



## **Banned Substances 2025-2026**

### **The NJSIAA bans the following drug classes:**

1. Stimulants
2. Anabolic agents
3. Beta-blockers
4. Diuretics and other masking agents
5. Narcotics
6. Peptide hormones, growth factors, related substances and mimetics
7. Hormone and metabolic modulators
8. Beta-2 agonists

Note: This is not a complete or exhaustive list. Any substance chemically/pharmacologically related to any of these classes is also banned. Student-athlete shall be held accountable for all drugs within the banned-drug classes regardless of whether they have been specifically identified. There is no complete list of banned substances.

### **Substances and Methods Subject to Restrictions:**

1. Blood and gene doping.
2. Local anesthetics (permitted under some conditions).
3. Manipulation of urine samples.
4. Beta-2 agonists (permitted only by inhalation with prescription).
5. Tampering of urine samples.

### **NJSIAA Nutritional/Dietary Supplements:**

1. There are no NJSIAA-approved nutritional or dietary supplements.
2. Nutritional/dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test.
3. Student-athletes have tested positive and lost their eligibility using nutritional/dietary supplements.
4. Many nutritional/dietary supplements are contaminated with banned substances not listed on the label.
5. While third-party tested and low-level risk products may be options, complete elimination of risk is impossible.
6. All nutritional/dietary supplements are taken at the student-athlete's own risk.

Note: Before consuming any nutritional/dietary supplement product, review the product and its label with your school's athletics department staff.

Athletics department staff should consider providing guidance to student-athletes about supplement use and the importance of having nutritional/dietary products checked by appropriate staff members before consuming. The NJSIAA has identified Drug Free Sport AXIS™ (AXIS) as the service designated to facilitate student-athletes and schools review of label ingredients in medications and nutritional/dietary supplements. Contact AXIS at 816-474-7321 or [axis.drugfreesport.com](https://axis.drugfreesport.com) (password: njsports).

**It is the student athlete's responsibility to check with the appropriate or designated athletic staff before using any substance.**

The following are some examples of substances in each banned drug class. There is no complete list of banned substances. Do not rely on this list to rule out any labeled ingredient. Many nutritional/dietary supplements are contaminated with banned substances not listed on the label. Any substance that is chemically/pharmacologically related to one of the drug classes below, even if it is not listed as an example, is also banned.

### 1. Stimulants

Amphetamine (Adderall) Caffeine and sources of caffeine* Cocaine Dimethylbutylamine (DMBA; AMP) Dimethylhexylamine (DMHA; Octodrine) Ephedrine Heptaminol Hordenine Lisdexamfetamine (Vyvanse)	Mephedrone (bath salts) Methamphetamine Methylhexanamine (DMAA; Forthane) Methylphenidate (Ritalin) Modafinil Octopamine Phenethylamines (PEA) and its derivatives Phentermine Synephrine (bitter orange)
--	---

\*Sources of caffeine (e.g., green tea extract, Guarana, Yerba Mate, etc.,).

Exceptions: Phenylephrine and Pseudoephedrine are not banned.

### 2. Anabolic Agents

Androstenedione Boldenone Clenbuterol Clostebol DHCMT (Oral Turinabol) DHEA Drostanolone Epitrenbolone Etiocholanolone	Methandienone Methasterone Nandrolone (19-nortestosterone) Oxandrolone SARMS [Ligandrol (LGD-4033); Ostarine; RAD140; S-23] Stanozolol Stenbolone Testosterone Trenbolone
--	---

### 3. Beta Blockers

Atenolol Metoprolol Nadolol	Pindolol Propranolol Timolol
-----------------------------------	------------------------------------

### 4. Diuretics and Masking Agents

Bumetanide Canrenone (Spironolactone) Chlorothiazide Furosemide	Hydrochlorothiazide Probenecid Triamterene Trichlormethiazide
--	--

Exceptions: Finasteride is not banned

## 5. Narcotics

Buprenorphine Dextromoramide Diamorphine (heroin) Fentanyl and its derivatives Hydrocodone Hydromorphone Meperidine	Methadone Morphine Nicomorphine Oxycodone Oxymorphone Pentazocine Tramadol
---	--

## 6. Peptide Hormones, growth factors, related substances, and mimetics

BPC-157 Erythropoietin (EPO) Growth hormone (hGH)	Human Chorionic Gonadotropin (hCG) Ibutamoren (MK-677) IGF-1 (colostrum; deer antler velvet)
---	--

Exceptions: Insulin, Synthroid, and Forteo are not banned.

## 7. Hormone and Metabolic Modulators

Anti-Estrogen (Elacestrant, Fulvestrant) Aromatase Inhibitors [Anastrozole (Arimidex); ATD (androstatrienedione); Formestane; Letrozole] PPARs [GW1516 (Cardarine); GW0742] SERMS [Clomiphene (Clomid); Raloxifene (Evista); Tamoxifen (Nolvadex)]
---

## 8. Beta-2 Agonists

Albuterol Formoterol Higenamine (Norcoclaurine)	Salbutamol Salmeterol Vilanterol
---	--