

**Amateur Athletic Union Strength Sports (AAUSS)
Adult Substance Abuse Program (ASAP)
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AAU Strength Sports Adult Substance Abuse Program

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AAU Strength Sports (AAUSS) consist of the following athletic disciplines:

- Powerlifting
- Weightlifting
- Feats of Strength
- MAS Wrestling
- All-Sports Combine
- Bodybuilding
- AAU Junior Olympic Games (applies to athletes 18 or older)

A. Introduction: The AAUSS reaffirms its dedication to the ideal of fair and equitable competition in a drug free environment 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 AAUSS has instituted an Adult Substance Abuse Program (ASAP). It is the lifters responsibility of take ownership of what they are putting in their body and maintain an awareness of any prohibited substances.

B. Overview of the Program: The program involves the collection of urine samples and laboratory analysis for substances on a list of banned-drug classes developed by the AAUSS in conjunction with the United States Anti-Doping Agency (USADA) and World Anti-Doping Agency (WADA). This list consists of substances generally purported to be performance enhancing and/or potentially harmful to the health and safety of the AAUSS athlete. This Substance Abuse Program has three organizational parts, each with a specific responsibility to the program. The first part is the AAU Strength Sports 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 AAUSS Committee. 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.

The program has two basic time periods of collection. In-Meet-Testing (IMT) is done during the actual competition in conjunction with the on-site staff. Out-of-Meet-Testing (OMT) is done throughout the year according to an established schedule in conjunction with the AAU Strength Sports Committee.

C. Organization:

1. The parts of the organization are:

- a. AAU Strength Sports Committee (AAUSS): The Strength Sports committee of the Amateur Athletic Union.
- b. Outside Independent Collection Agency (OICA): The party that is responsible for the collection of the urine samples 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 AAUSS 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 AAUSS must have AAU Board approval before it can be implemented.

5. The AAUSS will appoint an Adult Substance Abuse Program Official at each AAU Strength Sports 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. AAUSS:

- a. The AAUSS 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 AAUSS will assume all financial responsibilities for the implementation of this program. Funding may come from the AAU Strength Sports Committee budget, competition fees paid by the athlete, or by contributions given to the AAU Strength Sports Committee. The AAUSS is responsible for maintaining adequate liability insurance coverage. The AAU parent organization no longer requires a separate drug testing insurance policy and utilizes the insurance policy provided by the Outside Independent Collection Agency (OICA).
- c. The following notices must be given by the AAUSS.

1. During the year

- a. The AAU Strength Sports rulebook should give notice that all AAU adult athletes competing in AAU Strength Sports 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 Strength Sports 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.
- b. The AAUSS is responsible for the dissemination of the finding of the OIL to the AAU. The AAUSS 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 Strength Sports 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 AAUSS 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 AAU Strength Sports competition, all athletes must sign a waiver and consent prescribed by the AAU demonstrating their understanding of the AAU Strength Sports Adult Substance Abuse Program (ASAP) also known as the AAUSS 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 AAUSS 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 AAUSS, is defined to be a report to the AAUSS 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. The period of ineligibility shall be determined on case-by-case basis and that information shall be presented to the athlete in written form within 30 days from the date the receipt of the results by the AAUSS.

3. Failure to sign the waiver and consent form shall render the athlete ineligible for any AAU Strength Sports 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 18 years is not eligible to participate in this program.

6. The AAUSS Committee reserves the right to review and recognize sanctions for ineligibility of athletes in other organizations. The AAUSS Committee may review each as a case-by-case basis and make their independent determination as to the extent of the ban, and the period of ineligibility and subsequent reinstatement.

H. Banned Substances Statement

1. The list of banned substances shall be the list defined in this program. The list of banned substances in effect for the day of testing shall be that currently published on the WADA Web site. For a complete list of banned substances please go to the **United States Anti-Doping Agency (USADA)** web site at: <https://www.usada.org/> and the **World Anti-Doping Agency (WADA)** web site at <https://www.wada-ama.org/>. As the research, testing and discovery of banned substances and their derivatives and metabolites is an ongoing activity, the AAUSS Committee reserves the right to add substances that may not yet be published on either the USADA or WADA Web sites. This will be on a case-by-case basis and involve the best possible knowledge and understanding of the offending substance.

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 AAUSS 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 AAUSS 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 AAUSS 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 AAUSS Strength Sports competitions. The number of total athletes participating will be determined from the previous year's membership. The maximum goal for the number of in-meet drug-tests for that competition shall be determined by the AAU Strength Sports staff in conjunction with the Outside Independent Collection Agency. The AAUSS required testing panels are far more extensive than most other organizations, so the numbers of tests are determined at the meet which takes into account the size of the meet, number of competitors and other critical factors. In past years, the number of tests has ranged from 10% to 60%.
 - e. Nothing in this policy shall prevent or limit AAU Strength Sports 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 Strength Sports member, which leads the AAU Strength Sports 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 Strength Sports 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 Strength Sports Committee, in its sole discretion, based upon a case by case basis
 - f. For 1.3.e. to be used, an Agreement between the OICA and the AAU Strength Sports 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.
- 6) All athletes are subject to OMT testing for a period of up to one year after their membership expires. Selection of the athlete is determined by the OICA based upon the number of OMT tests requested by the AAUSS Committee Substance Abuse Chairman.

J. Witness

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

K. Specimen Collection Procedures

1. The AAUSS 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 be valid and have a current picture of the athlete. The document could be a driver's license, passport or other government issued picture ID.
4. Only those individuals authorized by the OICA may be at the collection site along with the athlete and a witness.
5. The OICA may release a sick or injured athlete from the test and will inform the AAUSS of the release.
6. 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. To the greatest extent possible, prescription information must be collected as well to substantiate the presence of the medication.
7. 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 80 ml 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 OIL will notify the OICA and they will report this matter to the AAUSS. The AAUSS 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 AAUSS 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 a ~~valid~~ current medical condition. To the greatest extent possible and to ensure consistency with full disclosure of any medication, the athlete must provide the OICA a copy of 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 AAUSS of the results. The original report will be mailed to the AAUSS.
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 AAUSS 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 AAUSS will notify the athlete of the results and the resulting penalty. The athlete is to be notified within 30 days from the date the receipt of the results by the AAUSS. This will be done on a case-by-case basis under the guidelines of both the USADA and WADA. The AAUSS ultimately will make the determination of the penalty. Depending upon the nature and complexity of the violation, the restoration of the eligibility may vary from a warning Letter of Violation to a sanction from competition that could extend to a period of up to 4 years. If the infraction was determined by the AAUSS to be minor in nature and resulted in a Letter of Violation, the athlete may be reinstated for competition but will be subject to a subsequent re-test for a period of up to one year after the initial test.
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 AAUSS 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 AAUSS. 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 AAUSS.

5. If the OIL has reported a positive result to the AAU and AAUSS 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 AAUSS 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.
2. Retesting will be subject to the policy established in section N. 1. above.

P. Urine Sample Ownership

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

Q. Penalties

1. Any penalties assessed by the AAUSS 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 AAUSS 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 the loss of any awards, placings, or records from that competition.
 - b. A minimum 6-months to a maximum four-year suspension for a first violation depending up the nature of the substance and severity of the offence.
 - 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 AAUSS promotes a drug free environment but recognizes the need to use certain medications to treat medical conditions such as high cholesterol, elevated blood pressure and other related physical ailments. Each situation will be treated on a case-by-case basis as determined by the AAUSS Committee in conjunction with the OICA and OIL.
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. The athlete should bring the proper documentation to the AAUSS event and be prepared to submit it when requested by the AAUSS and OICA.
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 one-time waiver permitting the athlete to use the prescription medication in question without jeopardizing eligibility will be granted.
6. The AAUSS are a drug free organization that strongly supports the position that lifters using any banned substances taken by choice or prescribed by a physician, who test positive, will be subject to suspension of the same term and under the same conditions as would any other athlete. No lifter will be granted a waiver for use of such banned substances or a waiver of testing based on the statement of need from a physician. No reductions of suspension will be granted for documentation of medically prescribed use of banned substances including hormone therapy. Each situation will be handled on a case-by-case basis as outlined in Section R. Paragraphs 1 through 5 above.

S. Athletes Availability for Testing

1. The AAUSS 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 AAUSS National Office. The request must be accompanied by verifiable documentation detailing why the athlete cannot be available. The AAUSS 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 Source Data

The following is a list of the categories of banned drugs and other substances recognized by AAU Strength Sports. For a complete list of banned substances please go to the **United States Anti-Doping Agency** web sites at: <https://www.usada.org/>, or <http://www.usantidoping.org> and the **World Anti-Doping Agency** <https://www.wada-ama.org/>. click on “Substances” or “Prohibited Substances”:

Non-Approved Substances

Anabolic agents

Peptide hormones, growth factors, related substances and mimetics including SERMs and SARMs

Beta 2 agonists

Hormones and metabolic modulators

Diuretics and masking agents

Note: There is a class of prescribed medications identified as Fluoroquinolones which are antibiotics that are commonly used to treat a variety of illnesses such as respiratory and urinary tract infections. These drugs include ciprofloxacin (Cipro), levofloxacin (Levaquin/Quixin), gatifloxacin (Tequin), moxifloxacin (Avelox), ofloxacin (Ocuflox/Floxin/Floxacin) and norfloxacin (Noroxin). A recent United States FDA safety review has shown that fluoroquinolones when used systemically are associated with disabling and potentially permanent serious side effects involving the tendons, muscles, joints, nerves, and central nervous system. Extreme caution must be taken if these drugs are required to treat a medical condition.

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