



Wisconsin Interscholastic Athletic Association

Performance-Enhancing and Banned Substances

The WIAA is against the use of anabolic-androgenic steroids and other performance enhancing substances (PES). Member schools shall devote time each year to positive programs which highlight prevention and education of the risks, benefits and adverse effects of PES. Coaches, teachers, sports medicine staff and school administrators who ignore or encourage the use of PES, provide and/or sell PES to athletes (including indirect distribution through a third party) shall be subject to their own school's provisions regarding discipline.

A student-athlete is required to follow the school's code of conduct on a year-round (12 month) basis.

In-season violations of the school code will result in immediate suspension of the student from interscholastic competition for no less than one day of competition (but not less than one complete game or meet) for acts (a) involving use of alcohol, (b) use, including chewing, of tobacco and/or (c) use, possession, buying, or selling of controlled substances, street drugs and banned performance enhancing substances (PES).

It is the student-athlete's responsibility to check with the appropriate or designated athletic staff or school official before using any substance or supplement. Any substance chemically related to a banned or discouraged ingredient is also banned or discouraged. There is no complete list of banned or discouraged substances. Do not rely on this list to rule out any supplement ingredient. Check with your athletic department staff prior to using a supplement.

BANNED – Do not Use. Drugs that are illegal or could be harmful if taken in excess amount. **Possession and/or use violates WIAA Code.**

NOTE: There is NO complete list of banned substances. Any substance chemically related to these classes 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.

- Anabolic Agents, such as but not limited to: testosterone; DHEA; androstenedione; names of steroids frequently end in "-one"; "-ol"; or have a number in front (as in 17-androstenedione); SARMS (Selective Androgen Receptor Moderators): such as Ligandrol, Ostarine
- Diuretics (water pills) and Masking other Agents: such as but not limited to thiazides
- Stimulants: such as but not limited to: ephedra, synephrine (bitter orange), methylhexanamine (DMMA or geranium extract), DMBA; amphetamine (Adderall); "bath salts"
- Peptide Hormones and Analogues: such as but not limited to insulin, hGH, hCG
- Street Drugs: such as but not limited to: marijuana, THC, synthetic cannabinoids (spice)
- Anti-Estrogens: such as but not limited to SERMS, aromatase inhibitors, tamoxifen
- Beta-2 Agonists: bambuterol formoterol

Note: medications prescribed by a health provider used by the individual they have been prescribed to and used as prescribed should NOT be viewed as violating the controlled substance/supplement provisions of the school's code.

DISCOURAGED – Dietary supplements are poorly regulated. Supplement products can contain banned ingredients without being on labels; or become contaminated with banned ingredients during manufacturing. Very few supplements have been tested for safe use by youth. Schools and coaches may not provide or allow discouraged items in connection to school's program. **Possession and/or use may violate school district policy or code.** (Products may have unwanted side effects, be ineffective, not tested for long term safety, not recommended for youth, unethical to use.) This list includes but is not limited to:

- Creatine
- Pre-Workout Boosters (these products frequently contain discouraged or banned ingredients)
- Caffeine-enhanced products such as but not limited to energy drinks and energy shots. Examples of sources of added caffeine include guarana, Yerba mate, cacao, cola nut, green tea extract, methylxanthine
- Excess caffeine can cause jitteriness, nervousness, headaches, difficulty concentrating or sleeping increased heart rate or blood pressure. Small amounts of caffeine can produce these effects in some people.
- AAKG, NO2, nitric oxide
- Co Enzyme Q
- HMB
- Pyruvate
- CLA (conjugated linoleic acid)
- Chromium Picolinate
- Precursors: Citrulline, Nitrates
- Sodium Bicarbonate Supplement
- Ketone Esters
- Amino Acids: alanine, arginine, asparagine, aspartic acid, cysteine, glutamine, glutamic acid, glycine, histidine, isoleucine, leucine, methionine, phenylalanine, proline, serine, threonine, tryptophan, tyrosine, valine (amino acids are widely available from meat, dairy, fish, and plant based foods.)
- Amino acid derivatives such as L-Carnitine
- Protein Powders. Most diets supply adequate protein. However, in cases where athletes can't eat enough food or when protein needs are higher than normal, limited supplementation may be needed. In these cases a physician or sport dietitian consultation may be helpful. If extra protein is needed read labels carefully. Visit supplement testing sites such as NSF http://nsfsport.com/NFL_contacts.pdf or Informed Choice <http://www.informed-choice.org/> for a listing of products that have been tested for purity. Protein powders may contain discouraged or banned ingredients not listed on the label.

PERMISSIBLE SUPPLEMENTS

Supplements that replace the calories, fluid, and electrolytes the body naturally loses during exercise.

- Sport Drinks
- Electrolyte Drinks
- Meal Replacement Drinks
- Meal Replacement Bars
- Fitness Water
- Sport Gels
- Vitamins/Minerals

Read product labels carefully. Some products may contain banned or discouraged ingredients. Due to lack of regulations product labels might not list all ingredients.

WARNING SIGNS AND SYMPTOMS OF STEROID USE

Possible Signs of Steroid Use:

"Puffy", swollen look to the face

Acne; especially on shoulders, back or chest

Excessive time spent working out

Frequent nosebleeds

Frequent muscle cramps

Increased aggression and violence

Increased irritability

Periods of depression

Quick strength and weight gains

Wide mood swings

Possible Adverse Effects in Both Males and Females

Acne, especially on chest, shoulders and back

Addiction

Blood clots

Breast enlargement and pain (males)

Deepening of the voice (females)

Deformed sperm/possible birth defects (males)

Frequent Nosebleeds

Growth of permanent facial and chest hair (females)

Hardening of the arteries, higher cholesterol levels

Increased risk of heart attack, increased blood pressure

Increased violence and aggression/"roid rages"

Increased risk of injury and slower healing time

Insomnia, restlessness, depression

Liver damage; including cancer

Loss of hair and partial baldness

Lowered sperm count/temporary sterility (males)

Menstrual irregularities (females)

Muscle tendon damage

Pain when urinating (males)

Reduction of breast size (females)

Shrinking of the testicles/sterility (males)

Stunted growth

Suicidal thoughts

Swelling of feet and lower legs

Unpleasant breath odor

STREET TERMS

(Office of National Drug Control Policy)

Drugs:

- Abolic (veterinary steroid)

- Androl (oral steroid)
- Anatrofin (injectable steroid)
- Deca
- "Arnolds", "Gym Candy", "Pumpers", "Roids", "Stackers", "Trainers", "Weight Trainers" (steroids)
- "Georgia Home Boy" (Gamma hydroxybutyrate/GHB)
- "Stacking": taking steroids without a prescription, use of multiple PES

EVALUATING ERGOGENIC AID CLAIMS

1. What is the source of the information?

- Peer-reviewed journal
- Magazine, newspaper or book
- Company selling a product

2. Who wrote the article?

- A professor or someone with a degree (Is the degree in a field related to sports medicine, nutrition or biochemistry?)
- Someone with credentials
- Not sure, article doesn't state

3. Critical analysis

- Does the product sound too good to be true?
- If a research study is cited, is it done on a healthy population or a diseased population, well-trained subjects or sedentary subjects, animals or humans, men or women?
- Does the dosage seem large or unsafe?
- Does the article make conclusive statements such as: This supplement will make you lose weight?
- Does the product promise quick improvements in health or physical performance?
- Does the product contain some secret ingredient or formula?
- Are currently popular personalities or star athletes used in its advertisements?

4. Is the product effective?

If it is still unclear whether the supplement is effective, seek other sources of information such as more articles on the topic or opinions of professionals in the field of nutrition and exercise.

5. Is the product safe at the recommended dosages?

6. Does the product cause long-term health problems?

7. Are possible side-effects identified?

8. Is taking the supplement ethical?

This is often a hard question to answer. The thrill of competition is to strive to be the very best, but does being the very best mean enhancing your performance through external substances. The ancient Greek ideal and that of the International Olympic Committee is that an athlete should succeed through their own unaided effort. Every individual must assess his/her ethical standards. But here are a few questions to ask yourself:

- What is the policy of your team or the governing body for your sport?
- Is the substance banned from use during competition?
- Is taking a supplement cheating or giving you an unfair advantage?

Provided by the WIAA and WIAA Medical Advisory Committee

Additional information may be obtained from the WIAA Medical Policies and Procedures Manual and the WIAA PES Power Point presentation.

Sources: NCAA Banned Drug List
Jane Foos, RD, CD, Red Cedar Clinic
Kevin Walter, MD, Childrens Corporate Center-Milwaukee
Iowa High School Athletic Association

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