

**THE JOCKEY CLUB  
THOROUGHBRED SAFETY COMMITTEE  
RECOMMENDATION  
JUNE 17, 2008**

**Recommendation on Anabolic Steroids:**

Based on review of existing research and recommendations from the Racing Medication and Testing Consortium (RMTC), the Association of Racing Commissioners International (RCI), the 2006 Welfare and Safety of the Racehorse Summit and recent discussions with experts in the use and effects of anabolic steroids in racehorses, the Thoroughbred Safety Committee calls for:

“The immediate adoption by all North American racing authorities of the RCI Model Rule on Androgenic Anabolic Steroids, which was based on RMTC recommendations, that effectively eliminates the use of all anabolic steroids in the race training and racing of Thoroughbreds.”

A copy of the RCI Model Rule on Androgenic Anabolic Steroids is attached.

Further, the Thoroughbred Safety Committee calls for:

- o All North American racing authorities to implement the model rule no later than December 31, 2008.

In addition, the Thoroughbred Safety Committee encourages North American racing authorities to utilize the following RMTC guidelines for implementation of the RCI Model Rule on Androgenic Anabolic Steroids:

1. When a racing authority implements the RMTC and RCI Androgenic Anabolic Steroid Model Rule, there should be a 90-day grace period before the penalty enforcement begins; subsequent penalties should be in accord with the RMTC and RCI Uniform Model Penalties. The trainer and owner should be notified if there is an anabolic steroid overage during the 90-day grace period.
2. The androgenic anabolic steroids boldenone, nandrolone, stanozolol and testosterone shall not be administered within 30 days prior to a race.
  - a. One of those four anabolic steroids may be administered more than 30 days prior to the race only if all of the following conditions are met:
    - i. the androgenic anabolic steroid is administered by a licensed veterinarian in connection with the diagnosis of illness or injury in the horse for which the steroid is necessary,
    - ii. the veterinarian must complete and personally sign a treatment report and files the report with the appropriate regulatory designee within 24 hours of the treatment, and

- iii. the horse must test below the stated model rule threshold concentration prior to being allowed to enter to race.
- b. Only licensed veterinarians may possess the above androgenic anabolic steroids and administer them to racehorses. They shall not be dispensed for administration by personnel associated with the horse.
- c. Claimed horses may be tested for the presence of anabolic steroids at the request of the claimant and results shall be reported to the regulatory body. Upon a positive test, the claim may be voided at the option of the claimant, and testing costs shall be borne by the original owner. If the test is negative, the claimant shall reimburse the regulatory body for the costs of testing.
- d. Withdrawal times are variable and nothing in this policy should be interpreted as condoning the use of androgenic anabolic steroids in horses intended to race.

Finally, the Thoroughbred Safety Committee hereby recognizes and supports the on-going, concentrated efforts over the past 18 months of Thoroughbred sales companies, the Thoroughbred Owners and Breeders Association Sales Integrity Task Force and other concerned entities to eliminate the use of anabolic steroids in Thoroughbreds intended for sale as weanlings, yearlings and 2-year-olds in training.

## RCI Model Rule on Androgenic Anabolic Steroids

### Androgenic-Anabolic Steroids (AAS)

- (1) No AAS shall be permitted in test samples collected from racing horses except for residues of the major metabolite of **stanozolol**, **nandrolone**, and the naturally occurring substances **boldenone** and **testosterone** at concentrations less than the indicated thresholds.
- (2) Concentrations of these AAS shall not exceed the following urine threshold concentrations for total (*i.e.*, free drug or metabolite and drug or metabolite liberated from its conjugates):
  - (a) 16 $\beta$ -hydroxystanozolol (metabolite of stanozolol (Winstrol)) – 1 ng/ml in urine for all horses regardless of sex;
  - (b) Boldenone (Equipoise® is the undecylenate ester of boldenone) in male horses other than geldings; – 15 ng/ml in urine. No boldenone shall be permitted in geldings or female horses.
  - (c) Nandrolone (Durabolin® is the phenylpropionate ester and Deca-Durabolin® is the decanoate ester) –
    - (A) In geldings - 1 ng/ml in urine
    - (B) In fillies and mares – 1 ng/ml in urine
    - (C) In males horses other than geldings – 45 ng/ml of metabolite , 5 $\alpha$ -oestrane-3 $\beta$ ,17 $\alpha$ -diol in urine
  - (d) Testosterone
    - (A) In geldings – 20 ng/ml in urine
    - (B) In fillies and mares – 55 ng/ml
    - (C) Male horses other than geldings will not be tested
- (3) All other AAS are prohibited in racing horses.
- (4) The presence of more than one of the four AAS identified in (2) above at concentrations greater than the individual thresholds indicated above shall not be permitted.
- (5) Post-race urine samples collected from intact males must be identified to the laboratory.
- (6) Any horse to which an anabolic steroid has been administered in order to assist in the recovery from illness or injury may be placed on the veterinarian's list in order to monitor the concentration of the drug or metabolite in urine. After the concentration has fallen below the designated threshold for the administered AAS, the horse is eligible to be removed from the list

Adopted in Version 1.4 ARCI 8/27/02 NAPRA 10/2/02

Version 1.4 to 2.0 ARCI 4/26/03 NAPRA 4/14/03: Rule topic was renumbered to ARCI-011-023

Version 2.1 to 3.0 ARCI 4/3/04 NAPRA 4/3/04: Amended and modified new rule language

Version 3.2 to 3.3 ARCI 12/7/05: Added and modified rule language

Version 4.0 to 4.1 ARCI 4/26/07: Added new rule language