



2019-20 IHSA Banned Substances

The IHSA bans the following classes of substances:

- a. Stimulants
- b. Anabolic Agents
- c. Diuretics and Other Masking Agents
- d. Peptide Hormones and Analogues

Note: Any substance chemically related to these classes is also banned.

The member school and the student-athlete shall be held accountable for all substances within the banned substance class regardless of whether they have been specifically identified.

Substances and Procedures Subject to Restrictions:

- a. Manipulation of Urine Samples.
- b. Caffeine if concentrations in urine exceed 15 micrograms/ml.

IHSA Nutritional/Dietary Supplements Warning:

- **Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff!**
- Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive substance test result.
- In the IHSA's program and other programs that test for the same substances as the IHSA's program, student-athletes have tested positive and lost their eligibility using dietary supplements.
- Many dietary supplements are contaminated with banned substances not listed on the label.
- **Any product containing a dietary supplement ingredient is taken at your own risk.**

**It is your responsibility to check with your athletics staff
before using any substance.**



Some Examples of IHSA Banned Substances in each class

NOTE: There is no complete list of banned substance examples!!

Check with your athletics department staff or the Resource Exchange Center (REC) to review the label of any product, medication or supplement before you consume it!

Stimulants:

amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, "bath salts" (mephedrone); etc.

exceptions: phenylephrine and pseudoephedrine are not banned.

Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione): boldenone; clenbuterol; DHEA (7-Keto); nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; epi-trenbolone; ostarine; stenbolone; etc.

Diuretics (water pills) and Other Masking Agents:

bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

Peptide Hormones and Analogues:

human growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

Any substance that is chemically related to the class of banned substances, even if not listed as an example, is also banned!

**It is your responsibility to check with your athletics staff
before using any substance.**