



**REPORT OF THE  
NCAA COMMITTEE ON COMPETITIVE SAFEGUARDS  
AND MEDICAL ASPECTS OF SPORTS  
FEBRUARY 16-17, 2026, VIDEOCONFERENCE**

**ACTION ITEMS.**

- None.

**INFORMATIONAL ITEMS.**

1. **Welcome and announcements.** The chair of the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports convened the videoconference and welcomed the committee members.
2. **CSMAS policies and procedures.** CSMAS reviewed its duties, mission statement and strategic priorities. CSMAS also discussed the conflict-of-interest policy and the committee materials and open records policy.
3. **Approval of December 8, 2025, videoconference report.** CSMAS approved the report of its December 2025 videoconference.
4. **NCAA Chief Medical Officer briefing.** The NCAA Chief Medical Officer provided an overview of the NCAA Sport Science Institute's recent activities, which included a recap of the health, safety and performance education sessions at the 2026 NCAA Convention.
5. **Legislative update.** CSMAS received an update on legislative proposals related to health, safety and performance that were considered at the 2026 NCAA Convention, including several Division II proposals for which CSMAS previously provided feedback.
6. **Litigation update.** CSMAS received a briefing about ongoing litigation involving the NCAA that is relevant to its work.
7. **Drug-Free Sport International mid-year update.** CSMAS received a mid-year update on the 2025-26 drug-testing results from the NCAA Drug-Testing Program. To date, nearly 6,000 student-athletes have been tested as part of year-round testing. Additionally, approximately 350 student-athletes have been tested at NCAA championships. Thus far, fall 2025 testing has resulted in a 22% increase in positive tests over fall 2024. In addition, 21 appeals were conducted with five pending cases, 13 medical exceptions requests with two pending. Additionally, nearly 8,400 inquiries have been made in [Drug Free Sport AXIS](#) (the program which provides up-to-date research on supplements and over-the-counter and prescription drugs).

**8. CSMAS Subcommittee reports.**

**a. Drug-Testing Subcommittee.**

- (1) **Subcommittee activity review.** CSMAS received the reports of its Drug-Testing Subcommittee videoconferences since December 2025.
- (2) **Medical exception process.** CSMAS approved the creation of a panel of outside endocrinology experts that will provide guidance to CSMAS's Medical Review Panel on certain medical exception requests (e.g., testosterone).

This process, which aligns with national governing bodies, United States Anti-Doping Agency and World-Anti Doping Agency processes, would address increasing numbers of complex medical exception requests for the use of banned, performance-enhancing substances. CSMAS's Medical Review Panel will retain final authority on all medical exception decisions.

**b. Administrative Subcommittee.**

- (1) **Subcommittee activity review.** CSMAS received the reports of its Administrative Subcommittee videoconferences since December 2025.
- (2) **Transfer portal and medical information.** CSMAS received an update on things to consider if the NCAA Transfer Portal is used to reduce the administrative burden on sports medicine staffs when sharing transfer student-athlete medical information.

Challenges with using the transfer portal to address this issue were noted, including: access/visibility to student-athletes and responsible athletics staff; feasibility to make updates in the system; and risk. It was noted that AdCom will continue discussing avenues outside of the transfer portal that may reduce the burden of sharing student-athlete medical information (e.g., required education for transfer student-athletes, Student-Athlete Statement).

- (3) **AT Workforce.** CSMAS received an update on continued collaboration with key stakeholders from the Stakeholder Meeting on Athletic Training Workforce Issues that occurred in July 2025. The group continues to make progress on developing solutions that aim to improve the recruitment and retention of athletic trainers, including: creating fact sheets; providing mentoring opportunities; summarizing healthcare delivery models; and

providing team physical advocacy. It is expected that outcomes from this work will be available for the 2026-27 academic year.

**c. Prevention and Performance Subcommittee.**

- (1) **Subcommittee activity review.** CSMAS received the reports of its Prevention and Performance Subcommittee meetings since December 2025.
- (2) **Rules proposals feedback.** CSMAS discussed recent feedback the Prevention and Performance Subcommittee provided on proposed changes to men's and women's soccer, water polo and football playing rules. In general, feedback noted that increased athletics activity can result in an increased risk of injury to student-athletes. In addition, it was noted that the proposed rules changes would impact sports medicine staff, with the biggest burden placed on athletic trainers. Schools should be aware of how increasing demands on athletic trainers contribute to them leaving the profession and/or collegiate setting.
- (3) **Wrestling weight management.** CSMAS received a history of weight management in wrestling, including CSMAS's previous guidance on the topic. CSMAS noted the intent of the NCAA Men's Wrestling Weight Management Program, which is aimed at preventing unhealthy weight management practices. Importantly, since 1998 and the creation of the WMP, there have been no weight-management-related deaths reported in the NCAA. However, regular changes have been proposed to lessen the restrictiveness of the WMP. As such, CSMAS discussed available research, NCAA rules committee work and recent CSMAS guidance on the topic.

**d. Research Subcommittee.**

- (1) **Subcommittee activity review.** CSMAS received the reports of its Research Subcommittee videoconferences since December 2025.
- (2) **Catastrophic Sport Injury Reporting annual activity report.** CSMAS received the 2024-25 Catastrophic Sport Injury annual activity report.
- (3) **Institutional Performance Program Health and Safety Survey.** CSMAS received an update on the completion rate for the 2025-26 NCAA Institutional Performance Program Health and Safety Survey, which is required in Divisions I and II. CSMAS changed the total number of questions in this year's survey. The reduction addressed the time burden in completing the survey and removed questions that are not visible in the Institutional Performance Program or demonstrate little or no utility to the membership

(e.g., no trend analysis). These changes resulted in the median time spent completing the survey dropping from approximately 41 minutes to less than seven minutes.

- (4) **Injury Surveillance Program Data Request Process.** CSMAS received an update on the Injury Surveillance Program Data Request Process, including details on the opening of the January 2026 cycle, which received 88 submissions. The ISP Data Request Advisory Panel will provide decisions on the requests in spring 2026 with final projects endorsed in summer 2026.

## 9. **NCAA Injury Surveillance Program.**

- a. **Operational update.** CSMAS received an operational update on the NCAA Injury Surveillance Program, including work to update injury reports, which is intended to improve understanding, increase value and promote participation in the ISP.
- b. **Seasonal ISP report.** CSMAS received an update on the 2025-26 winter seasonal sport injury report.

10. **Prevention and Harm Reduction Advisory Group.** CSMAS approved the charter (Attachment) for the Prevention and Harm Reduction Advisory Group, which will develop evidence- and consensus-based recommendations on prevention and harm-reduction strategies for substance-related and addictive behaviors in college athletics. These recommendations will inform updates to the *NCAA Substance Misuse Prevention Tool Kit*.

It is expected that the PHRAG's first meeting will be in April 2026, with the goal of having updated guidance available for the 2027-28 academic year. Notably, the updated guidance could rise to Association-wide policy and could require attestation as part of the NCAA Division I Core Guarantees.

11. **NCAA governance updates.** CSMAS received a governance update from the NCAA Board of Governors and each division. The update included details from the 2026 NCAA Convention, including the work of the divisional Student-Athlete Advisory Committees.
12. **2024-25 NCAA GOALS Study.** CSMAS reviewed results from the 2024-25 NCAA Growth, Opportunities, Aspirations and Learning of Students in College Study, which has been conducted since 2006. This was the fifth edition of the study and was completed by nearly 21,000 student-athletes. CSMAS noted outcomes related to sleep, social media harassment, relationships with coaches and more.

**13. Communication and education update.**

- a. Updates to the NCAA website.** CSMAS discussed ongoing work related to the NCAA.org website. Specifically, the website is undergoing a refresh and vendor change that will go live in July 2026. Updates will include enhanced organization and search engine optimization to help the membership more easily locate information and resources.
- b. Athletics Health Care Administrator Handbook.** CSMAS supported updates to the *NCAA Athletics Health Care Administrator Handbook*, which will be finalized and available to the membership in spring 2026.
- c. Performance technology statements.** CSMAS supported a draft version of *NCAA Performance Technologies Recommendations: Responsible Use in Collegiate Athletics*, which will be finalized and available to the membership in spring 2026. The recommendations reflect the performance technology consensus statements that CSMAS approved during its December 2025 meeting.
- d. Fact sheet updates: mental health and nutrition.** CSMAS supported drafts of several mental health fact sheets, which were created in partnership with The JED Foundation. The fact sheets address social media, substance misuse and problem gambling. Additional collaboration with The JED Foundation will include fact sheets on mood disorder, body image and disordered eating, protective factors and stigma and mental health emergencies.

**14. Future meeting schedule.** CSMAS reviewed its future meeting dates.

**15. Adjournment.** The meeting was adjourned at approximately 4:44 p.m. Eastern time on Tuesday, February 17.

*Committee Chair:* Amanda Phillips, University of Louisiana at Lafayette.  
*Staff Liaisons:* Leilani Hubbard, NCAA Division I Governance and Member Services.  
Nicki Pieart, NCAA Sport Science Institute.  
Anne Rohlman, NCAA Sport Science Institute.

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| <b>NCAA Committee on Competitive Safeguards and Medical Aspects of Sports<br/>February 16-17, 2026, Videoconference</b> |
| <b>Attendees:</b>   |
| Jeff Batis, Southern Virginia University.   |
| Matt Barany, University of Richmond.  |

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| Rhonda Beemer, Northwest Missouri State University.   |
| Timothy Coffey, Longwood University.  |
| Michael Cohen, Kings College (Pennsylvania).  |
| Bob Colgate, National Federation High School Association.   |
| Lee Dorpfeld, University of South Florida.  |
| James DuBose, Jr., Elizabeth City State University.   |
| Jack Enriken, Kutztown University of Pennsylvania.  |
| Kenneth Ferguson, University of Missouri-Kansas City.   |
| Elizabeth Gardner, Yale University.   |
| Deanna Hand, Houghton University.   |
| Ryan Kelly, Capital University.   |
| Marybeth Lamb, Bridgewater State University.  |
| Jennifer McMillan, Oregon State University.   |
| Amanda Phillips, University of Louisiana at Lafayette.  |
| Jaime Potter, University of California, Irvine.   |
| Sarah Ramey, University of Texas Permian Basin.   |
| Marie Shaefer, Cleveland State University.  |
| Stacey Schley, Boston Children’s Hospital.  |
| <b>Absentees:</b>   |
| Brad Anawalt, University of Washington.   |
| Adoriyan Daniels, University of Nebraska at Kearney.  |
| Josey Johnson, Capital University.  |
| <b>Guests in Attendance:</b>  |
| Kody Campbell, Avinash Chandran and Michelle Dorsey.  |
| <b>NCAA Staff Liaison (or Staff Support if subcommittee) in Attendance:</b>   |
| Leilani Hubbard, Nicki Pieart and Anne Rohlman.   |
| <b>Other NCAA Staff Members in Attendance:</b>  |
| Laura Arnett, Deena Caseiro, Amanda Dickey, LaGwyn Durden, Alicia Fine, Ashlee Follis, Kelsey Gurganus-Wright, Greg Johnson, Connor Lancashire, Mallory Mickus, Alex Purcell, Stephanie Quigg, Bill Regan, Michelle Robison, Crystal Rogers and Carey Wheelhouse. |



**NCAA COMMITTEE ON COMPETITIVE SAFEGUARDS  
AND MEDICAL ASPECTS OF SPORTS  
PREVENTION AND HARM REDUCTION  
ADVISORY GROUP CHARTER  
(Adopted 02-17-2026)**

**Authority and Duties.**

The Prevention and Harm Reduction Advisory Group is commissioned by the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports as an ad hoc advisory group for the purpose of developing evidence- and consensus-based guidance related to prevention and harm reduction strategies for substance-related and addictive behaviors, consistent with the [policies and procedures](#) adopted by the NCAA Board of Governors. Its work will be directed and overseen by CSMAS. Any final recommendations, documents or other relevant materials arising from the work of the Prevention and Harm Reduction Advisory Group must be reviewed and approved by CSMAS.

When conducting its work, the Prevention and Harm Reduction Advisory Group should account for existing and emerging prevention and harm reduction science, current events and infrastructure of health care and higher education systems. Any guidance or recommendations from the advisory group to CSMAS should also account for social factors, including social determinants of health, and their impacts on substance-related and addictive behaviors, as well as prevention and harm reduction strategies.

CSMAS directs the Prevention and Harm Reduction Advisory Group to:

- a. Review existing CSMAS recommendations to update the Substance Misuse Prevention Tool Kit, including:
- b. A focus on alcohol, cannabis, nicotine and other substances.
- c. Considerations for cultural, community and geographic trends in substance use.
- d. Resources to assist implementation.
- e. Incorporation of harm reduction strategies for substance misuse, with the consideration for the development of prevention and harm reduction guidance that could be broadly applicable to substance misuse and related topics, such as gambling disorder and hazing.

- f. Consider multilevel components of prevention and harm reduction, including, but not limited to student-athlete and coach education, student-athlete peer support programs, motivational interviewing strategies, policy and stigma reduction.
2. Review existing and emerging scientific literature and advise CSMAS on prevention and harm reduction strategies for substance-related and addictive behaviors, including, but not limited to:
  - a. Substance misuse and substance use disorders.
  - b. Problem gambling and gambling disorder.
  - c. Explore how prevention and harm reduction science may apply to topics within collegiate athletics that intersect with substance-related and addictive behaviors.
  - d. Provide feedback on the prevention and harm reduction of substance-related and addictive behaviors, as directed by the CSMAS.

#### **Advisory Group Appointment & Composition.**

In addition to representatives from the NCAA membership, the Prevention and Harm Reduction Advisory Group will be composed of representatives from medical, scientific, higher education, sports medicine and sport governing communities with relevance to prevention and harm reduction strategies for substance-related and addictive behaviors, and essential to the delivery of athletic healthcare in the collegiate setting (e.g., medicine, athletic training, mental health). This core group will be supplemented with additional subject matter experts with expertise germane to the topics.

Subject matter experts will be selected by CSMAS.

Representatives from organizations external to the NCAA will be identified by the organizations themselves.

Representatives from the membership will be selected by the membership and are expected to represent the committee and/or divisional governing body from which they were appointed.

CSMAS retains the authority to add to or alter the list of organizations represented for any reason.

The founding composition for the Prevention and Harm Reduction Advisory Group:

1. Subject matter experts (4).
  - a. Jason Kilmer, PhD.
  - b. Lia Nower, PhD.
  - c. Nadine Mastroleo, PhD.
  - d. Susan Bruce, PhD.
  
2. Membership representatives (10).
  - a. One CSMAS representative.
  - b. Six Student-Athlete Advisory Committee representatives (two from each division, one women's sport participant and one men's sport participant in each division).
  - c. Three divisional governance representatives (one from each division).
    - When possible, divisional governance representatives should include at least two individuals with previous or current collegiate coaching experience: one individual with experience coaching a women's sport and one individual with experience coaching a men's sport. Additional professional experiences (e.g., administrative) are encouraged.
  
3. External organization representatives (16).
  - a. Alliance of Social Workers in Sports.
  - b. American Medical Society for Sports Medicine.
  - c. American Osteopathic Academy of Sports Medicine.
  - d. American Orthopaedic Society for Sports Medicine
  - e. American College Health Association.
  - f. Clinical/Counseling Sport Psychology Association.
  - g. College Athletic Trainers' Society.
  - h. Faculty Athletics Representatives Association.
  - i. Hazing Prevention Network.

- j. Higher Education Center for Alcohol and Drug Misuse Prevention.
- k. International Society for Sport Psychiatry.
- l. National Athletic Trainers' Association.
- m. National Council for Problem Gambling.
- n. Student Affairs Administrators in Higher Education.
- o. The JED Foundation.
- p. United States Olympic and Paralympic Committee.

**Member Terms.**

The terms of representatives from organizations external to the Association will be determined by the appointing organizations at the time of the appointment.

Terms for the representatives from the NCAA membership will correspond to their terms on the committees or governing bodies from which they were appointed. If a membership representative was not serving on a committee or governing body at the time of their appointment, terms will be determined in consultation with divisional governance staff.

The term of the CSMAS representative will correspond with the term of their committee appointment.

**Use of Alternates.**

If a Prevention and Harm Reduction Advisory Group member is unable to attend or participate in an Advisory Group meeting or videoconference, an alternate, as determined by their organization or applicable governance body, may attend or participate on behalf of the absent member.

**National Office Staff Support.**

The Prevention and Harm Reduction Advisory Group will be supported by NCAA National Office staff.

**Advisory Group Leadership / Steering Committee.**

If needed, as determined by CSMAS, the Prevention and Harm Reduction Advisory Group will include a steering committee, composed of current representatives to the Prevention and Harm Reduction Advisory Group. The steering committee will provide guidance and recommendation on the conduct of the advisory group in between formal meetings. The steering committee is composed of 5-6 Prevention and Harm Reduction Advisory Group members, with the specific composition of the advisory group approved by CSMAS or a designated CSMAS subcommittee.

**CSMAS Oversight.**

CSMAS maintains discretion over this charter and can update it or make exceptions as it determines appropriate.