MEDICAL EXCEPTIONS

The NCAA recognizes that some banned substances are used for legitimate medical purposes. Accordingly, the NCAA allows exception to be made for those student-athletes with a documented medical history demonstrating the need for regular use of such a drug. Exceptions may be granted for substances included in the following classes of banned drugs: stimulants (including those used to treat ADHD), beta blockers, beta-2 agonists, diuretics, peptide hormones, anabolic agents and anti-estrogens.

- **Pre-approval is required for the use of peptide hormones or anabolic agents.** The institution must submit required documents to the NCAA (mwilfert@ncaa.org) prior to the student-athlete competing while using medications containing these substances. A reporiting form is available at www.NCAA.org/drugtesting.
- For all other drug classes, the institution should maintain documents from the prescribing physician in the student-athlete's medical record on campus that include the diagnosis, course of treatment and current prescription. The ADHD reporting form is available at www.NCAA.org/drugtesting.
- In the event that a student-athlete tests positive by the NCAA, the institution will be notified of the positive drug test, and at that time the director of athletics may request an exception by submitting required documents to Drug Free Sport™.
- Requests for exceptions will be reviewed by members of the Committee on Competitive Safeguards and Medical Aspects of Sports (CSMAS) and reported back to the institution.

For more information, please go to

www.NCAA.org/drugtesting

National Collegiate Athletic Association

SPORT SCIENCE INSTITUTE

APPEALS

The NCAA drug-testing program allows an institution to appeal a positive drug test on behalf of a student-athlete who has tested positive or who violated NCAA drug-testing protocol.

- The institution must submit in writing the grounds for the appeal and a summary of the institutional drug-education program.
- At least three members of the drug-education and drug-testing subcommittee of the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports (CSMAS) hear appeals.
- Appeals are conducted by telephone conference.
- The director of athletics or designee and the student-athlete must be on the appeal call.
- The NCAA does not restrict the nature of the appeal, that is to say that the NCAA will not restrict access for any reason to an institution that wishes to appeal and has satisfied the appeal procedures.
- In the event that the appeal is accepted, no further action regarding the student-athlete's eligibility need be taken. In the event that the subcommittee denies the appeal, the provisions of Bylaw 18.4.1.5 will be applicable.

HELP FOR SUBSTANCE ABUSE?

www.samhsa.gov/treatment

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NCAA® DRUG POLICIES

FOR YOUR HEALTH AND SAFETY

www.NCAA.org/drugtesting

2015-16 NCAA Banned Drugs

The NCAA bans the following classes of drugs:

a. Stimulants
b. Anabolic Agents
c. Alcohol and beta blockers (banned for rifle only)
d. Diuretics and Other Masking Agents
e. Street Drugs
f. Peptide Hormones and Analogues
g. Anti-estrogens
h. Beta-2 Agonists

NOTE: ***Any substance that is chemically related to these classes is also banned.*** Examples in each banned drug class can be found at www.NCAA.org/drugtesting.

Drugs and Procedures Subject to Restrictions:

a. Blood and Gene Doping.
b. Local Anesthetics (under some conditions).
c. Manipulation of Urine Samples.
d. Beta-2 Agonists permitted only by prescription and inhalation.

There is no complete list of banned substances. Any substance that is chemically related to the class, even if it is not listed as an example, is also banned.

Student-athletes are responsible for anything they ingest.

SUPPLEMENTS?

Before consuming any nutritional/ dietary supplement product, review the product with your athletics department staff:

- Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
- Student-athletes have tested positive and lost their eligibility using dietary supplements.
- Many dietary supplement products are contaminated with banned drugs not listed on the label.
- ***Any product containing a dietary supplement ingredient is taken at your own risk.***

It is your responsibility to check with the appropriate athletics staff before using any substance.

Check a supplement product label at:

REC RESOURCE EXCHANGE CENTER

Resource Exchange Center REC,
877-202-0769 or
www.drugfreesport.com/rec
Password ncaa1, ncaa2 or ncaa3

COMMONLY ABUSED SUBSTANCES AND THEIR IMPACT ON ATHLETIC PERFORMANCE AND ELIGIBILITY

ALCOHOL: Alcohol is a nervous system depressant. At high dosages, effects include mood swings, impaired judgment and inability to control motor functions. Alcohol can impair an athlete's performance through dehydration, depleting vital nutrients and interfering with restful sleep and recovery.

TOBACCO: Tobacco contains nicotine, a stimulant, and a multitude of damaging chemicals. Smoking damages lung tissue and reduces lung capacity. Spit tobacco use contributes to inflammation of soft tissue in the mouth and raises the risk of oral cancer. Tobacco use in all forms is prohibited during practice and competition by student-athletes and game personnel, and may result in ejection from the game.

MARIJUANA (BANNED): Marijuana contains the active ingredient THC. Marijuana use is linked to anxiety and panic reactions, respiratory damage, short-term memory impairment and a decreased focus on goals and personal achievement. Marijuana use is BANNED by the NCAA and can result in loss of eligibility.

COCAINE (BANNED): Cocaine is a stimulant that can contribute to agitation, elevated heart rate and increased blood pressure; toxic levels can result in respiratory failure and heart attack. Cocaine is an illegal drug and BANNED by the NCAA.

ANABOLIC STEROIDS (BANNED): Anabolic steroids are synthetic versions of the male hormone testosterone. Steroid use changes the body's hormonal balance, exaggerating male sex characteristics, and can contribute to increased acne, mood swings, secondary sex characteristic changes and violent behavior. Long term heavy use has been implicated in organ damage. All anabolic steroids are BANNED by the NCAA.

NARCOTICS: Narcotic analgesics (pain killers) block pain and cause sleepiness, and at higher doses affect breathing, heart rate and blood pressure. Narcotics are not banned by the NCAA, but are controlled substances and should be obtained only from qualified medical personnel through a prescription.

STIMULANTS (BANNED): This group of drugs includes a wide variety of chemicals, ranging from caffeine and ephedrine to Ritalin and Adderall (amphetamine). Stimulant abuse can cause anxiety, panic, paranoia and delusions. Stimulant use during exercise can contribute to increased body temperature and dehydration. Stimulants are BANNED by the NCAA — see "Medical Exceptions" for prescribed drugs.