



2013-14 IHSA Banned Substances

The IHSA bans the following classes of substances:

- a. Stimulants
- b. Anabolic Agents
- c. Diuretics and Other Masking Agents
- d. Peptide Hormones and Analogues

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

The member school and the student-athlete shall be held accountable for all substances within the banned substance class regardless of whether they have been specifically identified.

Substances and Procedures Subject to Restrictions:

- a. Manipulation of Urine Samples.
- b. Caffeine if concentrations in urine exceed 15 micrograms/ml.

IHSA Nutritional/Dietary Supplements Warning:

- **Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff!**
- Dietary supplements are not well regulated and may cause a positive substance test result.
- In the IHSA's program and other programs that test for the same substances as the IHSA's program, student-athletes have tested positive and lost their eligibility using dietary supplements.
- Many dietary supplements are contaminated with banned substances not listed on the label.
- **Any product containing a dietary supplement ingredient is taken at your own risk.**

**It is your responsibility to check with your athletics staff
before using any substance.**