

## **Polygraph Testing**

All Amateur Bodybuilding and Figure contestants **MUST BE** a minimum of 7 years drug free.

This is a drug free, natural event, and contestants must be completely free of the performance-enhancing drugs for a period of seven (7) years. As an NGA Flex Fitness Contest contestant (excluding Bikini) you must undergo and pass a polygraph test at this NGA sanctioned event in which he/she is to participate. The promoter has the option to also conduct a urine test for all NGA competitors.

As a competitive athlete, it is your responsibility to research products before you purchase and/or use them. To insure that you pass a test under the guidelines of the IOC banned substance testing regulations, NGA's recommendation is "**when in doubt, don't take it!**"

Testing Fee: \$45.00 To be paid on-line while applying as a Flex Fitness Contest competitor.

A polygraph test is good for 90 days. If you have been tested for another contest within 90 days prior to the Northwest Natural contest, bring documentation of those test results with you to the Flex Fitness Contest and indicate on your registration that you have already been tested. You will not need to test again.

\* If for any reason you are taking a medication that has been prescribed by your doctor you are required to bring a list of such medications, with prescribed dosages, to your scheduled testing appointment. Please keep this list in your possession the day of the contest in case you are also chosen for urinalysis testing.

## **Urinalysis Test**

All Bodybuilding, Fitness and Figure contestants **MUST BE** a minimum of 7 years drug free.

Nutritional supplements products that are sold over-the-counter may not be banned by the FDA. However, these substances can cause an elevated T/E ratio in excess of the 6:1 limit or produce the presence of nandrolone or any other banned substance in the urine.

As a competitive athlete, it is your responsibility to research products before you purchase and/or use them. To insure that you pass a urine test under the guidelines of the IOC banned substance testing regulations, NGA's recommendation is "**when in doubt, don't take it!**"

\*If for any reason you are taking a medication that has been prescribed by your doctor you must have a list of such medications, with prescribed dosages, in your possession the day of the contest in case you are also chosen for urinalysis testing.\*

During morning check-in competitors will be required to read and sign a urinalysis waiver form ("Drug Test Form").

Before the start of the evening show contestants chosen for urinalysis testing will be contacted. They will then be required to inspect the specimen bottle assigned to them, along with initialing the specimen bottle security seal. Competitors who are chosen must provide the necessary sample needed to thoroughly complete a urine test.

Each competitor chosen for urinalysis testing must produce a required specimen before taking the stage in the evening event.

Thank you for your cooperation.