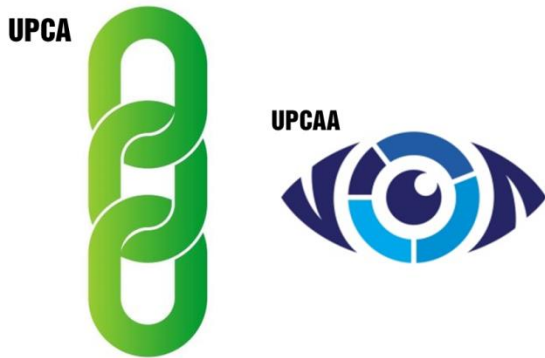


UNITED PHYSIQUE COMPETITORS ASSOCIATION



LEVELING THE PLAYING FIELD

The UPCA has established a drug-testing protocol which is monitored by the UPCAA [United Physique Competitors Anti-doping Agency].

Member federations (and their athletes) receive Anti-doping consultations, resources, and reduced pricing for the following:

- WADA urinalysis drug testing.
- Polygrapher [American Polygraph Association (APA)]
- Trained 3rd party Urine Sample Collecting Agents.
- REC – Resource Exchange Center (Federations and athletes may call in or email with questions regarding specific drugs and supplements)

Universal Drug Testing Protocol

- **20% of athletes at each contest are urinalysis tested according to WADA (World Anti-Doping Agency). ONLY WADA-affiliated testing facilities are used.**
- Athletes who receive the highest placements at contests will be the first selected for testing.
 - Order of priority:
 - Overall division winners.
 - Class winners.
 - Second place winners and so on.

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- **FULL UPCAA POLYGRAPH (90 minutes). THIS PROCEDURE MAY BE CONDUCTED AT THE DISCRETION OF THE MEMBER ORGANIZATION. THE 90 MINUTE POLYGRAPH (AS WELL AS URINALYSIS) MAY ALSO BE USED AT ANY OTHER TIME DURING THE YEAR (OUT OF SEASON, OFF-SEASON, RANDOM TESTING, ETC...)**
 - This polygraph test has been designed by the UPCAA specifically for Physique competition.
 - RECOMMENDED PROTOCOL - Two full 90 minute polygraph tests administered surrounding each contest event. One athlete is selected during athlete check-in, through a "lottery" (randomly selected competitor). A second athlete is "hand-picked" on Saturday at the discretion of the contest promoter, or head judge.
 - **Athletes selected for the Polygraphs must complete the examination within one week after the contest. THE COST WILL BE COVERED AND PAID IN ADVANCE BY THE MEMBER FEDERATION/ PROMOTER USING THE UPCAA POOLED RESOURCES COLLECTED AT THE CONTEST. ATHLETES WILL NOT BE REQUIRED TO PAY FOR THIS TEST SEPARATELY. Athletes will be provided with a local APA Polygrapher.**
 - The test consists of two parts...Substances Prohibited at All Times and Substances Prohibited In-Competition.
 - The "10 minute polygraph" currently in use by many federations is NOT an official polygraph. It will not stand up in any court of law and is not respected as a true testing procedure. Federations who wish to continue conducting this abbreviated polygraph in addition to the FULL UPCAA POLYGRAPH may do so if they choose.
- **Official third party urine sample collectors at every contest.**
- **Each member federation must have an official Anti-doping agent.**
 - Name and contact information must be posted and accessible on federation website.
 - Agent must be accessible for information inquiries.
- **\$80 drug testing fee per competitor for every contest entered.**
 - Where does this money go?
 - The Urinalysis cost is approximately \$303 per test, which includes Trained 3rd party Urine Sample Collecting Agents as well as the actual lab test. And, each Polygraph test ranges from \$400 to \$500.
 - The \$80 testing fee is put towards the drug testing for each event.
 - Competitors who do not receive a placement that qualifies for urinalysis testing, and are not picked in the Polygraph lottery or randomly selected for the polygraph on show day will have their testing fee pooled toward the UPCAA drug testing effort.

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- **Full drug-testing transparency.**
 - All urinalysis results are automatically sent from the lab to the Promoter/Federation & the UPCA.
 - All Polygraph results are submitted to Promoter/Federation and the UPCA
 - In the event that an athlete tests positive for a WADA Prohibited substance, the athlete will receive immediate "suspension hold." **AT THIS POINT ATHLETE IS NOT CONSIDERED SUSPENDED AND NO INFORMATION WILL BE RELEASED REGARDING THE TEST RESULTS**
 - During the suspension hold all athletes will be given an opportunity to have a second urinalysis or polygraph conducted at their own expense. When athlete submits a urine sample at the contest, the sample is divided into 2 beakers, Beaker A and beaker B. Only Beaker A is tested for banned substances. If an athlete feels that there may have been a "false-positive" the athlete may elect to have beaker B tested, as mentioned above, at their own expense of \$150 (\$400-\$500 for polygraph). If the second test proves negative, athlete will be reimbursed for the cost of the re-test, suspension hold will be dropped and payout (for Pros) will be distributed. If the results prove a second positive, athlete will not be reimbursed for the re-test fee and the full suspension will go into effect including revoked contest placings, and Professional/Pro-Qualified status with all UPCA member organizations. Athlete's name and the length of suspension will be shared among all UPCA member organizations, the media, and posted on the UPCA website.
 - Athlete's name, the length of suspension, and Substance(s) will be shared among all UPCA federations, the media, and posted on the UPCA website.
- **PROHIBITED SUBSTANCES (and penalties for testing positive)**

There are two Prohibited Substance Lists according to WADA. The UPCA has established specific suspension penalties for each.

- **Substances Prohibited At All Times.** (PHYSIQUE ALTERING COMPOUNDS)
 - Within this list the UPCA has identified a specific group of substances as the most aggressive violations of ethics in sports. Athletes must NEVER use any of these substances at ANY point in time...past, present, or future. **Testing positive for any substance on this list such as Anabolic Androgenic Steroids (AAS)** (through urinalysis or polygraph) will result in a lifetime ban from competing with any UPCA associated federations. Athlete will be listed on the UPCA BANNED List indefinitely.

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- **Substances Prohibited At All Times.** (REMAINING SUBSTANCES)
 - Testing positive for any substance on this list (through urinalysis or polygraph) will result in a 5-year ban from competing with any UPCA associated federations.
 - Athlete will be listed on the UPCAA BANNED List for the 5-year term and will be removed from the list at the completion of the suspension.
- **Substances Prohibited In-Competition.**
 - Testing positive for any substance on this list (through urinalysis or polygraph) will result in a 6 month to 2 year ban from competing with any UPCA associated federations.
 - Athlete will be listed on the UPCAA BANNED List for a 6 month to 2-year term and will be removed from the list at the completion of the suspension.
- REFUSING TO SUBMIT A URINE SAMPLE OR TAKE THE POLYGRAPH TEST WILL RESULT IN AN IMMEDIATE 5 YEAR BAN. THE COMPETITOR NEXT IN ORDER OF PLACEMENT WILL THEN BE REQUIRED TO UNDERGO TESTING.
- IN THE EVENT OF A URINALYSIS OR POLYGRAPH FAILURE, OR AN ATHLETE REFUSING TO BE TESTED, WHAT WILL BE PUBLICIZED IS THE TERM OF BAN (6 MONTH TO 2 YEAR, 5 YEAR, OR LIFETIME).
- IF AN ATHLETE IS USING A WADA PROHIBITED SUBSTANCE FOR MEDICINAL PURPOSES, THE ATHLETE MUST INFORM THE FEDERATION ANTI-DOPING AGENT NO LESS THAN TWO WEEKS BEFORE THEIR CONTEST EVENT. THE AGENT WILL THEN COMMUNICATE WITH THE UPCAA FOR REVIEW. ULTIMATELY, DECISIONS WILL BE DETERMINED ACCORDING TO **WADA PRACTICES AND PROTOCOLS FOR THERAPEUTIC USE EXEMPTIONS.** THE UPCAA WILL NOT POST ANYTHING REGARDING A COMPETITORS POSITIVE RESULTS WHEN THERE IS A TUE ACCEPTANCE.

***Please be aware that trends in drug use are ever-changing. And, WADA is the leading global organization working to keep up with (and stay ahead of) the drug use curve. As a result, WADA and the UPCAA will experience protocol and procedure adjustments over time.**