



**REPORT OF THE
NCAA COMMITTEE ON COMPETITIVE SAFEGUARDS
AND MEDICAL ASPECTS OF SPORTS
DECEMBER 10-11, 2018, MEETING**

ACTION ITEMS.

LEGISLATIVE ITEMS.

a. Noncontroversial Legislation - NCAA Bylaw 18.4.1.4.1 - Championships and Postseason Football - Eligibility for Championships - Penalty - Banned Drug Classes Other Than Illicit Drugs.

- (1) Recommendation. Recommend noncontroversial legislation to clarify that a student-athlete who tests positive for use of a substance in a banned drug class other than illicit drugs shall:
 - a. Be ineligible for competition in all sports until he or she has been withheld from the equivalent of one season (the maximum number of championship segment regular-season contests or dates of competition in the applicable sport per Bylaw 17) of regular-season competition;
 - b. Be charged with the loss of one season of competition in all sports if the student-athlete tests positive during a year in which he or she did not use a season of competition. A student-athlete who tests positive during a year in which he or she used a season of competition, shall be charged with the loss of one additional season of competition in all sports (additional to the season used) unless he or she uses a season of competition in the next academic year; and
 - c. Be ineligible for intercollegiate competition for 365 consecutive days after the collection of the student-athlete's positive drug-test specimen and until he or she tests negative pursuant to the NCAA Drug-Testing Program's policies and procedures.

Additionally, a transfer student-athlete may fulfill a transfer residence requirement and a drug-testing penalty concurrently if he or she meets all other eligibility requirements.

- (2) Effective date. Immediate; may be applied retroactively to a student-athlete with eligibility remaining.
- (3) Rationale. The current rules related to drug-testing penalties for banned drug classes other than illicit drugs can be confusing and have unintended

consequences for certain fact scenarios. This recommendation would update the legislation to reflect the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports' recommendation from December 2013. The updated penalty ensures a more consistent and equitable application to all student-athletes, regardless of participation status in the year in which they test positive. Due to variations in facts and timing of positive drug tests, there will be some variation in application. However, this recommendation ensures the drug-testing penalty for banned drug classes other than illicit drugs is applied more consistently and equitably to all student-athletes, regardless of transfer or enrollment status.

- (4) Estimated budget impact. None.
- (5) Student-athlete impact. Ensures consistent and equitable application of the drug-testing penalty for all student-athletes, regardless of transfer or enrollment status.

b. Noncontroversial Legislation - NCAA Bylaws 18.4.1.4.3.1 and 31.2.3.1.1 - Executive Regulations -- Eligibility for Championships -- Ineligibility for Use of Banned Drugs -- Drugs and Procedures Subject to Restrictions -- Tampering with and Manipulation of Urine Samples.

- (1) Recommendation. Recommend noncontroversial legislation in Divisions II and III to clarify that tampering with an NCAA drug-test sample includes urine substitution and related methods; further, to clarify that manipulation of urine samples includes the use of substances and methods that alter the integrity and/or validity of urine samples provided during NCAA drug testing.
- (2) Effective date. Immediate.
- (3) Rationale. Due to changes made to drug-testing legislation in 2012, NCAA legislation surrounding tampering and manipulation is unclear. This recommendation would make clear that urine substitution (and related methods) is tampering and carries a more significant penalty. This recommendation is consistent with the original intent of tampering legislation, as recommended by the Committee on Competitive Safeguards and Medical Aspects of Sports. In October 2018, the NCAA Division I Council adopted NCAA Division I Proposal M-2018-1 to address this recommendation. The committee requests that the NCAA Divisions II and III take similar action to clarify this issue.
- (4) Estimated budget impact. None.

- (5) Student-athlete impact. None.

2. Nonlegislative items.

a. Playing Rules Recommendation – Men’s and Women’s Soccer – Mandatory Hydration Breaks in Hot Weather Conditions.

- (1) Recommendation. Recommend to the NCAA Men’s and Women’s Soccer Rules Committee the adoption of a rule requiring hydration breaks at a set time during each half of competition in environmental conditions of wet bulb globe temperatures of ≥ 30.1 -degree Celsius, for no less than two minutes. The breaks should occur at the 30- and 75-minute marks of the first and second halves.
- (2) Effective date. Prior to start of 2019 competitive season.
- (3) Rationale. Similar policies are in place for soccer competition at both the international (i.e., Federation Internationale de Football Association) and United States national (i.e., United States Soccer) level. Additionally, some individual member schools and conferences have established similar policies, which in the absence of established playing rules, have led to confusion for officials and administrators. In hot and humid temperatures, such breaks can help increase player hydration while mitigating the chances of heat-related injury.
- (4) Estimated budget impact. None.
- (5) Student-athlete impact. Potential for enhanced health and wellbeing of soccer athletes competing in hot environmental conditions.

b. Playing Rules Recommendation – Men’s and Women’s Lacrosse, Baseball – Implementation of National Operating Committee on Standards for Athletic Equipment Chest Protector Standard.

- (1) Recommendation. Recommend to the NCAA Men’s Lacrosse Rules Committee, the NCAA Women’s Lacrosse Rules Committee, and the NCAA Baseball Rules Committee the creation of rules in the sports of men’s lacrosse, women’s lacrosse, and baseball that require chest protectors to be certified to the NOCSAE ND200 standard at the time of manufacturing and contain the SEI certification mark to be legal for play in all three sports.

- (2) Effective date. Lacrosse goalkeepers, beginning in 2021. Baseball catchers, beginning in 2020. These effective dates are identified to ensure adequate supply of certified equipment and reflect guidance provided by equipment manufacturers.
- (3) Rationale. Commotio cordis, though rare, is a typically fatal condition caused by the impact of a high velocity object (e.g., lacrosse ball; baseball) to the anterior chest causing cardiac arrest and death. Newly developed performance standards for chest protectors can mitigate or eliminate the risk of this preventable condition.
- (4) Estimated budget impact. Limited to the cost of replacement equipment. The delayed effective date will assist with financial planning.
- (5) Student-athlete impact. Student-athletes in lacrosse and baseball will benefit from protective equipment that will more effectively protect from this traumatic, and often fatal preventable condition.

c. Playing Rules Recommendation – Football – Team area and coaching box restrictions and medical personnel.

- (1) Recommendation. Recommend to the NCAA Football Rules Committee that a formal exception be made for athletics health care providers (i.e., physicians and athletic trainers) to current football rules limiting to 60 the number of people allowed in the team area of a football sideline. The intent of this recommendation is that the football playing rules not restrict the number of athletics health care providers allowed in the team area, and that any athletic health care providers present in the team area do not count against the 60-person limit imposed on other sideline personnel.
- (2) Effective date. Prior to the start of the 2019 competitive football season.
- (3) Rationale. The committee has heard concerns from athletics health care providers that this rule represents an unnecessary and problematic limitation on the number of athletic health care personnel that can interfere with the provision of necessary athletic health care during competition.
- (4) Estimated budget impact. None.
- (5) Student-athlete impact. Ensures that schools can provide athletics health care provider staffing at levels deemed necessary to deliver appropriate athletic health care.

INFORMATIONAL ITEMS.

- 1. Report of the September 19, 2018, CSMAS teleconference.** The committee approved the report of its September teleconference.
- 2. Biannual report from the NCAA chief medical officer.** The committee received an update on the broader health and safety landscape since the committee's June 2018 meeting. The update addressed the status of the interassociation document on catastrophic injury prevention, as well as continued collaborations with the Department of Defense and the International Olympic Committee on concussion, mental health and pain management.
- 3. NCAA governance update.** The committee received updates from the three divisional governance representatives. The committee reviewed the new Division I process to identify and act on autonomy health and safety/wellness legislation for nonautonomy conferences. This process requires review by Association legal counsel, who will determine if the autonomy concept satisfies one or more threshold criteria. If so, the concept will be reviewed by additional and relevant standing committees of the Division I Council. The Council consideration may then result in a vote by a subset of the full Council to forward the concept to the NCAA Division I Board of Directors for additional consideration. If the Board adopts the proposal, the legislation shall be binding on all Division I members.

The committee also reviewed the 2018-19 Division II priorities with an emphasis on health and safety priorities, including increasing divisional participation in the NCAA Injury Surveillance Program and continuation of the Division II APPLE Training Institute scheduled for March 2019. Division II University also was highlighted.

In addition, the committee received an update on upcoming divisional webinars on mental health to be offered in February and March 2019. Ongoing efforts to increase Division III participation in the NCAA ISP also was discussed.

- 4. Seasons of competition model.** The committee was asked to review NCAA Bylaw 12.8.3.1.6 (Exception – Football) and determine what health and safety factors, including data, can be used in determining the applicability of the use of the season of competition exception to sports other than football. Bylaw 12.8.3.1.6, adopted by the Division I Council in June 2018, allows football student-athletes to compete in up to four contests without using a season of competition. The committee noted that there may be a health and safety aspect of this issue, but acknowledged additional deliberation is important, especially given that relevant research data do not exist. The committee created a subcommittee to address this issue further and to explore available data and/or strategies for generating relevant data. The subcommittee is expected to report its initial findings to the full committee at its June 2019 meeting.

5. **Review of NCAA Division I Council legislative proposals.** The committee reviewed the proposals included in the 2018 Division I Council-Governance Official Notice and developed positions and noted comments, concerns and procedural issues [Attachment A].

The committee also noted that it continues to be challenged to provide timely input to the membership on legislative proposals because its established meeting schedule is incongruous with established legislative timelines in all three divisions. The committee requested that staff explore alternative meeting schedules that would facilitate more timely and effective feedback to the membership on legislative proposals with relevance to student-athlete health and safety.

6. **Review of Division I conferences with autonomy legislative proposal.** The committee reviewed the proposals included in the 2018 Division I Council Governance Official Notice and developed positions and noted comments, concerns and procedural issues [Attachment B].
7. **CSMAS air quality statement update.** The committee revisited its air quality statement that was last updated in September 2018 and approved several changes. The committee clarified the statement's role as guidance and not a mandate. The committee also added language that acknowledges that member schools are free to set air quality policies that are more restrictive than the guidance included in this statement. Several editorial changes to improve readability also were made. The committee's air quality statement can be found at www.ncaa.org/sport-science-institute/air-quality.
8. **Independent medical care – update from the independent medical care working group on athletic team travel without primary athletic health care providers.** The committee was asked to consider adoption of a draft document referred to it by the IMC working group. However, the committee noted that the draft document did not provide adequate guidance to the membership on the provision of health care to visiting teams traveling without primary athletics health care providers. The committee referred the document back to the IMC working group for additional consideration and development.
9. **Office of legal affairs update.** The committee received a privileged and confidential update on several legal issues from the NCAA office of legal affairs.
10. **Government relations update.** The committee reviewed a written report submitted by the NCAA government relations office.
11. **Concussion.**
 - a. **CARE consortium research study.** The committee received an update on the CARE Consortium study, which has now moved into its second phase. To date, the

study includes 30 clinical sites, over 45,000 study participants, making it the largest ever study of concussion. The second phases of the study will focus on both the cumulative and persistent effects of concussion.

- b. Concussion Safety Advisory Group.** The committee was informed that the roster for the newly created Concussion Safety Advisory Group has been set and includes representatives from all partner scientific and medical organizations. This group, with the oversight of CSMAS, will advise the Association on emerging developments in concussion science and policy, and will recommend modifications to the NCAA Concussion Safety Protocol checklist as needed.
- c. Concussion Safety Education and Research Summit.** The committee was updated on the 2019 Mind Matters Concussion Safety Education and Research Summit, which will bring together investigators from both the NCAA-Department of Defense Grand Alliance Mind Matters and CARE Consortium studies for information-sharing and collaboration across the two programs. The meeting is scheduled for June 10, 2019, at the NCAA national office in Indianapolis.
- d. 2018 Concussion Safety Protocol Review Process.** The committee received a summary report of the 2018 concussion safety protocol review process. A total of 252 Division I schools and 11 Division II and III schools with Division I sports submitted protocols during the 2018 review cycle. This compares to 259 and 16 protocols respectively submitted in 2017. The committee was reminded that the new concussion safety protocol template is now available for use by all three divisions.

12. Football issues.

- a. Targeting penalty.** The committee received an update on the targeting penalty from the 2018 football regular season from the NCAA football staff.
- b. Representative to NCAA Division I Football Competition Committee.** The chair informed the committee that the Division I Football Competition Committee has requested an official representative from CSMAS to serve on that committee. He asked members to inform him of their interest and that a CSMAS representative would be appointed in the following weeks.
- c. 2019 Football Concussion Data Task Force.** The committee reviewed a draft agenda for the 2019 Football Concussion Data Task Force scheduled for February 26, 2019 at the NCAA national office in Indianapolis. The purpose of the meeting is to review emerging information about concussion from the CARE consortium and the NCAA Injury Surveillance Program.

- 13. NCAA Injury Surveillance Program.** The committee received an operational briefing on the NCAA ISP from Datalys Center staff. It also received an update on efforts to increase membership participation in the ISP. Two hundred fifty-three schools (approximately 23 percent of the membership) have made at least one submission of data to the ISP. Twenty-eight percent of Division II schools have made at least one submission of data during the current academic year, while 26 percent of Division I schools and 16 percent of Division III schools have done the same. From the beginning of 2018, Division II has increased participation 187 percent, while Division I and Division III have increased participation 79 percent and 82 percent respectively.
- 14. Update on sports wagering initiatives.**

 - a. The committee received an update on current sports wagering initiatives from NCAA championships and office of legal affairs staff.** Staff reported on the efforts of the staff-led Internal Sports Wagering Working Group, as well as the NCAA Board of Governors Ad Hoc Committee on Sports Wagering. A summary of activities across each of the six strategic areas of education, competition integrity, NCAA legislation and policy, information/data management, officiating, and the state and federal political landscape was provided. The committee also heard an update on the relationship between Esports and sports wagering from the NCAA chief medical officer, who informed the committee of this emerging area and the interest expressed in the topic by the NCAA Board of Governors during its October meeting. The committee was told to expect that the topic would be the focus of attention at future committee meetings.
 - b. 2019 Sports Wagering and Wellbeing Summit.** The committee endorsed the planned Summit on Sports Wagering and Wellbeing scheduled for March 12-13, 2019, at the NCAA national office in Indianapolis. The summit is being organized by SSI and the NCAA research staff and was approved by the Board of Governors at its October 2018 meeting.
- 15. Drug Free Sport update.** Mark Bockelman and Michelle Dorsey from Drug Free Sport briefed the committee on results from NCAA year-round and championships drug testing efforts. Specifically, the upward trend of positive tests due to selective androgen receptor modulators, or SARMS, and selective estrogen receptor modulators, or SERMS, identified in past briefings continues. The committee also received an update on DFS staffing changes.
- 16. Review of data from the 2017-18 NCAA Institutional Performance Program health and safety survey.** For the first time, the committee examined results from the 2017-18 Division I health and safety survey. The purpose of this initial review was to familiarize the committee with the data, and to begin the process of determining how the results can

inform future policy decisions. The committee created a subcommittee and charged it with performing further in-depth review of the data and to make recommendations to the full committee on strategic and/or policy implications by the June 2019 meeting.

17. Emerging personnel trends.

- a. Hiring trends for strength and condition professionals.** The committee discussed an emerging personnel trend within the Division I membership that includes the hiring of individuals with strength and conditioning certification to perform “applied sport scientist” duties in support of football teams. Schools are now inquiring NCAA staff about whether these individuals can perform strength and conditioning activities but not be counted as one of the five permissible strength and conditioning coaches currently allowed by NCAA legislation. The committee recognized that this issue provides an opportunity for broader consideration of the role of strength and conditioning professionals, and created a subcommittee to explore this issue and charged it to recommend to the full committee 1) a statement on the role of strength and conditioning professionals on campus, and 2) a statement on the value of a newly available national registry that may assist member schools in identifying individuals with appropriate strength and conditioning credentials. The subcommittee will report back to the full committee by the June 2019 meeting.
- b. Athletics Health Care Administrator survey.** The committee received the results of a recent survey conducted by the SSI staff of AHCAs for the purpose of assessing educational needs, awareness of existing health and safety resources, and effectiveness of SSI communication strategies about health and safety issues.

18. National Federation of State High School Associations sports medicine advisory committee update. The committee received a report on health and safety initiatives at the National Federation of State High School Associations by Bob Colgate, director of sports and sports medicine.

19. Drug testing issues.

- a. ADHD documentation form.** The committee reviewed an updated form that had been amended according to recommendations from the physician review panel.
- b. Partial samples during drug testing.** The committee approved a change in NCAA championship drug testing policy for individual sports (e.g., track and field) to include an already-established partial specimen collection protocol that allows student-athletes to temporarily leave an active testing session to attend an awards ceremony when they are unable to produce a complete urine sample prior to the start of that ceremony.

- 20. Initiatives update.** NCAA staff provided updates on several active initiatives.
- a. Update on outcomes from the 2017 Task Force on Sleep and Wellness.** Final recommendations on foundational statements have been made and will be included in the final draft of the scientific publication on sleep and wellness. The next step is for the manuscript to be submitted to a scientific publication for review.
 - b. NCAA CHOICES alcohol education grant.** Anheuser Busch informed the NCAA that it will not renew funding for the CHOICES program. This means that awards made in 2019 will be the last, unless a new source of funding can be identified. Since 1991, 336 grants have been awarded through the CHOICES program.
 - c. Sexual Violence Prevention Tool Kit update.** Staff continues to work with the NCAA Commission to Combat Campus Sexual Violence to update the tool kit to reflect changes in both the language of sexual violence prevention and in the legal landscape around the issue. The updated tool kit is slated to be released to the membership during the 2019 NCAA Convention.
 - d. myPlaybook initiatives update.** Staff is working on a possible agreement with the Institute to Promote Athlete Health and Wellness at the University of North Carolina Greensboro to bring the myPlaybook Freshman Experience curriculum to NCAA first year and transfer student-athletes. This offering would serve as the cornerstone of prevention and health promotion education efforts.
 - e. Mobile publishing platform update.** The committee was informed that the launch date of a mobile publishing platform, which includes both a mobile and website application, has been postponed due to operational issues. The timeline will be updated in the new year.

Committee Chair: Doug Ramos, Creighton University, Big East Conference

Staff Liaisons: John Parsons, Sport Science Institute

Anne Rohlman, Academic and Membership Affairs

Jessica Wagner, Sport Science Institute

NCAA Committee on Competitive Safeguards and Medical Aspects of Sports December 10-11, 2018, Meeting
Attendees:
Shawn Arent, Rutgers University.
Randy Bird, University of Virginia.
Grace Calhoun, University of Pennsylvania.
Stephanie Chu, University of Colorado, Boulder.
Bob Colgate, National Federation of State High School Associations.
Jeffrey Dugas, Troy University.
Dave Eavenson, Methodist University.
Josh Ellow, Swarthmore College.
Gabe Feldman, Tulane University.
R.T. Floyd, University of West Alabama.
Julia Higgins, The College of Wooster. (on behalf of Samantha Kastner)
Jessica Mohler, United States Naval Academy.
Steve Murray, Pennsylvania State Athletic Conference.
Douglas Ramos, Creighton University.
Kate Roy, North Atlantic Conference. (on behalf of Stevie Baker-Watson)
Enna Selmanovic, Thiel College.
Mark Stovak, University of Nevada, Reno.
Buddy Teevens, Dartmouth College.
Kim Terrell, University of Oregon.
Jeff Williams, East Central University.
Maureen White, United States Merchant Marine Academy.
Absentees:
Steve Baker-Watson, DePauw University.
Joseph Hannant, University of North Carolina at Pembroke.
Aja Grant, Winston-Salem State University.
Samantha Kastner, Notre Dame of Maryland University.
Guests in Attendance:
Mark Bockelman, Drug Free Sport.
Christy Collins, The Datalys Center
Michelle Dorsey, Drug Free Sport.
Erin Wasserman, The Datalys Center.
NCAA Staff Liaisons in Attendance:
John Parsons, Anne Rohlman and Jessica Wagner.
Other NCAA Staff Members in Attendance:
Scott Bearby, Randy Buhr, Jackie Campbell, Jenn Fraser, Brian Hainline, Ty Halpin, Brian Hendrickson, Maritza Jones, Louise McCleary, Tom Paskus, Naima Stevenson and Jared Tidemann.