

## UNITED STATES STRONGMAN.

### POLICY AND PROCEDURE – UNITED STATES STONRMAN - TESTED

#### 1. Purpose

To establish the standards, requirements, and operational procedures for the arm of United States Strongman - United States Strongman Tested (USST). This policy ensures competitive integrity, athlete safety, consistent event execution, and a clear drug-testing framework across all USST-sanctioned competitions.

#### 2. Scope

This policy applies to:

- All athletes competing in USST events
- All promoters hosting USST-sanctioned competitions
- All officials, staff, and referees supporting USST operations

Only tested classes may be offered at USST events.

#### 3. Competition Standards

All USST competitions will follow identical event rules, equipment standards, scoring procedures, and athlete expectations as standard USS rules.

The only difference between USST and other competitions is the implementation of drug testing.

#### 4. Approved Drug Testing Laboratory

All drug testing for USST events must be performed exclusively by:

Redwood Toxicology Laboratory

Santa Rosa, CA

[www.redwoodtoxicology.com](http://www.redwoodtoxicology.com)

No substitutions or alternate laboratories are permitted.

#### 5. Banned Substances

The USST prohibited substance list includes, but is not limited to:

- Anabolic steroids and metabolites
- Testosterone boosters or substances elevating T/E ratio above 4:1
- SARMs
- Stimulants (amphetamines, designer stimulants, miscellaneous stimulants)
- Diuretics and masking agents
- Cocaine and related metabolites
- Any substance listed on the official USST Banned Substance List

Therapeutic Use Exemptions (TUEs) are not allowed.

Athletes are fully responsible for verifying all medications, supplements, and over-the-counter products.

See USS website for full list of banned substances

#### 6. Promoter Responsibilities

##### 6.1 Event Designation

- All sanctioned USST events must be advertised and structured as Tested Division events only.
- Non-tested classes may not be offered in any USST competition.

## 6.2 Pre-Contest Requirements

Promoters must:

- Submit all drug-testing fees no later than 14 days before the event
- Receive and secure drug-testing kits from Redwood Toxicology
- Use IronPodium to generate required athlete test selections

## 6.3 Contest-Day Requirements

Promoters must:

- Conduct competitions using standard USST rules and equipment requirements
- Ensure a minimum of 10% of athletes are tested each contest day *i.e if there are 10 competitors, 1 will be tested.*
- Use IronPodium's automated selection process, including top finishers and randomized athletes
- Provide a same-gender USST official to supervise all testing
- Ensure testing occurs immediately after the athlete completes their final event

## 6.4 Post-Contest Requirements

Promoters must:

- Return the same number of completed test kits as issued
- Submit all samples directly to Redwood Toxicology
- Provide copies of Drug Test Forms to the USST National Office
- Maintain testing documentation for audit if requested

Failure to meet promoter obligations may result in a 12-month suspension from hosting USST events.

## 7. Athlete Responsibilities

Athletes participating in USST events:

- Report in immediately after competition and indicate whether they have been selected for testing
- Cooperate fully with all sample collection procedures
- Provide a urine sample immediately when requested
- Understand that refusing, avoiding, or interfering with testing constitutes a failed test

Athletes are responsible for every substance they ingest.

## 8. Athlete Selection

- A minimum of 10% of the total athlete roster will be tested *i.e if there are 10 competitors, 1 will be tested.*
- IronPodium will randomly generate selections and include podium finishers
- Promoters may test additional athletes, including those attempting records
- All genders must be represented in testing when applicable

## 9. Testing Procedure

1. Testing occurs immediately post-competition
2. A same-gender USST official must directly supervise sample collection
3. Only urinalysis is permitted
4. Samples are sealed and shipped to Redwood Toxicology
5. Drug Test Forms are submitted to the USST National Office
6. Athletes must follow all instructions without delay or interference

## 10. Consequences for Failed Testing

A failed test includes:

- A positive result
- Refusal to test
- Leaving the venue before testing selection
- Tampering, adulteration, or substitution
- Inability to provide a sample without medical justification

Penalties:

- Lifetime ban from the USST Tested Division
- Athlete may return to non-tested competition only after paying a \$500 reinstatement fee
- All contest results for that event may be voided at the discretion of USST

USST honors bans or suspensions from other organizations involving substances on the USST prohibited list.

## 11. Records

- Only athletes competing in USST-sanctioned events may set USST Tested Division records
- Records may not transfer between tested and non-tested divisions
- Record-attempt procedures follow standard USS rules
- All record attempts in USST events are subject to drug testing

## 12. Officials and Staff

- Officials, referees, or promoters who compete in USST events and fail a test will receive a 1-year suspension of all USS/USST credentials
- Officials must maintain strict confidentiality regarding testing

## 13. Special Athlete Considerations

- Athletes under 18 must have a parent, legal guardian, or coach present during drug testing
- Transgender athletes may compete in USST events if they meet all relevant requirements (i.e., subject to testing and banned substance rules)

## 14. Data Management

USST maintains an internal database of all tested athletes, including both passed and failed results. This list is accessible to USST leadership, State Chairs, and event promoters to verify eligibility.

## 15. Enforcement

USST reserves the right to:

- Review all suspected violations
- Suspend or ban athletes
- Suspend promoters for testing failures or procedural violations
- Void contest results when appropriate

*Note: This policy is subject to periodic review and may be updated as needed to reflect evolving best practices and legal requirements*

(Rev: 1/12/2026)