

## IHSA Banned Drug Classes 2007-08

The value of high school interscholastic programs is found in the over-all physical, emotional, and intellectual development of student-athletes. In that pursuit, anabolic steroids and performance-enhancing dietary supplements offer no positive contribution. Rather, their use jeopardizes not only the health of student-athletes, but also impedes in their over-all development. And since this use runs counter to the purpose and value of interscholastic programs, coaches, administrators, school officials or employees, or booster club/support group members have an obligation and responsibility to provide only healthy, safe, and approved substances to student-athletes. IHSA By-Law 2.170, which will take effect on July 1, 2007, will strengthen the relationship between students and their schools by affirming the school's commitment to offering a safe environment in which their students can develop.

Over the past few years, the IHSA, through the work of its Sports Medicine Advisory Committee and in conjunction with the National Federation of State High School Associations, has attempted to increase awareness on anabolic steroid use by high school students and provided resources that schools, athletes, and parents could use to reinforce the dangers of anabolic steroids and performance-enhancing dietary supplements.

The purpose of this document is to provide schools, athletes, and parents with a description of those substances that are considered banned by the IHSA, and, therefore, substances student-athletes can not take and maintain their athletic eligibility.

This document presents the list of banned drug classes to be in effect for the 2007-08 school year. The IHSA Board of Directors approved this list on a recommendation from the IHSA Sports Medicine Advisory Committee at their January 2007 meeting. On July 1st, 2007, the official list shall be published on the IHSA website and will be distributed in hard copy to member schools in the August 2007 All-School Mailing.

Background: 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 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 violation of IHSA by-laws. 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:

### 1. Stimulants

amiphenazole, amphetamine, bemigrade, benzphetamine, bromantan, caffeine1 (guarana), chlorphentermine, cocaine, cropropamide, crothetamide, diethylpropion, dimethylamphetamine, doxapram, ephedrine (ephedra, ma huang), ethamivan, ethylamphetamine, fencamfamine, meclofenoxate, methamphetamine( MDMA, ecstasy), methylphenidate, Nikethamide, Pemoline pentretazol, phendimetrazine, phenmetrazine phentermine, phenylpropanolamine (PPA), picrotoxine, pipradol, prolintane, strychnine, synephrine (citrus aurantium, zhi shi, bitter orange) and related compounds

### 2. Anabolic Agents: Anabolic Steroids

androstenediol, androstenedione, boldenone, clostebol, dehydrochlormethyltestosterone, dehydroepiandrosterone (DHEA), dihydrotestosterone (DHT), dromostanolone, epitrenbolone, fluoxymesterone, gestrinone, mesterolone, nethyltestosterone, nandrolone, norandrostenedione, norethandrolone, oxandrolone, oxymesterone, oxymetholone, stanozolol, testosterone2, tetrahydrogestrinone (THG), trenbolone and related compounds

### 3. Diuretics

acetazolamide, bendroflumethiazide, benzhiacide, bumetanide, chlorothiazide, chlorthalidone, ethacrynic acid, furosemide, hydrochlorathiazide, methyclothiazide, metolazone, polythiazide, quinethazone, spironolactone (canrenone), triamterene, trichlormethiazide and related compounds

### 4. Peptide Hormones and Analogues

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

**All the respective releasing factors of the previously-mentioned substances also are banned:**

erythropoietin (EPO), darbepoetin, sermorelin

**Definitions of unacceptable levels depend on the following:**

1for caffeine — if the concentration in urine exceeds 15 micrograms/ml

2for testosterone — if the 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 I the urine to greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.