinone (17-hydroxy-18 α -homo-19-nor-17 α -pregna-4,9,11-trien-3-one), Tibolone, Trenbolone (17 β -hydroxyestr-4,9,11-trien-3-one)

S1.2. ANABOLIC AGENTS & SARMs (2 YEARS MIN.) - Clenbuterol, osilodrostat, ractopamine, selective androgen receptor modulators [SARMs, e.g. andarine, enobosarm (ostarine), LGD-4033 (ligandrol), RAD140, S-23 and YK-11], zeranol and zilpaterol.

S2 PEPTIDE HORMONES, GROWTH FACTORS, RELATED SUBSTANCES, AND MIMETICS (10 YEARS)

Erythropoiesis – Any form of oxygen or blood manipulation/production or use of mimetics or other agents.

S2 CON'T - Chorionic gonadotrophin (CG) and luteinizing hormone (LH) and their releasing factors in males, e.g. buserelin, deslorelin, gonadorelin, goserelin, leuprorelin, nafarelin and triptorelin, Corticotrophins, corticorelin, **Growth hormone (GH)**, growth hormone analogues, e.g. lonapegsomatropin, somapacitan and somatogon, growth hormone fragments, e.g. AOD-9604 and hGH 176-191, Growth hormone releasing factors, growth hormone-releasing hormone (GHRH) and its analogues (e.g. CJC-1293, CJC-1295, sermorelin and tesamorelin), growth hormone secretagogues (GHS) and their mimetics [e.g. lenomorelin (ghrelin), anamorelin, ipamorelin, macimorelin and tabimorelin], GH-releasing peptides (GHRPs) [e.g. alexamorelin, GHRP-1, GHRP-2 (pralmorelin), GHRP-3, GHRP-4, GHRP-5, GHRP-6, and examorelin (hexarelin)], Fibroblast growth factors (FGFs), Hepatocyte growth factor (HGF), **Insulin-like growth factor 1 (IGF-1)** and its analogues, Mechano growth factors (MGFs), Platelet-derived growth factor (PDGF), Thymosin- β 4 and its derivatives e.g. TB-500, Vascular endothelial growth factor (VEGF).

S3 BETA-2 AGONISTS - Arformoterol, Fenoterol, Formoterol, Higenamine, Indacaterol, Levosalbutamol, Olodaterol, Procaterol, Reproterol, Salbutamol, Salmeterol, Terbutaline, Tretoquinol (trimetoquinol), Tulobuterol, Vilanterol.

S4.1 AROMATASE INHIBITORS (10 YEARS) - 2-Androstenol (5 α -androst-2-en-17-ol), 2-Androstenone (5 α -androst-2-en-17-one), 3-Androstenol (5 α -androst-3-en-17-ol), 3-Androstenone (5 α -androst-3-en-17-one), 4-Androstene-3,6,17 trione (6-oxo), Aminoglutethimide, Anastrozole, Androsta-1,4,6-triene-3,17-dione (androstatrienedione), Androsta-3,5-diene-7,17-dione (arimistane), Exemestane, Formestane, Letrozole, Testolactone. *Anti estrogen supplements without WADA banned items are not considered banned.

S4.2 ANTI ESTROGEN & SERMS (10 YEARS) – Bazedoxifene, Clomifene, Cyclofenil, Fulvestrant, Ospemifene, Raloxifene, Tamoxifen, Toremifene (cancer and pregnancy prescribed medications outside eligibility timeframes may receive a therapy exemption but must be physician evaluated).

S4.3-4 ALL HORMONE & METABOLIC MODULATORS ARE BANNED (10 YEARS)

S5 – DIURETICS & MASKING AGENTS (90 DAYS | Heart Conditions Require TUE) - Desmopressin; probenecid; plasma expanders, albumin, dextran, hydroxyethyl starch and mannitol, Acetazolamide; amiloride; bumetanide; canrenone; chlortalidone; etacrynic acid; furosemide, indapamide, metolazone, spironolactone, thiazides, bendroflumethiazide, chlorothiazide, hydrochlorothiazide, torasemide, triamterene, vaptans, tolvaptan.

PROHIBITED METHODS (10 YEARS) – Blood & chemical manipulation, gene, and cell doping is prohibited!

***Spironolactone (for acne 14 DAYS NO EXCEPTIONS)**

S6-S7 STIMULANTS & NARCOTICS (90 DAYS) – Adrafinil, Amfepramone, Amfetamine, Amfetaminil, Amiphenazole, Benfluorex, Benzylpiperazine, Bromantan, Clobenzorex, Cocaine, Cropropamide, Crotetamide, Fencamine, Fenetylline, Fenfluramine, Fenproporex, Fonturacetam, Furfenorex, Lisdexamfetamine, Mefenorex, Mephentermine, Mesocarb, Metamfetamine(d-), p-methylamfetamine, Modafinil, Norfenfluramine, Phendimetrazine, Phentermine, Prenylamine, Prolintane, 3-Methylhexan-2-amine, methylhexaneamine, 1,3 dimethylamylamine, DMAA), 4-Methylpentan-2-amine, 5-Methylhexan-2-amine, Benzfetamine, Cathine, Cathinone, mephedrone, methedrone, Dimetamfetamine (dimethylamphetamine), Ephedrine, Epinephrine, Adrenaline, Etamivan, Ethylphenidate, Etilamfetamine, Etilefrine, Famprofazone, Fenbutrazate, Fencamfamin, Heptaminol, Hydrafinil, Hydroxyamfetamine, Isometheptene, Levmetamfetamine, Meclofenoxate, Methylenedioxyamphetamine, Methylephedrine*, Methylnaphthidate, Methylphenidate, Nikethamide, Norfenefrine, Octodrine, Octopamine, Oxilofrine (methylsynephrine), Pemoline, Pentetrazol, Phenethylamine, Phenmetrazine, Phenpromethamine, Propylhexedrine, Pseudoephedrine (cold medicines are ok if not abused)

***Physician prescribed weight loss drugs and party drugs used regularly for weight loss purposes is absolutely prohibited! Any former usage of weight loss drugs must be cleared by WNBF officials prior to polygraph testing.**

***MUSCLE IMPLANTS** - Muscle implants of any kind are prohibited

PRESCRIPTION MEDICATIONS** - All medical conditions treated with prescribed medication must be cleared by the WNBF prior to being polygraph or urinalysis tested. The athlete is responsible for producing copies of physician notes and up to date prescriptions to event promoters at each event entered. ***The presence of any banned substance in urine, regardless of the cause, is ruled as a positive result and is considered a failure.

By signing this form, I agree that I have read the full list of banned substances, and I have researched any questions or uncertainties regarding supplements and the drug testing procedures. I am responsible for my own supplement usage, and I understand the polygraph and urinalysis testing results are binding and conclusive.

I also acknowledge that after signing this form I will at no point use anything on the banned substance list or I will sacrifice my eligibility with the INBF/WNBF or WNBF World Affiliates for a duration of 10 years.

Signature: _____

Date: _____

Parent Signature Under 18: _____