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## 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.

Athletes may submit supplements and medications to Drug Free Sport AXIS to receive information regarding banned substances or safety issues. Athletes or parents may login to the NJSIAA account at [www.dfsaxis.com](http://www.dfsaxis.com) using the password "njsports".

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.

\_\_\_\_\_  
Signature of Student-Athlete

\_\_\_\_\_  
Print Student-Athlete's Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Print Parent/Guardian's Name

\_\_\_\_\_  
Date

# NJSIAA



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## **NJSIAA Anabolic Steroid-Testing Protocols 2020-2021**

### **Organization**

1. The New Jersey State Interscholastic Athletic Association (NJSIAA) Executive Committee has selected Drug Free Sport International (Drug Free Sport), Kansas City, MO, to be the official administrator of the NJSIAA Anabolic Steroid Testing Policy.
2. The New Jersey State Interscholastic Athletic Association (NJSIAA) Executive Committee has selected the UCLA Olympic Analytical Laboratory, Los Angeles, CA, to be the official accredited laboratory of the NJSIAA Anabolic Steroid Testing Policy. The administrator may utilize another laboratory if required, so long as the laboratory is accredited by the World Anti-Doping Agency.

### **Championship and Athlete Selection**

1. Selection of specific championship teams and events for anabolic steroid testing will be recommended by Drug Free Sport and will be approved by the NJSIAA.
2. Selection of sports for anabolic steroid testing will occur prior to the commencement of the championship seasons for those sports.
3. All athletes competing in state championship competition are subject to testing.
4. Athletes may be tested before, during or after any phase of state championship competition.

## **Championship and Athlete Notification**

1. Upon notification that their institution has been selected for drug testing, Schools participating in NJSIAA championship competition will be required to provide an accurate and current roster of the athletes on the varsity team that has qualified for the championship competition to the email provided that is mentioned in the notification as soon as possible.
2. Athletes selected for anabolic steroid testing will be notified of their selection by an institutional designee or Drug Free Sport. The athlete's coach or an administrator from the athlete's school will be notified also.
3. The athlete will be instructed to read and sign an anabolic steroid-testing notification form. The form will instruct the athlete to report to a collection station at the appointed time with an official representative of the school (e.g., administrator, coach, athletic trainer).
4. The athlete may select a witness (e.g., parent or guardian) to accompany the athlete to the collection station. Any witness must remain in the collection station through the entire collection process.

## **Specimen Collection Procedures**

1. Only those persons authorized by the collection crew chief or school representative/site coordinator will be allowed in the collection station.
2. Upon entering the collection station, the athlete will provide photo identification and/or a school representative/site coordinator will identify the athlete and the athlete will officially be signed into the collection station.
3. The crew chief and/or school representative may release a sick or injured athlete from the collection station or may release an athlete to return to competition or meet academic obligations only after appropriate arrangements for having the athlete tested have been made and documented.
4. With the collector's and/or school representative/site coordinator's assistance, a member of the drug testing crew will review the athlete's information, including name, grade, sport/activity, position, and gender in SCAN<sup>®</sup>. The athlete will select a set of beaker barcodes that will be assigned to them for the testing process. Once completed, the crew member will instruct the athlete to wait in a specific area of the collection room for the monitor-collector.
5. A collector, serving as monitor (must be same gender as athlete), will determine the athlete's readiness to provide a specimen and then instruct the athlete to select a beaker from a supply of such. [Note: the beakers MUST be adequately secured in the collector room and closely observed by the collectors at ALL TIMES. The beakers must NOT be placed near the exit.]
6. The monitor will take the collection form from the athlete and then escort the athlete to the restroom having the athlete keep the beaker in the monitor's view at all times.

7. Athletes may not carry any item other than his/her beaker into the restroom when providing a specimen. The athlete must remove all outer clothing (e.g., jackets, sweaters). Any problem or concern should be brought to the attention of the collection crew chief or school representation for documentation.
8. A collector will serve as a monitor to assure the integrity of the specimen until the designated volume of urine has been collected. The monitor must secure the room being used for the monitored collection so that no one except the athlete and the monitor can enter it until after the collection has been completed. Dyeing agents will be added to toilet bowls to prevent sample substitution and any unsupervised access to water will be eliminated during the collection process.
9. Monitors must be members of the official drug-testing crew and of the same gender as the athlete providing the specimen. The athlete is required to empty contents of all pockets (pockets should be turned inside out) and place in container to be left in a location where the athlete and the monitor can observe. The monitor must request the athlete raise his/her shirt high enough to observe the midsection area completely ruling out any attempt to manipulate or substitute a sample.
10. The monitor will instruct the athlete to rinse and dry hands (no soap).
11. The monitor will then hand the athlete the second half of the beaker barcode strip that the athlete picked out and have the athlete place the barcode directly on top of his/her beaker. This should be done PRIOR to urinating into the beaker.
12. The monitor will allow the athlete to enter the stall and close the door for privacy during the voiding process. If the monitor hears sounds or makes other observations indicating an attempt to tamper with a specimen, there must be an additional collection.
13. The athlete must provide specimen volume of at least 90 mL.
14. Once a specimen is provided, the athlete is responsible for keeping the collection beaker closed and controlled. Athletes are then encouraged to wash hands with soap and water following urination. The monitor will inspect the volume and temperature of urine in the beaker and if not an adequate volume, place a line with a marker at the urine volume level on the outside of the beaker. The athlete should be instructed to secure the beaker. The monitor must NOT touch the beaker.
15. The athlete is allowed to place belongings back into his/her pockets.
16. The monitor must then escort the athlete back to the collection room keeping the athlete and his/her beaker in full view the entire time. The monitor will provide the athlete with his/her collection form and must instruct the athlete where to sit, how to maintain integrity of the specimen and their collection form. The monitor should also advise on fluids and/or food.
17. Fluids and food given to athletes who have difficulty voiding must be from sealed containers (approved by the collector) that are opened and consumed in the station. These items must be free of any other banned substances.

18. If the specimen is incomplete, the athlete must remain in the collection station until the sample is completed. During this period, the athlete is responsible for keeping the collection beaker closed and controlled.
19. If the athlete has to leave, any incomplete specimen will be discarded. The crew chief will document the reason for the athlete's departure as well as the time at which the athlete will return in SCAN<sup>®</sup>.
20. Upon return to the collection station, the athlete will begin the collection procedure again.
21. Once an adequate volume specimen is provided, the monitor may initial in the space provided on the collection form and also mark the appropriate temperature box. The monitor will escort the athlete to the specimen processing table.
22. A collector serving as specimen processor will verify (with the athlete verbally) the beaker barcode ID numbers match between the top of the beaker and the collection form and assure the athlete's name on the collection form is correct. The specimen collector will instruct the athlete to closely observe the specimen processing steps.
23. The specimen processor will then pour less than 5 mL of urine from the beaker into a small cup and measure the specific gravity using a refractometer.
24. If the urine has a specific gravity below 1.005 (1.010 if measured with a reagent strip), the value will be recorded on the collection form, and the specimen will be discarded by the athlete with the monitor observing. The athlete must remain in the collection station until another specimen is provided. The athlete will pick out another beaker barcode strip with a set of the same barcode number and will provide another specimen.
25. If the urine is concentrated (1.005 SG or higher), the specimen processor will record the specific gravity value on the collection form.
26. Once the specimen processor has determined the specimen has a specific gravity above 1.005, the sample will be processed and sent to the laboratory. The laboratory ultimately makes final determination of sample adequacy.
27. If the laboratory determines that an athlete's sample is inadequate for analysis, at the school's discretion, another sample may be collected.
28. If an athlete is suspected of manipulating specimens (e.g., via dilution), the school will have the authority to perform additional tests on the athlete.
29. Once a specimen has been provided that meets the on-site specific gravity, the athlete will select a sample collection kit from a supply of such.
30. The specimen processor will open the kit, demonstrate to the athlete the vials are securely sealed, open the plastic, and open the A vial lid. The processor will pour approximately 60 mL of urine into the "A vial" and close the lid. The processor will pour approximately 25 mL into the "B vial" and close the lid.

31. The specimen processor will securely close the lids on each vial and then seal each vial using the vial seals from a set of specimen seals that the student-athlete will pick out and verify that all seal numbers are the same. The processor will assure that all seals are tightly adhered to the vials with no tears or loose areas. The samples will then be placed into a sample bag which will then be placed into the specimen kit box. The box will then be sealed using the box seal on the set of specimen seals that the athlete has chosen out. Once this is complete, the specimen processor will take the kit from the student athlete, ask them to verify that the seal number on the box is the same as the seal number that was placed on the notification form, and send them to the crew member in charge of check out.
32. A crew member must then collect all necessary signatures (and dates/times where indicated) in SCAN<sup>®</sup> (donor, monitor, and collector). Any deviation from the procedures must be described and recorded. If deviations are alleged, the athlete will be required to provide another specimen.
33. The athlete is then released by the collector.
34. All sealed samples will be secured in a shipping case. The collector will prepare the case for forwarding.
35. After the collection has been completed, the samples will be forwarded to the laboratory and copies of any forms forwarded to the designated persons.
36. The samples become the property of the school.
37. If the athlete does not comply with the collection process, the collector will notify the school representative/site coordinator and third party administrator responsible for management of the drug-testing program.
38. All specimens become the property of the NJSIAA.

## **Chain of Custody**

1. The crew chief or his/her designate will deliver the shipping case to the carrier.
2. Upon receipt at the laboratory, a laboratory employee will record that the shipping case has been received by the carrier.
3. The laboratory will record whether the numbered seal on each specimen arrived intact.
4. If the specimen arrives at the laboratory with security seals not intact, the NJSIAA may collect another specimen from the athlete.

## **Notification of Results**

1. The laboratory will use a portion of Specimen A for its initial analysis
2. The designated laboratory certifying scientist will review all results showing a banned substance and/or metabolite in Specimen A.
3. The laboratory will inform Drug Free Sport of the results by each respective code number.
4. Drug Free Sport will notify the school of the results of any negative test.
5. When Specimen A is positive, Drug Free Sport will contact the NJSIAA medical review officer as soon as possible. The MRO will provide final review of Specimen A results.
6. The MRO will contact the parent of the student-athlete with a positive finding on Specimen A to discuss the result and determine if a medical exception shall be granted to the student-athlete. The MRO will make a decision regarding whether to grant a medical exception within nine (9) business days of receiving the result from Drug Free Sport, unless good cause is shown for extending that time. The MRO will forward the decision to Drug Free Sport which will contact the school, the parent or guardian and the NJSIAA regarding the MRO's decision.
7. Drug Free Sport will further notify the parent or guardian that he or she may request that Specimen B be tested, and may request to be present or represented at the opening of Specimen B, and that he or she must inform Drug Free Sport within 72 hours if he or she requests to have Specimen B tested.
8. In the event that the athlete does not request that Specimen B be tested, Specimen A findings will be final.
9. In the event that the athlete requests the testing of Specimen B, the results of Specimen B will be final.
10. Results of all tests shall be considered confidential and shall only be disclosed by the NJSIAA to the athlete, his/her parents or guardian, his/ her school, and the medical review officer.

11. The NJSIAA Steroid Testing Policy treats an athlete who fails to provide a testing sample the same as an athlete who tests positive. For that reason, any athlete who refuses to sign the notification form, fails to arrive at the collection station at the designated time without justification, fails or refuses to provide a urine specimen according to protocol, leaves the collection station before providing a specimen according to protocol or attempts to alter the integrity or validity of the urine specimen and/or collection process will be treated as if there was a positive for a banned substance.

### **Appeal**

1. If the athlete desires to appeal the results of a positive anabolic steroid test, a written request for an appeal must be received by the NJSIAA no later than 20 days after the athlete receives notification of the positive result from the NJSIAA.
2. Appeals shall be conducted according to the provisions of NJSIAA's Anabolic Steroid Testing Policy as approved by the NJSIAA Executive Committee.
3. An athlete who tests positive will not be eligible to participate in sports pending his/her appeal.

### **Protocol Terms**

*Collection Station:* A controlled room or area with access to restrooms for purposes of urine specimen collection for sports anabolic steroid testing.

*Collector:* Member of the collection crew.

*Collection Crew:* The crew chief, collectors and monitors.

*Crew Chief:* A certified specimen collector who manages the collection station, the collectors and monitors under the direction of The National Center for Drug Free Sport, Inc.

*Monitor:* Member of the collection crew who is the same gender as the athlete being tested.

*WADA:* World Anti-Doping Agency, the certification body for laboratories testing for anabolic steroids and other drugs banned in sport.



## 2020-21 NJSIAA Banned Substances

It is the student-athlete's responsibility to check with the appropriate or designated athletics staff before using any substance.

**The NJSIAA bans the following drug classes.**

- a. Stimulants.
- b. Anabolic agents.
- c. Alcohol and beta blockers.
- d. Diuretics and masking agents.
- e. Narcotics.
- f. Cannabinoids.
- g. Peptide hormones, growth factors, related substances and mimetics.
- h. Hormone and metabolic modulators (anti-estrogens).
- i. Beta-2 agonists.

**Note:** Any substance chemically/pharmacologically related to all classes listed above and with no current approval by any governmental regulatory health authority for human therapeutic use (e.g., drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is also banned. The student-athlete shall be held accountable for all drugs within the banned-drug class regardless of whether they have been specifically identified. There is no complete list of banned substances.

### **Substances and Methods Subject to Restrictions:**

- Blood and gene doping.
- Local anesthetics (permitted under some conditions).
- Manipulation of urine samples.
- Beta-2 agonists (permitted only by inhalation with prescription).
- Tampering of urine samples.

### **NJSIAA Nutritional/Dietary Supplements:**

**Warning:** Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff!

- Nutritional/Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test.
- Student-athletes have tested positive and lost their eligibility using nutritional/dietary supplements.
- Many nutritional/dietary supplements are contaminated with banned substances not listed on the label.
- Any product containing a nutritional/dietary supplement ingredient is taken at your own risk.

Athletics department staff should provide guidance to student-athletes about supplement use, including a directive to have any product checked by qualified staff members before consuming. The NJSIAA subscribes only to Drug Free Sport AXIS™ for authoritative review of label ingredients in medications and nutritional/dietary supplements. Contact the Drug Free Sport AXIS at [www.dfsaxis.com](http://www.dfsaxis.com) (password: njsports).

**Some Examples of Substances in Each NJSIAA Banned Drug Class.**

**THERE IS NO COMPLETE LIST OF BANNED SUBSTANCES.  
DO NOT RELY ON THIS LIST TO RULE OUT ANY LABEL INGREDIENT.**

**Stimulants:**

amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine; methylphenidate (Ritalin); synephrine (bitter orange); dimethylamylamine (DMAA, methylhexanamine); "bath salts" (mephedrone); Octopamine; hordenine; dimethylbutylamine (DMBA, AMP, 4-amino methylpentane citrate); phenethylamines (PEAs); dimethylhexylamine (DMHA, Octodrine); heptaminol etc.  
*exceptions: phenylephrine and pseudoephedrine are not banned.*

**Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione):**

Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; testosterone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; stanozolol; stenbolone; trenbolone; SARMS (ostarine, ligandrol, LGD-4033, S-23, RAD140); DHCMT (oral turanibol) etc.

**Alcohol and Beta Blockers:**

alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

**Diuretics and Masking Agents:**

bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.  
*exceptions: finasteride is not banned*

**Narcotics:**

Buprenorphine; dextromoramide; diamorphine (heroin); fentanyl, and its derivatives; hydrocodone; hydromorphone; methadone; morphine; nicomorphine; oxycodone; oxymorphone; pentazocine; pethidine

**Cannabinoids:**

marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073)

**Peptide Hormones, growth factors, related substances and mimetics**

growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1 (colostrum, deer antler velvet); etc.  
*exceptions: insulin, Synthroid are not banned*

**Hormone and metabolic modulators (anti-estrogens):**

anastrozole; tamoxifen; formestane; ATD; SERMS (clomiphene, nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3,5-dien-7,17-dione), letrozole; etc.

**Beta-2 Agonists:**

bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.

**Any substance that is chemically related to one of the above classes, even if it is not listed as an example, is also banned!**

Information about ingredients in medications and nutritional/dietary supplements can be obtained by **contacting Drug Free Sport AXIS**, [www.dfsaxis.com](http://www.dfsaxis.com) password njsports.

**It is your responsibility to check with the appropriate or designated athletics staff before using any substance.**