

ABPU MEMBERSHIP AND PROCEEDURE

Purpose: To bring Amateur (drug tested) lifting to a venue that is already established with the Powerlifting community so that all lifters may compete on the same platform.

The ABPU is governed by the testing rules and by-laws of the AWPC. Referees and auxiliary appointed officials will undertake the same.

**Rules & by-laws:** Governed by the rules of the ABPU on a National level and by the Amateur World Powerlifting Congress a associated federation of the World Powerlifting Congress on an International level.

**Equipment:** Same rules apply as far as the amount of layers, fabric and length of wraps, etc.

**Membership and Testing**

Please note that taking membership of the ABPU removes all rights if you do not submit medical evidence to establish why a drug test may be positive. You must provide this information at the time of taking membership. When you take membership you are agreeing to the terms of the ABPU and AWPC that if any tests are returned as positive, there is no re-test and you are immediately banned. You are waiving your rights at this point and adhering to the rules of the ABPU and AWPC.

**Testing Procedures:** The lifters in this division will be strictly drug tested. The lifter will have the opportunity to change their classification up until weigh-ins. After that point they will lift in the division that they originally marked on their application. Divisions for National and World Competitions may not be changed after application is received. All testing will be done on a targeted basis. The amount of lifters that will be tested will be on sliding scale basis depending on the amount of entries in the Amateur division.

Example: 0 -10 1 lifter

11-20 2 lifters

21-30 3 lifters

31-40 4 lifters

41-50 5 lifters

Anything above 51 lifters will be 10%

Sample collection is strictly targeted testing and we make no apology for this. The one thing that must be strictly adhered to is that we do the testing in a correct chain of order and that all specimens be handled as such. We feel that the issue of a drug tested division, especially with an established association such as the ABPU is a step in the right direction. Amateur lifters who are tested and are found to be using Anabolic Steroids will be banned from competing in the ABPU and AWPC as a lifetime ban. At that point the lifter will be banned from the ABPU for life and banned from the BPU for the period of one year, thereafter they may join the BPU. Any ABPU Sanctioned events where testing is not done, the contest will be considered BPU Sanctioned only and the meet promoter will not be allowed to sanction ABPU. All testing is done through the ABPU owner and/or designated officers appointed by the ABPU and proper procedure must be followed.

ABPU/AWPC Banned Substances Steroid Profile I - Panel 6000

Androstene and any Andro related product (includes nor-andro)

Bolasterone (Metabolite)

Boldenone (Equipose) (Metabolite)

4-Chlorotestosterone (Clostebol) (Metabolite)

Clenbuterol(Siropent) Danazol(Metabolite)

Dihydrotestosterone (Stanolone)

Dehydrochloromethyltestosterone (Oral-Turinabol)

Dromostanolone (Masteron) (Metabolite)

Epitestosterone (if above 200 ng/mL)

Ethylestrenol/Norethandrolone Metabolite

Formebolone (Esiclene) (Metabolite) Fluoxymesterone (Halotestin) (Metabolite)

Furazabol

Mesterolone (Proviron) (Metabolite)

Methandrostenolone (Methandienone, Dianabol)

Methandriol

Methenolone (Primobolan)

Methyltestosterone

Mibolerone

Nandrolone (Deca-Durabolin)

Norandrostendione/Norandrostendiol Metabolite

Norethandrolone/Ethylestrenol

Oxandrolone (Anavar)

Oxymesterone

Oxymetholone (Anadrol) (Metabolite)

Probenecid (Masking agent)

Stanozolol(Winstrol) (Metabolite)

Stenbolone

Testosterone (T/epiT ratio greater than 6)

Testosterone/Androstendione/Androstendiol/DHEA Trenbolone (Finajet, Parabolan) (Metabolite)

...and related compounds \*specimen is considered positive when Testosterone/Epitestosterone ration is greater than 6

**Process of Positive Test Result**

If any of the compounds are found to be above normal levels, the lifter will be instantly removed from the ABPU and AWPC, their entries removed and their competing suspended. Notification and a copy of the test results will be sent to them. There is now an appeals period during which the lifters identity will be withed until the appeals period is concluded. This is ONLY available from ABPU competitions, lifters testing positive at an AWPC International meet have no appeals process and it is an instant ban.

The lifter has 7 days from notification to appeal the results (ABPU ONLY). The lifter has the right to gather and submit medical evidence why the levels of that compound are so high, however, at this point, it is the Testing Officers decision whether the evidence is sufficient and whether it will be accepted of not. No retest will be offered. The appeal will then go to the Testing Officer whose decision is final, it must be noted though - ultimately, if your test is positive, you are banned. No re-testing. Once that appeal time is over,

If the lifter does not submit an appeal within 7 days of notification, they will be officially banned for life from the ABPU and AWPC and notification from the ABPU and AWPC will be given. Once the lifter has received both notifications, the result will be made public on the "Banned Lifters" section of this page. The federation will protect the identity of the lifter until such times the process is finalised either from non-action of notification or from an unsuccessful appeals process. In the event of a successful appeal, the lifter, whose identity will have been protected to this point, will have all rights regained and full membership of the ABPU and AWPC.

In the event of the positive result being upheld, all records attained by the lifter will be revoked, entries to competition ABPU or AWPC removed without refund and the result will be public.

**Declaration of prescribed substances which may affect test results:**

Any prescribed medication or condition which may affect the outcome of your test should be declared upon membership of the federation. Even if you are not sure, it is better to declare it than not. Declared medication must be prescribed and prescription available for inspection if required. For conditions which affect readings, a letter from a medical doctor outlining the condition is permissible.

It is suggested that any prescription medicine be brought with you to meets in the box which has your name prescribed on the packaging. It can be logged and noted easily in case of any anomalies.

If you would like to register a prescribed medication and/or condition please email the attached form to our testing officer at [testing@britishpowerliftingunion.co.uk](mailto:testing@britishpowerliftingunion.co.uk)

Please note that no phone calls will be taken regarding any testing as all communication must be in writing.

If you have any questions please email our testing officer at the above email address and we are happy to help.