\*\*Fit Youth Classic Natural Anti-Doping Policy\*\*

**-Introduction**

The ‘Fit Youth Classic’ Pan-India dope-free Natural Bodybuilding Competition is committed to promoting fair competition and the health and safety of all athletes. The primary goal of this competition is to celebrate natural bodybuilding, encourage healthy lifestyle choices, and provide a platform for athletes to showcase their physique and strength without the use of performance-enhancing drugs (PEDs) or banned substances. By discouraging the use of harmful substances, we aim to protect athletes from the physical and psychological risks associated with performance-enhancing drugs. We are also committed to maintaining the trust of athletes, sponsors, and the public by ensuring that all athletes compete in a drug-free environment.

In order to ensure the integrity of the competition and to protect the values of fairness and safety, we have introduced ‘Fit Youth Classic Natural Anti-Doping Policy’ also known as **FYCNADP** adhering to the guidelines set forth by the World Anti-Doping Agency (WADA). This Anti-Doping Policy outlines the rules and regulations, prohibited substances, testing procedures, sanctions, and the overall commitment to maintaining a clean, fair, and drug-free environment. Also, any changes to the policy will be updated in this ‘Dope Testing’ segment of the website time to time. Any member/athlete participating in the competition must read, understand, and acknowledge the “Participation Terms & Conditions and Dope-Free Agreement” provided in the following segment at the time of registration. The Fit Youth Classic governing body has the sole right to impose sanctions on any member/athlete who is found to breach the FYCNADP.

-**Participation Terms & Conditions and Dope-Free Agreement**

1. I fully acknowledge that a requirement for entering this contest is that I have not used any banned substances in the past five (5) years, nor have I participated in any open 'non-drug-free' events before this competition. Additionally, I agree to provide a urine or blood sample for testing to detect substances listed on the World Anti-Doping Agency (WADA) list of prohibited doping classes and methods, as maintained by FYC Natural.

2. I agree to comply with all WADA guidelines and be subject to random drug testing before, during, and/or after the competition. I also give consent to undergo physical examination and orientation procedure the day prior to the competition. Any significant physical sign of drug abuse can cause disqualification of the participant without any refund of the registration fees.

3. I also understand that it is each athlete's personal responsibility to ensure that no prohibited substances enter their body. Athletes are accountable for any prohibited substances, metabolites, or markers found in their bodily samples. Therefore, it is not required to prove intent, fault, negligence, or intentional use by the athlete in order to establish an anti-doping violation. All these substances are listed by their chemical names, not brand names. For example, the anabolic steroid Anavar is listed under its chemical name, oxandrolone.

* Prohibited Substances:

• Anabolic Steroids: Any form of anabolic steroids, whether oral, injectable, or topical, is strictly prohibited.

• Stimulants: Including but not limited to amphetamines, ephedrine, and cocaine.

• Peptides and Hormones: Any form of growth hormone, insulin, erythropoietin (EPO), or other performance-enhancing peptides.

• Diuretics and Masking Agents: Drugs that alter fluid balance to mask the presence of other banned substances.

• Beta-2 Agonists: Medications such as salbutamol, which are sometimes used to enhance performance.

• Other Banned Substances: Any substance included in WADA’s list of prohibited substances and methods (updated annually). To view a complete list of banned substances, visit the WADA website.

4. If I receive a positive test result for a prohibited substance, I have the option to request a secondary sample analysis at my own expense within 7 days to verify the result. If I choose not to challenge the primary sample result or fail to respond within 7 days, I will be acknowledging the positive result, and FYC Natural will impose a sanction in accordance with WADA guidelines.

5. If tested positive for any substance included in WADA’s list of prohibited substances, I agree to cover all costs associated with my testing and any resulting consequences, including the forfeiture of any placements, titles, financial rewards, and the return of trophies and prizes, within 7 days of receiving notification to do so.

6. I give my permission for any photographs, video recordings, or other images taken at this event by FYC Natural or its representatives to be used in magazines, broadcasts, or any other printed or digital media to promote this or future events, as well as FYC Natural, its representatives, or their sponsors

7. The decisions of FYC Natural are final and binding, and I agree not to pursue any claims, arbitration, lawsuits, or legal action in any other court or tribunal.

This FYCNADP is separate from FYC Natural's rules and regulations related to eligibility, judging, and other matters. For those details, please check the FYC Natural Rules and Regulations. This policy specifically addresses anti-doping, and every effort has been made to ensure its thorough development, enforcement, and the education of our members.

**-Drug Sanctions**

In 1999, the World Anti-Doping Agency (WADA) took on the responsibility of overseeing global doping regulations, including revising the standards and rules for banned substances. Since January 1, 2004, WADA's authority has been in effect, and all signatories, including FYC Natural, are required to adhere to its sanctions. As a result, athletes who are banned cannot participate in any sport governed by a WADA signatory during their suspension. FYC Natural follows WADA's updated policies, and its sanctions are recognized by other signatory organizations. Consequently, athletes within FYC Natural are held to the same doping standards and penalties as Olympic-level competitors.

FYC Natural has collaborated with accredited WADA (and formerly IOC) drug-testing agencies and laboratories, demonstrating our commitment to maintaining drug-free standards in natural bodybuilding, sports modeling, and transformations, while utilizing the most advanced drug detection methods. FYC Natural maintains a strict position against drug use, as athletes have the choice to compete in other bodybuilding organizations that do not require drug testing.

*1. Positive Test Result:*

• Cheating in FYC Natural events is a serious violation, and severe penalties are enforced to act as a deterrent. If an athlete tests positive for a banned substance, their results will be disqualified, and they will be banned from future participation in the ‘FYC Natural’ competition. The duration of the ban will be determined based on the severity of the infraction, the nature of the substance, and the history of the athlete. The minimum ban will be two years.

• Beyond disqualification and the imposed ban, FYC Natural may also publish the athlete's name, photo, and drug test results on its websites, social media, and other platforms.

*2. Sanctioned Athlete’s Responsibilities:*

• An athlete who is found guilty of doping may be required to forfeit any titles, trophies, or prizes won in the competition

• They may also be banned from participating in other bodybuilding events that are affiliated with anti-doping organizations.

*3. Secondary Sanctions:*

• Coaches, managers, or support personnel who encourage, assist, or enable athletes to use banned substances will face disciplinary measures, including suspension or lifetime bans from the sport.

• In cases where an athlete is found guilty of violating anti-doping rules, they may also be financially responsible for the costs of primary drug testing and any other legal proceedings.

*4. Appeals Process:*

• Athletes who have been penalized for violating the Anti-Doping Policy have the right to appeal the decision through a formal process within a set period specified by the ‘Fit Youth Classic’ governing body i.e., within 7 days of primary drug testing result.

*5. Retesting:*

• In the event that new evidence comes to light, all drug tests and samples may be retested at any point, even after the event has concluded.

**-Education and Awareness**

• Athletes are strongly advised to thoroughly research any substance they plan to use. There are numerous resources available online, including Drugs in Sport Handbooks and clinical science publications. FYC Natural is not responsible for educating athletes about these substances, and lack of knowledge will not be considered an acceptable excuse.

• Ongoing Monitoring: The competition will regularly engage with WADA and other anti-doping organizations to stay up-to-date with the latest anti-doping policies, substances, and testing protocols.

**-Summary**

The Fit Youth Classic Natural Bodybuilding Competition strives to maintain the highest standards of fairness, integrity, and health. By following WADA guidelines and adhering to a strict anti-doping policy, we aim to ensure that athletes can compete in a safe, fair, and drug-free environment.

We encourage all competitors to uphold the values of natural bodybuilding and respect for the sport by committing to a dope-free competition. Together, we can create a platform that celebrates true athleticism, discipline, and the pursuit of excellence without the use of banned substances.

By participating in the ‘Fit Youth Classic,’ athletes affirm their commitment to these rules and regulations, ensuring that the competition remains a beacon of integrity in the world of bodybuilding.