



NPC NORTHEAST TESTED CONTEST GUIDELINES

Any contest in the NPC Northeast listed as "tested" or "natural" is open only to contestants who have not taken any anabolic steroids, growth hormones, diuretics, or any other banned substance used to enhance physical performance for the listed time frame before entering an NPC natural contest.

By registered for an NPC Northeast Tested Contest, you agree to the following:

1. You will submit to a polygraph to determine if you have taken anabolic steroids, growth hormones, diuretics or any other prescription drugs or banned substances used to enhance physical performance within the restricted time limitation in accordance with the NPC banned substance list.
2. The results of the polygraph examination given to you, as the results are determined and interpreted by the polygraph examiner are binding and conclusive.
3. All test results are final and irrefutable. The polygraph examiner is authorized to disclose the results of the polygraph examination, his or her opinion of the polygraph results, and/or any statements made by you to the Promoter, and the NPC Officials.
4. Urine testing for all open class winners will be under specific guidelines spelled out in the NPC Rules and Regulations. Urinalysis testing results are final and irrefutable under said guidelines.
5. **Under no circumstances will refunds be given for entries, tickets or other event-related expenses if an athlete is disqualified as a result of a positive urinalysis or failed polygraph.**



PLEASE REVIEW THE NPC USA DRUG-FREE GUIDELINES BELOW:

1. [Prohibited Substance List](#) [PDF download]

The following substances are prohibited for the listed time frame before entering an NPC natural contest:

- ANABOLIC AGENTS - 3 years [1]
- HORMONE AND METABOLIC MODULATORS - 3 years
- INSULIN - 3 years [2]
- PEPTIDE HORMONES, GROWTH FACTORS, RELATED SUBSTANCES, AND MIMETICS - 3 years [3]
- SARMS [Selective Androgen Receptor Modulators] - 3 years [4]
- THYROID HORMONES - 3 years [5]
- BETA-2 AGONISTS - 6 months
- DIURETICS AND MASKING AGENTS - 6 months
- INSULIN MANIPULATORS - 6 months [6]
- STIMULANTS - 6 months
- INTOXICATING SUBSTANCES - 12 hours before polygraph [7]
- MUSCLE IMPLANTS OR INJECTIONS OF ANY KIND [8]

[1] Anabolic Androgenic Steroids [Exogenous, Endogenous when administered exogenously], and other Anabolic Agents [e.g. Clenbuterol, Tibolone, Zeranol, Zilpaterol]

[2] When used for the purpose of bodybuilding [prescribed insulin is permitted]

[3] Including but not limited to EPO, Peptide Hormones and Hormone Modulators, Growth Hormone, Growth Factors and Growth Factor Modulators

[4] Andarine, LGD-4033, Ostarine, RAD140

[5] When used for bodybuilding purposes including but not limited to: Synthroid, T3, T4 [prescribed thyroid hormones are permitted]

[6] When used solely for weight loss [e.g. Wegovy, Ozempic, Metformin, Rybelsus, etc.]

[7] Cannabis, Alcohol, Narcotics

[8] Including Synthol

2. [Therapeutic Use Exemption \["TUE"\]](#) [PDF download]

A TUE will only be considered by the NPC under the following circumstances:

- The athlete would experience a significant impairment to health if the prohibited substance were withheld while treating an acute or chronic medical condition.
- The use of the prohibited substance would produce no additional enhancement of performance other than that which might be anticipated by a return state to normal health following the treatment of a legitimate medical condition.
- There are no reasonable therapeutic alternatives or other alternatives are ineffective.
- TUEs granted by the NPC are valid for the duration of the treatment as prescribed by the physician up to a maximum of four years. It is the athlete's responsibility to know when the TUE expires and to apply for renewal before this date if necessary.
- If you wish to submit a TUE form, please click on the link shown below and send the completed form to KieranFoley@mcdougallenergy.com. AT LEAST 14 days prior to your planned event.

NOTE: Hormone replacement therapy (HRT), for example supplementing with prescribed testosterone in any form to raise testosterone levels due to natural decreases that occur with aging (even if to just elevate levels to within 'normal' ranges), is NOT considered a medicinal exception.

3. Penalties

The penalties for a positive test result are as follows:

- [1] First Offense: One-year suspension
- [2] Second Offense: Two-year suspension
- [3] Third Offense: Lifetime suspension

NOTE: The suspension is from all NPC, NPC Worldwide, and IFBB PRO contests.