



NATURAL PRO DOPING CONTROL PROTOCOL

Revision Date:
March 31, 2025

General

1. Unless otherwise provided in these rules, IFBB Professional League doping control is conducted by urinalysis for **anabolic agents** (S1), as well as **diuretics and masking agents** (S5).
2. Polygraph testing may be used instead of, or in combination with, urinalysis. Polygraph testing requires the pre-approval of the IFBB Professional League.
3. The IFBB Professional League must pre-approve the laboratory that conducts the urinalysis.
4. All individuals involved in the collection, documentation, security, and transportation of urine samples must be independent of the event organizer and licensed or certified by the authorized laboratory.
5. Test results are considered confidential.

Testing

6. The top two finalists in each division are tested.

Notification

7. Once selected for testing, a chaperone accompanies the athlete to the doping control station. The athlete must at all times remain under the supervision of the chaperone, from selection to arrival at the doping control station.

Doping Control Station

8. Once at the doping control station, the athlete must remain under the supervision of a doping control officer. The athlete must provide identification and complete the necessary paperwork.

Sample Collection

9. The athlete must provide a urine sample under direct observation. The observer must be of the same gender as the athlete and must supervise the athlete as the urine sample is produced to ensure it is not tampered with.
10. The athlete is given a set time to produce a sample. If the athlete is unable to produce a sample immediately, the athlete is monitored and given up to a maximum of 500 ml of bottled water only.
11. Urine samples will be collected and submitted to the laboratory using a single, securely-sealed, donor-identified collection vessel.



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Penalties

12. In addition to disqualification from the contest (including the loss of placings and awards), the penalties for a positive test result are:
 - (1) 1st offence: one-year suspension
 - (2) 2nd offence: two-year suspension
 - (3) 3rd offence: lifetime suspension
13. Failure to comply with the testing requirements, including evading sample collection, refusing or failing to submit to sample collection, or tampering or attempted tampering with any part of sample collection, is treated the same as a positive test result.

Results Management

14. The IFBB Professional League is responsible for results management and as such, the test results must be sent to tblinn@ifbb-proleague.com without undue delay.
15. For urinalysis, if the test result is negative, no athlete notification is required. If the test result is positive, the athlete is notified. The notification will include:
 - (1) The name and date of the contest at which the sample was collected;
 - (2) The substance, or substances, that produced the positive test result;
 - (3) A copy of the laboratory report; and
 - (4) The penalty to be imposed.
16. All drug test results are final. No appeal or challenges to a positive test result will be accepted.
17. For polygraph testing, if the test result is negative, no athlete notification is required. If the test result is positive, the athlete is notified. The notification will include:
 - (1) The name and date of the contest at which the polygraph test was conducted;
 - (2) A copy of the polygraph report; and
 - (3) The penalty to be imposed.
18. The athlete is provisionally suspended pending a notice of final finding.



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Back-to-Back Natural Pro Contests

19. Unless otherwise provided in these rules, athletes who are tested at a natural pro contest may not compete in another pro contest until their test results are confirmed negative.
20. If two natural pro contests are back-to-back*, and if the test results from the first contest are not known before the second contest, the athlete may compete in the second contest under the following conditions:
 - (1) If the athlete fails the test from the first contest but does not fail the test from the second contest, the athlete will be disqualified from both contests and will be suspended for one year from the date of the first contest.
 - (2) If the athlete does not fail the test from the first contest but fails the test from the second contest, the athlete will be disqualified from the second contest and will be suspended for one year from the date of the second contest.
 - (3) If the athlete fails the test from the first and second contests, the athlete will be disqualified from both contests and will be suspended for two years from the date of the second contest.

*Note: The term "back-to-back" means two natural contests; the second of which is held before the test results from the first are known to the testing authority.

Olympia

21. The division winners at natural pro contests qualify for the Ben Weider Naturals Pro. They do not qualify for the Olympia.

Ben Weider Naturals Pro

22. The testing protocol at the Ben Weider Naturals Pro may differ from that used at other IFBB Professional League natural contests.

HRT/TRT and TUE

23. Persons using hormone replacement therapy or testosterone replacement therapy are not eligible to compete in natural pro contests.
24. For a therapeutic use exemption (other than for HRT/TRT) to be considered, the athlete must submit a completed TUE form to Kieran Foley at least 14 days prior to the event.
KieranFoley@mcdougallenergy.com



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Documents

25. The link below provides a list of prohibited substances and methods.

<https://www.ifbbpro.com/wp-content/uploads/2025/03/Prohibited-Substances-and-Methods-List.pdf>

26. The link below provides a therapeutic use exemption form.

<https://www.ifbbpro.com/wp-content/uploads/2025/04/Therapeutic-Use-Exemption-Form-IFBBPRO-NPC-CPA.pdf.pdf>

Protocol

27. The IFBB Professional League must pre-approve any change to this protocol.

Questions

28. Please contact Tony Blinn at tblinn@ifbb-proleague.com with any questions about this protocol.