

**Amateur Athletic Union Powerlifting
Adult Substance Abuse Program
2003**

AAU Adult Powerlifting Substance Abuse Program

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A. Introduction:

The AAUPC reaffirms its dedication to the ideal of fair and equitable competition at all sanctioned events and upholds Article 303.2.5 of the Amateur Athletic Union. So that no one participant might have an artificially induced advantage, so that no one participant might be pressured to use chemical substances in order to remain competitive, and to safeguard the health and safety of participants, the AAUPC has instituted an Substance Abuse Program.

B. Overview of the Program:

The program involves the collection of urine and laboratory analysis for substances on a list of banned-drug classes developed by the AAUPC. This list consists of substances generally purported to be performance enhancing and/or potentially harmful to the health and safety of the AAU athlete. This Substance Abuse Program has three organizational parts, each with a specific responsibility to the program. The first part is the AAU Powerlifting Committee, which has overall management responsibility for the program. The second party involved is the independent third party organization that conducts the urine sample collection and completes the sample chain of custody. The third party is the independent analysis laboratory that examines the samples taken and produces a set of findings that it reports to the AAU. The AAU Board has final authority over this program. All modifications or changes to this program are subject to the AAU Board's approval before implementation. AAU review procedures are in effect for this program. AAU Articles and By-Laws shall govern where conflict may exist.

C. Organization:

1. The parts of the organization are:
 - a. AAU Powerlifting Committee (AAUPC): The Powerlifting committee of the Amateur Athletic Union.
 - b. Outside Independent Collection Agency (OICA): The party that is responsible for the collection of the urine and the completion of the chain-of-custody documents, which identify the ownership of the drug tests.
 - c. Outside Independent laboratory (OIL): The party that is skilled in the analysis of and determining if the urine contains substances on a list of banned-drug classes developed by the AAU.
2. The AAUPC shall obtain and utilize the consult of drug testing experts.
3. All third parties used by this program must have no relationship to the AAU or any Sports Committee other than contracting of a service.

4. Any reciprocal agreement made by the AAUPC must have AAU Board approval before it can be implemented.

5. The AAUPC will appoint a Substance Abuse Program Official at each powerlifting competition. This official will be responsible for the collection of signed waivers, the calculation of points awarded athletes, and the forwarding of this information to the AAU National office.

D. Responsibilities of the Parties Involved:

1. AAUPC:

a. The AAUPC is responsible for the organization and administration of the program. It will locate, contract with, and arrange for the administration of the drug testing to be given at a competition or to be given out-of-meet. It will locate, contract with, and arrange for the analysis of urine samples taken from athletes.

b. The AAUPC will assume all financial responsibilities for the implementation of this program. Funding may come from the Sports Committee budget, competition fees paid by the athlete, or by contributions given to the Powerlifting Sports Committee.

c. The AAUPC is responsible for maintaining adequate liability insurance coverage.

d. The following notices must be given by the AAUPC

1. During the year

a. The AAU Powerlifting rulebook should give notice that all AAU adult Athletes competing in AAU Powerlifting are subject to drug testing according to this program.

b. Notice must be given as well on the AAU Web site that all AAU adult athletes competing in AAU Powerlifting are subject to drug testing according to this program.

2. Before the competition

a. Notice must be given in the form of a statement to the athlete explaining this program, what will be done, and the penalties that may occur if the athlete is found ineligible for competition by Article 303.2.5.

e. The AAUPC is responsible for the dissemination of the finding of the OIL to the AAU. The AAUPC is also responsible for informing the athlete of the results found by the OIL's analysis of the athlete's urine sample. All dissemination shall be by telephone followed by written communication.

2. OICA:

a. The OICA is responsible for the collection of urine samples from athletes participating in the AAU Powerlifting program.

b. The OICA, along with the athlete, is responsible for completing the chain-of-custody documents that accompany the urine samples to the OIL.

c. The OICA is responsible for the final selection of individuals for sample collection.

d. The OICA will be responsible for demonstrating its proficiency in collecting samples and forwarding them to the OIL if required to do so.

e. Any contract with an OICA will be reviewed by the AAU prior to being accepted.

3. OIL:

a. The OIL is responsible for analyzing the urine samples it receives from the OICA and determining if the urine contains substances on a list of banned-drug classes developed by the AAU.

b. The OIL must notify the AAU and the AAUPC in writing of the results of the analysis performed.

c. The OIL will be responsible for demonstrating its proficiency in detection and confirmation of the banned-drug substance categories on the list of banned substances if required to do so.

d. Any contract made with an OIL will be reviewed by the AAU prior to being accepted.

E. Prohibited Activities

1. No AAU member other than the athlete or the collecting agency may complete a chain-of-custody document.

2. Polygraph testing is prohibited.

3. Collection of sample activities by anyone other than the athlete or the OICA is prohibited.

F. Waiver and Consent

1. Prior to entering Powerlifting competition, all athletes must sign a waiver and consent prescribed by the AAU demonstrating their understanding of the AAU Drug Testing Program and their willingness to participate in the program. This also demonstrates that the athlete understands that they may be tested up to one year from the date of the signing of the waiver whether they are or are not a member of the AAU.

2. Waiver and consent forms must be sent to the AAUPC office and kept on file there for two years.

3 Prior to the beginning of testing, all athletes must sign a waiver and consent form prescribed by the AAU demonstrating their understanding of the test instructions given to the athlete by the OICA.

4. This waiver demonstrates that the athlete understands that if upon receipt of the results, the athlete's sample has been found positive of banned substances and the athlete has accepted the findings, the athlete understands that they are giving permission for their name to be published.

5. This waiver demonstrates that the athlete understands that they are responsible for the substances in their bodies regardless of how it got there.

G. Ineligibility

1. The report of analyses done on urine samples taken by the OICA and analyzed by the OIL that finds the presence in an athlete's urine of a substance and/or metabolite of such substance belonging to a class of substances currently banned by the AAUPC is defined to be a report to the AAUPC finding the athlete ineligible for competition. Athletes wishing to contest the report must do so by following the procedures outlined in Section O. of this program. The AAU does not collect urine nor does it perform any analyses on the urine samples collected through this program.

2. The athlete shall remain ineligible for further competition as specified by the rules of the AAU unless restoration has been granted.

3. Failure to sign the waiver and consent form shall render the athlete ineligible for any AAU Powerlifting competition until the waiver and consent form is signed.

4. Failure to arrive at the specimen collection site at the required time, provide a urine sample, and/or comply with instructions from the OICA may subject the athlete to the same penalties as testing positive for banned substances. In addition, leaving the collection site without authorization from the OICA and/or attempting to alter the integrity or validity of the urine sample or collection process may subject the athlete to the same penalties as testing positive for banned substances.

5. Any athlete under the age of 19 years is not eligible to participate in this program.

H. Banned Substances

1. The list of banned substances shall be the list defined in this program. For a complete list of banned substances please go to the United States Anti Doping Agency web site at: www.usantidoping.org and click on the "Drug Reference online"

I. Testing

1. Methods of testing

- a. Currently only the method of testing by urinalysis is accepted.
- b. In all tests, two separate samples will be sent to the OIL for analysis.

2. The AAUPC will utilize the services of an OICA and OIL.

3. Selection of individuals for testing.

a. Individuals selected for testing may be selected by the following criteria.

1. The AAUPC will select the areas of the country to be tested.
2. The collection agency will make the final choice by using its own technology to select athletes and will contact the athletes that have been selected for testing.

b. Members of the AAUPC are not to be involved with the final selection of individuals for testing.

c. As soon as individuals have been selected for testing, they will be notified of selection and will be given instructions by the OICA.

d. The maximum goal for the number of out-of-meet drug-tests will be 10% of the athletes participating in AAUPC Power Lifting competitions. The number of total athletes participating will be determined from the previous year's membership.

e. Nothing in this policy shall prevent or limit AAU Powerlifting from requiring its members to submit to testing when there is individual suspicion to do so. For purposes of this section, individual suspicion shall be defined as behavior, conduct or performance by the AAU Powerlifting member, which leads the AAU Powerlifting Committee in its sole discretion to conclude that there is the likelihood that the member is taking, has taken or is under the influence of a banned substance (as defined in this policy). The indicators that may be used in evaluating a member's behavior, conduct or performance include, but are not limited to: increased injury rate or illness, changes in physical appearance, changes in emotional condition, significant mood changes, significant increase or decrease in levels of performance, admitting use of a banned substance to others, and legal involvement, i.e., criminal charges or a pending criminal investigation. Individual suspicion may be based on objective and reliable information received that a member is taking, has taken, or is under influence of a banned substance. The AAU Powerlifting Committee in its sole discretion will make the determination as to whether individual suspicion exists so as to require a member to submit to testing. In such cases, the amount of notice to be given will be determined by the AAU Powerlifting Committee, in its sole discretion, based upon a case by case basis.

f. For I.3.e. to be used. Agreement between the OICA and the AAU Powerlifting Committee (National Chairperson) must be reached that adequate suspicion exists.

4. Specimen collection by any organization or individual other than the OICA contracted is not allowed. Only the OICA, the OIL, and the athlete being tested are permitted to handle any chain-of-custody document or sample.

5. Chain-of-custody documents will be completed and forwarded to the OIL along with any samples.

J. Witness

1. A witness may accompany an athlete being selected for testing during the testing process.

K. Specimen Collection Procedures

1. The AAUPC will forward a list of eligible athletes and the points collected for the athletes to the OICA.
2. The OICA on its own will make the final selection of athletes and will notify the athletes and give the athletes instructions. Notice will be given not less than 5 days before the test is to be scheduled when the athlete must travel to the collection site. Notice will be given not less than 12 hours before the test is to be scheduled when the OICA travels to the athlete. Notice is to be sent by registered mail as well as contact by telephone when the athlete travels to the collection site. Notice is given through contact by telephone when the OICA travels to the athlete.
3. Immediately upon arrival at the collection station, the athlete must provide the OICA with a document identifying them. This document must have a current picture of the athlete.
4. Only those individuals authorized by the OICA may be at the collection site along with the athlete and a witness.
6. The OICA may release a sick or injured athlete from the test and will inform the AAUPC of the release.
7. The OICA may use their sample collection procedures or may select the procedure defined in this program. The OICA must provide the athlete with an opportunity to declare any medications being taken at the time of the sample collection. Where possible, prescription information must be collected as well.
8. Sample Collection Procedure
 - a. When ready to urinate, the athlete will select a sample collection kit and a chain-of-custody form. The OICA and the athlete will complete the form as the testing progresses, each observing the other. The athlete will initial the kit and its contents before testing.
 - b. The OICA will monitor the furnishing of the specimen by observation to ensure the integrity of the specimen until a specimen of at least 80ml is provided.
 - c. Fluids given to an athlete who has difficulty voiding will be from a sealed container opened at the sample collection site. These fluids must not contain caffeine or alcohol.

- d. If the sample is incomplete, the athlete must remain under observation by the OICA until the sample is complete. During this period, the athlete is responsible for the sample collection kit.
- e. When an 80 ml sample has been collected, the OICA will check a portion of that sample remaining in the beaker used for collection for specific gravity and pH. If the urine has a specific gravity below 1.010 (1.005 if measured by a refractometer), the current sample is discarded and the athlete must provide a new sample. This may be repeated twice. The final sample will be forwarded to the laboratory with comments regarding the specific gravity measured. The athlete shall remain at the collection site while this is done.
- f. If the urine is alkaline (greater than 7.5 pH), the sample will be discarded and a new sample collected. This procedure may be repeated twice. The final sample will be forward to the laboratory with comments regarding the pH measured.
- g. The OIL will make determination of specimen adequacy.
- h. When the sample is complete it will be split into two samples each containing approximately 40 mL., the athlete and the OICA will complete any chain-of-custody documents, complete any sample processing per instructions from the OIL, and seal the samples for transport to the OIL.
- i. The OICA is responsible for shipping the samples collected to the OIL.
- j. If the OIL suspects the sample collected to have been manipulated, the OIC will report this matter to the AAUPC. The AAUPC will have authority to perform additional tests on the samples taken not to exceed two negative samples.
- k. One copy of the chain-of-custody form for each sample sent to the OIL will be sent to the AAUPC office identifying the athlete with the athlete's code.
- l. Prior to the collection process, the OICA will ask the athlete to declare any substance that is taken as a medication for medical condition. If possible, the athlete must provide the OICA the prescription and contact information for the issuing physician.

L. Chain-of-Custody

1. The chain-of-custody document will be sent to the OIL per their instructions.
2. A laboratory employee will examine the shipment to ensure that all items have been received and are complete and intact.
3. If a seal is not intact, that specimen is void and the OICA may choose to collect another sample in testing.

M. Notification of Results

1. The OIL will select one of the samples for its initial analysis.
2. An analysis will consist of sample preparation, instrument analysis, and data interpretation.
3. The laboratory director or designated certifying scientist will review all results showing a banned substance and/or metabolite(s) in the specimen initially examined. The results will be confirmed by gas chromatography/mass spectrometry.
4. By facsimile, the laboratory will notify the AAU and the AAUPC of the results. The original report will be mailed to the AAUPC.
5. If the athlete has declared any medications, and the results of the sample analyzed were found to be positive, the OIL will include in the report its opinion as to whether the medications may have caused the positive result.
6. The AAUPC will notify the athlete of a positive test result in writing by certified mail. If the OIL has indicated that a prescription medication that has been disclosed according to proper procedures may have been the cause of the positive result, the athlete will not be notified until the Review Committee has reviewed the case and rendered a decision.

N. Restoration of Eligibility

1. Upon receipt of the results, if the athlete's sample has been found positive of banned substances, the AAUPC will notify the athlete of the results and the resulting penalty. The athlete is to be notified within 30 days of the sample being taken by the OICA.
2. The athlete will also be notified of the restoration of eligibility process.

3. Athletes wishing to contest the results of the test must use the following procedures. **The burden of proof in restoring eligibility rests with the athlete.**

a. The athlete, at his or her own expense, may request that the second sample from the collection process be analyzed. If the second sample is found to be negative of banned substances, the athlete's eligibility is restored. The later will be considered a final result. This request is made through the AAUPC and must be made within 14 days from notification of initial results. The athlete or a witness for the athlete, at his or her own expense, may be present for the re-test. This is subject to the approval of the OIL.

b. If athletes wish to contest the positive result of the second test, they must follow the appeals process of the AAU Code (only after review of the second sample).

4. If the OICA or the OIL has reason to question the results or legitimacy of their efforts, they are to report such to the AAUPC. Given this knowledge, the eligibility of the athlete is restored as if the results of the process found no substances on the list of banned-drug classes developed by the AAUPC.

5. If the OIL has reported a positive result to the AAU and AAUPC with the opinion that the result may have been caused by a prescription medication declared by the athlete in advance in the appropriate manner, the AAUPC will forward the report to the AAU Review Committee prior to the second sample being analyzed to determine if there is cause to render the athlete ineligible for competition. The athlete will be notified of the Review Committee's decision and will have 14 days from the decision of the review committee to make a decision regarding the restoration of eligibility.

O. Re-Testing

1. Unless stated in this Program, a second urine sample is not collected.

P. Urine Sample Ownership

1. At the time the urine sample is sealed for shipment to the OIL, it becomes the property of the AAUPC.

Q. Penalties

1. Any penalties assessed by the AAUPC must be in compliance with AAU Articles and By-Laws.

2. If a penalty is assessed by the AAU, that penalty will be displayed on the AAUPC Web Site.

3. Some Possible penalties that may be assessed by the AAU are:
- a. If the testing was done at a competition, the athlete may face a loose of awards, placings, or records from that competition.
 - b. A two-year suspension for a first violation.
 - c. A lifetime suspension for a second violation.
 - d. A minimum four-year suspension for trafficking in banded substances.
4. Penalties may be reduced or waived by the AAU if athletes prove they were not at fault for positive findings.

R. Medications Prescribed by Physicians

1. The AAUPC recognizes the need to use medications to treat legitimate medical conditions.
2. It is the responsibility of the athlete to declare these medications at the time of the sample collection and to provide the OICA information regarding the prescription and the issuing physician.
3. If the results are positive, the OIL will provide an opinion to the Review Committee regarding the effect that these medications might have on the possibility of athletic performance enhancement and the likelihood that the positive result was caused by the prescription medication.
4. The Review Committee will review the outcome of the analysis prior to notifying the athlete by normal procedures. Only if the Review Committee finds that there is need to consider the results of the analysis as a potential improvement in athletic performance will the athlete be notified of the results of the analysis. Normal procedures will follow the announcement of findings.
5. The Review Committee will determine whether to assess a penalty based on the positive result. If a penalty will result, the athlete will be notified through standard procedures. Otherwise, a waiver permitting the athlete to use the prescription medication in question without jeopardizing eligibility will be granted.

S. Athletes Availability for Testing

1. The AAUPC recognizes that athletes may not always be available for testing when notified.

2. If an athlete is not available for testing when notified by the OICA, the athlete may request an exemption from testing through the AAUPC National Office. The request must be accompanied by verifiable documentation detailing why the athlete can not be available. The AAUPC will determine whether an exception will be granted.

3. If an athlete does not report for testing and has not requested an exemption, the result will be the same as if a sample were collected and that sample was found to contain banned substances.

4. If an athlete is not notified by the OICA, the athlete is not required to appear for sample collection.

T. Banned Substances

The following is a partial list of banned drugs recognized by AAU Powerlifting. For a complete list please go to the United States Anti Doping Agency web site at: www.usantidoping.org and click on "Drug Reference Online":

1. Stimulants:

Amiphenazole	fencamfamine
Amphetamine	meclofenoxate
Bemigrade	methamphetamine
Benzphetamine	methylphenidate
Bromantan	nikethamide
Caffeine	pemoline
Chlorphentermine	pentetrazol
Cocaine	phendimetrazine
Cropropamide	phenmetrazine
Crothetamine	picrotoxine
Dimethylamphetamine	pipradol
Doxapram	prolintane
Ephedrine	strychnine
Ethamivan	and related compounds
Ethylamphetamine	

2. Anabolic Agents:

Anabolic Steroids	methyltestosterone
Androstenediol	nandrolone
Androstenedione	norandrostendiol
Boldenone	norandrostenedione
Clostebol	norethandrolone
Dehydrochlormethyltestosterone	oxandrolone

Testosterone	oxymesterone
Dehydroepiandrosterone (DHEA)	oxymetholone
Dihydrotestosterone (DHT)	stanozolol
Dromostanolone	testosterone
Fluoxymesterone	and related compounds
Mesterolone	Other anabolic agents
Methandienone	clenbuterol
Methenolone	THG

3. Diuretics:

Acetazolamide	hydroflumethiazide
Bendroflumethiazide	methyclothiazide
Benzthiazide	metolazone
Bumetanide	polythiazide
Chlorothiazide	quinethazone
Chlorthalidone	spironolactone
Ethacrynic acid	triamterene
Flumethiazide	trichlormethiazide
Furosemide	and related compounds
Hydrochlorothiazide	

4. Street Substances:

Heroin	THC
Marijuana	(tetrahydrocannabinol)

5. Peptide Hormones and Analogues

Chorionic gonadotrophin (HCG-human chorionic gonadotrophin)
Corticotrophin (ACTH)
Growth hormone (HGH, somatotrophin)

All the respective releasing factors of the above-mentioned substances also are banned.

Erythropoietin (EPO)