



## Anabolic Steroid Testing Protocols 2024-2025

### **I. Organization**

1. The New Jersey State Interscholastic Athletic Association (NJSIAA) Executive Committee has selected Drug Free Sport International (Drug Free Sport), Kansas City, MO, to be the official administrator of the NJSIAA Anabolic Steroid Testing Policy.
2. The NJSIAA Executive Committee has selected the UCLA Olympic Analytical Laboratory in Los Angeles, CA, to be the official accredited laboratory of the NJSIAA Anabolic Steroid Testing Policy. The administrator may utilize another laboratory if required, so long as the laboratory is accredited by the World Anti-Doping Agency (WADA).

### **II. Championship and Student-Athlete Selection**

1. Selection of specific championship teams and events for anabolic steroid testing will be recommended by Drug Free Sport and approved by the NJSIAA.
2. Selection of sports for anabolic steroid testing will occur prior to the commencement of the championship seasons for those sports.
3. All student-athletes competing in state championship competitions are subject to testing. Student-athletes and their parents must sign the drug testing consent form before they are permitted to participate in their respective sport.
4. Student-athletes may be tested before, during, or after any phase of the state championship competition. If testing occurs after the competition is held and the selected student-athlete did not advance to the next round in the championship, the selected student-athlete is still required to test. If testing occurs after the final round of the state championship competition, the selected student-athlete is still required to test, even if they are graduating/have graduated.

### **III. Championship and Student-Athlete Notification**

1. Upon notification that their school has been selected for drug testing, schools participating in NJSIAA championship competition will be required to submit an accurate and current roster of the student-athletes on the varsity team that qualified for the championship competition to the email mentioned in the notification as soon as possible.
2. Student-athletes selected for testing will be notified of their selection by the school representative or Drug Free Sport. The student-athlete's coach or an administrator from the student-athlete's school will be notified as well.
3. The student-athlete will be instructed to read and sign the NJSIAA Anabolic Steroid Testing Student-Athlete Notification Form (notification form). The notification form will instruct the student-athlete to report to the collection station (location where the drug test will occur) at the appointed time with an official representative of the school (e.g., administrator, coach, athletic trainer).
4. The student-athlete may select a witness (e.g., parent or guardian) to accompany them to the collection station. Any witness must remain in the collection station through the entire collection process.

#### IV. Specimen Collection Procedures

1. The Doping Control Officer (DCO) oversees the drug test, the drug-testing collection crew, and collection station under the direction of Drug Free Sport.
2. Only those persons authorized by the DCO or school representative/site coordinator will be allowed in the collection station.
3. Upon entering the collection station, the student-athlete will provide photo identification, and/or the school representative will identify the student-athlete.
4. The DCO and/or the school representative/site coordinator may release a student-athlete from the collection station if they are sick or injured, to return to competition, or to meet academic obligations, and this will only occur after appropriate arrangements to have the student-athlete tested have been made and documented.
5. A member of the drug-testing collection crew will retrieve the student-athlete's notification form and complete the check-in process by confirming their name, grade, sport/activity, and gender on the iPad. The student-athlete will select a set of beaker barcodes that will be assigned to them for the testing process. One of the beaker barcodes will be placed on the student-athletes notification form in the designated location. After check-in is completed, the student-athlete will be instructed to wait in a designated area of the collection station before continuing with the specimen collection process.
6. A member of the drug-testing collection crew serving as a monitor will determine the student-athlete's readiness to provide a specimen. Monitors must be of the same gender as the student-athlete providing the specimen. When ready, the monitor will instruct the student-athlete to select a sealed beaker from a supply of such. Beakers must be adequately secured in the collection station and observed closely by the collection crew at all times.
7. The monitor will take the notification form from the student-athlete and escort them to the restroom, having the student-athlete keep the beaker in the monitor's view at all times.
8. Student-athletes may not carry any items other than their beaker into the restroom when providing a specimen. The student-athlete must remove all outer clothing (e.g., jackets, sweaters, etc.) before proceeding to the restroom. Any problems or concerns should be brought to the attention of the DCO or school representative for documentation.
9. The monitor must secure the restroom being used for the monitored collection so that no one can enter until after the collection has been completed. Dyeing agents will be added to toilet bowls to prevent specimen substitution and any unsupervised access to water will be eliminated during the collection process.
10. After entering the restroom, the student-athlete is required to empty all contents from their pockets, turning the pockets inside out, and placing any items removed into a container. The container will be left in a location where it can be observed by the student-athlete and the monitor. The monitor must request that the student-athlete raise their shirt high enough to observe the mid-section area to rule out any attempt to manipulate or substitute a specimen.
11. The monitor will instruct the student-athlete to rinse and dry their hands without using soap.
12. The student-athlete will then remove their selected beaker from its plastic wrap and place a beaker barcode on the lid. The monitor will instruct the student-athlete not to flush the toilet once they have finished providing a specimen.
13. The monitor will allow the student-athlete to enter the stall and close the door for privacy during the voiding process. If the monitor hears sounds or makes other observations, indicating any attempt to tamper with a specimen, an additional collection must be performed.
14. The student-athlete should provide a specimen volume of at least 90 ml.

15. Once a specimen is provided, the student-athlete is responsible for keeping the beaker closed and controlled. The student-athlete is encouraged to wash their hands with soap. Before returning to the collection station, the monitor will inspect the volume and temperature of the urine in the beaker. If the volume is inadequate, the monitor will place a line with a marker at the urine volume level on the outside of the beaker while not touching the beaker with their hands. If the temperature is outside of 90.5-99.8 degrees Fahrenheit, the monitor will notify the DCO, the specimen will be discarded, and the student-athlete will start the process over from the beginning.
16. The student-athlete can place the contents from the container back into their pockets, if applicable.
17. The monitor must then escort the student-athlete back to the collection station keeping the student-athlete and their beaker in full view the entire time. The monitor will provide the student-athlete with their notification form and must instruct them where to sit, how to maintain the integrity of the specimen, and the notification form. The monitor should also advise the student-athlete on fluids and/or food.
18. Student-athletes who have difficulty providing a sample may consume fluids and food that have been approved by the DCO. These items must be individually sealed, free of any banned substance, and opened and consumed in the collection station.
19. If the specimen volume is incomplete, the student-athlete must remain in the collection station until an adequate specimen volume is provided. During this period, the student-athlete is responsible for keeping the beaker closed and controlled.
20. If the student-athlete must leave the collection station, any incomplete specimen will be discarded. The DCO will document the reason for the student-athlete's departure as well as the time at which they will return.
21. Upon return to the collection station, the student-athlete will start the collection process from the beginning.
22. Once adequate specimen volume is provided, the monitor will initial in the space provided on the notification form and confirm that the temperature of the specimen is within range. The monitor will escort the student-athlete to the specimen processing table.
23. A member of the drug-testing collection crew serving as specimen processor will verbally verify with the student-athlete that the beaker barcode number on top of their beaker and on their notification form match. The processor will also ensure that the student-athlete's name is correct on their notification form. The specimen processor will instruct the student-athlete to closely observe the specimen processing steps.
24. The specimen processor will pour less than 5 mL of urine from the beaker into a small cup and measure the specific gravity using a refractometer.
25. If the urine has a specific gravity below 1.005, the value will be recorded on the notification form, and the specimen will be discarded in the restroom by the student-athlete with the monitor observing. The student-athlete should remain in the collection station until another specimen is provided. The student-athlete will start the collection process from the beginning.
26. If the urine has a specific gravity of 1.005 or higher, the specimen processor will record the value on the notification form.
27. Once the specimen processor has determined the urine specimen meets the required measurements, the specimen will be processed and sent to the laboratory.
28. The laboratory ultimately makes the final determination of specimen adequacy. If the laboratory determines that a student-athlete's specimen is inadequate for analysis, another specimen may be collected at the NJSIAA's discretion.
29. If a student-athlete is suspected of manipulating a specimen (e.g., via dilution), the school will have the authority to perform additional tests on the student-athlete.

30. Once an adequate specimen has been provided, the student-athlete will select a specimen collection kit and a uniquely numbered set of specimen seals from a supply of such. The student-athlete will need to confirm that the numbers on each of the specimen seals match before proceeding.
31. The specimen processor will open the specimen collection kit, demonstrate to the student-athlete that the vials are securely sealed, remove the plastic seals, and open the lids on the A and B vials. The specimen processor should pour a minimum of approximately 60 mL of urine into the A vial and a minimum of approximately 25 mL of urine into the B vial and close the lids.
32. The specimen processor will verify the lids on the vials are securely closed and then seal each vial using specimen seals the student-athlete has selected. The specimen processor will ensure that the specimen seals have tightly adhered to the vials with no tears or loose areas.
33. The specimen processor will place the sealed vials into the plastic transport bag, seal the bag, place the bag in the specimen collection kit and then seal the kit with a specimen seal. The specimen processor will place a specimen seal on the student-athletes notification form and have the student-athlete verify the number on the specimen seals placed on the specimen collection kit and the notification form match.
34. Once this is complete, the specimen processor will retain the sealed specimen collection kit, give the student-athlete the notification form and send them to the drug-testing collection crew member in charge of check out.
35. At check-out, a drug-testing collection crew member will record information from the notification form (specific gravity, temperature, and specimen number) and will collect all necessary signatures (student-athlete, monitor, and collector) on the iPad. Any deviations from the procedures must be described and recorded. If deviations are alleged, the student-athlete will be required to provide another specimen.
36. The student-athlete can be released from the collection station by a member of the drug-testing collection crew.
37. After the collection has been completed, the DCO will secure all samples into a shipping case and forward them to the laboratory. The DCO will provide the school representative/site coordinator with the completed notification forms for each student-athlete tested.
38. If the student-athlete does not comply with the collection process, the DCO will notify the school representative/site coordinator and Drug Free Sport.
39. All specimens become the property of the NJSIAA.

**V. Chain of Custody**

1. The DCO or their designee will deliver the shipping case to the carrier.
2. Upon receipt at the laboratory, a laboratory employee will record that the specimens have been received and whether the specimen seals on each vial arrived intact.
3. If the vials arrive at the laboratory with specimen seals not intact, the NJSIAA may collect another specimen from the student-athlete.
4. The laboratory will document the handling of the vials throughout the analytical process.
5. If the chain of custody is broken at any point in the process, NJSIAA and/or Drug Free Sport may collect another specimen.

## **VI. Notification of Results**

1. The vials received at the laboratory will be referenced as sample A and sample B. The laboratory will use a portion of sample A for its initial analysis.
2. The designated laboratory certifying scientist will review all results showing a banned substance and/or metabolite in sample A.
3. The laboratory will inform Drug Free Sport of the results by each respective specimen number.
4. Drug Free Sport will notify the school of all negative test results.
5. If sample A is positive, Drug Free Sport will contact the NJSIAA Medical Review Officer (MRO) as soon as possible. The MRO will provide a final review of sample A results.
6. The MRO will contact the parent/guardian of the student-athlete with a positive finding on sample A to discuss the result and determine if a medical exception shall be granted to the student-athlete. The MRO will decide whether to grant a medical exception within nine (9) business days of receiving the result from Drug Free Sport, unless good cause is shown for extending that time. The MRO will forward the decision to Drug Free Sport who will contact the school, the parent/guardian, and the NJSIAA regarding the MRO's decision.
7. Drug Free Sport will further notify the parent/guardian that they may request that sample B be tested, and may request to be present or represented at the opening of sample B. The parent/guardian must inform Drug Free Sport within 72 hours if they request to have sample B tested.
8. If the parent/guardian does not request that sample B be tested, the findings of sample A will be final.
9. If the parent/guardian requests that sample B be tested, the results of sample B will be final.
10. Results of all tests shall be considered confidential and shall only be disclosed by the NJSIAA, the student-athlete and their parents/guardian, the school, and the MRO.
11. The NJSIAA Steroid Testing Policy treats a student-athlete who fails to provide a urine specimen the same as a student-athlete who tests positive. For that reason, any student-athlete who refuses to sign the notification form, fails to arrive at the collection station at the designated time without justification, fails or refuses to provide a urine specimen according to protocol, leaves the collection station before providing a urine specimen according to the protocol or attempts to alter the integrity or validity of the urine specimen and/or collection process will be treated as if there was a positive test result for a banned substance.

## **VII. Appeal**

1. If the student-athlete desires to appeal the results of a positive anabolic steroid test, a written request for an appeal must be received by the NJSIAA no later than 20 days after the student-athlete receives the notification of the positive result from the NJSIAA. A written statement indicating the grounds for appeal, and any related documentation supporting the appeal, must be submitted to NJSIAA no later than 7 calendar days prior to the hearing date.
2. Appeals shall be conducted according to the provisions of NJSIAA's Anabolic Steroid Testing Policy as approved by the NJSIAA Executive Committee.
3. A student-athlete who tests positive will not be eligible to participate in sports pending their appeal.