

2010-11 CrossFit Banned Drugs

CrossFit has adopted most of the list of banned substances by the NCAA.

CrossFit bans the following classes of drugs:

- a. Stimulants
- b. Anabolic Agents
- c. Diuretics and Other Masking Agents
- d. Peptide Hormones and Analogues
- e. Anti-estrogens
- f. Beta-2 Agonists

Note: Any substance chemically related to these classes is also banned.

The athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

Drugs and Procedures Subject to Restrictions:

- a. Blood Doping.
- b. Local Anesthetics (under some conditions).
- c. Manipulation of Urine Samples.
- d. Beta-2 Agonists permitted only by prescription and inhalation.

Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product and consult a physician or pharmacist!

- Dietary supplements are not well regulated and may cause a positive drug test result.
- Athletes have tested positive using dietary supplements.
- Many dietary supplements are contaminated with banned drugs not listed on the label.
- **Any product containing a dietary supplement ingredient is taken at your own risk.**

It is your responsibility to know what you are ingesting. Consult a pharmacist or doctor before using any substance.

Some Examples of Banned Substances in Each Drug Class

NOTE: **There is no complete list of banned drug examples!!**

Stimulants:

amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); etc.

exceptions: phenylephrine and pseudoephedrine are not banned.

Anabolic Agents – (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione) boldenone; clenbuterol; DHEA; nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.

Diuretics (water pills) and Other Masking Agents:

bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

Peptide Hormones and Analogues:

growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

Anti-Estrogens :

anastrozole; tamoxifen; formestane; 3,17-dioxo-etiochol-1,4,6-triene(ATD), etc.

Beta-2 Agonists:

bambuterol; formoterol; salbutamol; salmeterol; etc.

Any substance that is chemically related to the class of banned drugs is also banned! i.e designer drugs are banned, even if we can't come up with a name yet.

**You are responsible for what you put into your body.
Be. Responsible.**