



**REPORT OF THE
NCAA COMMITTEE ON COMPETITIVE SAFEGUARDS
AND MEDICAL ASPECTS OF SPORTS
JUNE 17-18, 2024 MEETING**

ACTION ITEMS.

1. Legislative Items.

- **Noncontroversial Legislation – Committee on Competitive Safeguards and Medical Aspects of Sports – Composition – Physician with Endocrinology Expertise – “On the Staff” or “General Public.”**
 - (1) Recommendation. That the divisions introduce noncontroversial legislation to specify that the CSMAS position designated for a physician with expertise in endocrinology may be filled by an individual who is either “on the staff” at a member institution or a member of the “general public”.
 - (2) Effective date. Immediate.
 - (3) Rationale. One of CSMAS’ legislated responsibilities is to provide the membership with its health and safety perspective on relevant legislation and policy. To fulfill this charge, its composition reflects the need for committee members with specific medical expertise, including a physician with expertise in endocrinology. It is atypical for physicians with expertise in endocrinology to be on staff at NCAA member schools. This was highlighted by the small pool of candidates who have been nominated to fill the position. As such, CSMAS recommends expanding the pool of candidates for the position of physician with expertise in endocrinology by accepting nominees who are “on the staff” or a member of the “general public.”
 - (4) Estimated budget impact. None.
 - (5) Student-athlete impact. Ensures CSMAS maintains members with necessary training and expertise on topics related to student-athlete mental and physical health, safety and performance.

2. Nonlegislative Item.

NCAA Nominating Committees’ Policy – CSMAS Composition – Physician with Endocrinology Expertise and Conference Realignment.

- (1) Recommendation. That the NCAA Nominating Committees update their policies and procedures specific to CSMAS to allow the physician with endocrinology expertise to continue their service on CSMAS:
 - (a) Despite representing a school involved in conference realignment.
 - (b) Despite duplication of conference representation after conference realignment occurs.
- (2) Effective date. Immediate.
- (3) Rationale. This recommendation follows a recently approved waiver required after conference realignment impacted the committee service of the physician with expertise in endocrinology. As was noted in the rationale for that waiver, the expertise of this position is necessary to committee work and identifying qualified candidates has proven to be more difficult than other positions due to the unique medical expertise required. Ensuring CSMAS has continuing expertise in this area is essential to the work of CSMAS and more relevant than strict, single conference representation. Additionally, it should be noted that all other CSMAS positions would remain subject to existing conference representation requirements.
- (4) Estimated budget impact. None.
- (5) Student-athlete impact. Ensures CSMAS maintains representative with necessary training and expertise on topics related to student-athlete mental and physical health, safety and performance.

INFORMATIONAL ITEMS.

1. **Approval of February 19-20, 2024, videoconference report.** The NCAA Committee on Competitive Safeguards and Medical Aspects of Sports approved the report of its February 2024 videoconference.
2. **NCAA Chief Medical Officer update.** Dr. Deena Casiero, vice-chair of CSMAS and currently the senior associate athletics director for sports medicine and head team physician at the University of Connecticut, was named NCAA Chief Medical Officer and Senior Vice-President of the SSI. Casiero resigned her position on CSMAS effective immediately upon the conclusion of the June CSMAS meeting. She will begin her role as CMO/SVP August 12, 2024.

3. **Vice-chair elections.** CSMAS elected Nadine Mastroleo, Binghamton University associate professor in psychology and Faculty Athletics Representative, to replace Casiero as vice-chair, effective immediately. Mastroleo will rise to the chair position for the 2024-25 academic year. CSMAS also elected Sarah Dowd, Michigan Technological University Director of Student-Athlete Wellness, Clinical Counselor and Senior Woman Administrator, to the vice chair position for the 2024-25 academic year.
4. **Litigation updates.** CSMAS received a briefing on the ongoing litigation involving the NCAA that is relevant to its work.
5. **Governance updates.** CSMAS received a governance update from each of the divisions and an update on work of the NCAA Board of Governors.
6. **Subcommittee reports.**
 - a. **Administrative Subcommittee.**
 - (1) Subcommittee activity review. CSMAS received the reports of its Administrative Subcommittee videoconferences since February 2024.
 - (2) Recommendations for implementation of health, safety and performance requirements of Division I Core Guarantees. CSMAS granted AdCom the authority to recommend Division I approve, following socialization with the membership, a question-and-answer document on the health, safety and performance requirements of the Division I Core Guarantees arising from the Division I Transformation Committee and Holistic Model. (Attachment A)
 - (3) Committee composition recommendations. CSMAS agreed to recommend the divisional legislative bodies take the necessary legislative action to specify that the CSMAS position designated for a physician with expertise in endocrinology may be filled by an individual who is either “on the staff” or a member of the “general public.” (See Legislative Action Item No. 1.)

CSMAS also agreed to request that the divisional Nominating Committees update their policies and procedures specific to CSMAS to define a “general public” committee position and to allow the physician with endocrinology expertise to continue their service on the committee, as specified. (See Nonlegislative Action Item No. 2.)
 - b. **Drug-Testing Subcommittee.**

- (1) Subcommittee activity review. CSMAS received the reports of its Drug-Testing Subcommittee videoconferences since February 2024.
- (2) Drug-testing manual and education review. CSMAS was notified that the Drug-Testing Subcommittee updated and approved the 2024-25 Drug-Testing Manual and accompanying educational documents. It is anticipated that the updated materials will be shared with the membership in July.
- (3) Medical exception update - Spironolactone. CSMAS approved a change to the medical exception process for spironolactone, a drug most commonly prescribed for hormonal acne treatment. Specifically, schools must now submit a medical exception for the use of spironolactone following a positive NCAA drug test.

Previously, spironolactone was part of the medical exception pre-approval process, which required submission of documentation prior to competition for every student-athlete who used the drug. CSMAS noted that the typical dosage reported for spironolactone is unlikely to be useful as a masking agent or performance-enhancing drug. Further, this change responds to concerns shared by team physicians regarding the burden of the medical exception process and increasing volume of submissions.

- (4) Stimulant threshold update. CSMAS updated thresholds for substances in the stimulant banned class (except caffeine) to align with the World Anti-Doping Agency.

Substance	Previous NCAA Threshold	New NCAA Threshold
Cocaine	150 ng/ml	50 ng/ml
Ephedrine	10 mcg/ml	10 mcg/ml
Amphetamine (Adderall)	500 ng/ml	50 ng/ml
Methylphenidate (Ritalin)	Detection	50 ng/ml

The updates provide enhanced standardization and reduced risk for inadvertent disparate socioeconomic impacts that could possibly arise from variations in medication costs.

- (5) Process to vacate championship results due to failed drug test. CSMAS noted ongoing work related to vacation as a penalty could impact its feedback and/or recommendations and agreed it would return to the topic at a later meeting.

- (6) Cannabinoid update. CSMAS received an update on the status of its recommendation that the divisions should adopt legislation to remove the cannabinoids drug class from the NCAA banned substances list. Specifically, it was noted that Divisions II and III adopted legislation to remove cannabinoids and Division I will consider a similar legislative proposal later in the month.

Further, CSMAS received an update on education provided to the membership as it shifts to a harm-reduction approach to cannabinoids. Specifically, the evidence- and consensus-based foundational and implementation statements from the December 2022 Cannabis in Collegiate Athletics Summit were provided to the membership, in addition to talking points, a question-and-answer document and a two-part SSI Spotlight webinar series that focused on the summit outcomes and harm reduction strategies.

c. Prevention and Performance Subcommittee.

- (1) Subcommittee activity review. CSMAS received the reports of its Prevention and Performance Subcommittee videoconferences since February 2024.
- (2) Ice hockey playing rule on use of mouthguards. CSMAS noted that NCAA playing rules strongly recommend the use of mouthguards in ice hockey, which is consistent with NHL and USA Hockey rules for similar age groups. CSMAS noted that the use of mouthguards in hockey, and their potential implications on injury, is a topic of continued interest.

d. Research Subcommittee.

- (1) Subcommittee activity review. CSMAS received the reports of its Research Subcommittee videoconferences since February 2024.

Recommendations for Datalys Injury Statistics Clearinghouse reinstatement. CSMAS supported the draft plan developed by the Research Subcommittee to reinstate the NCAA Injury Surveillance Program data request process, previously known as the Datalys Injury Statistics Clearinghouse. The plan includes a multi-step process that allows opportunity for committee review of applications for data use. CSMAS also approved the composition of a review panel that would facilitate the review process. It is expected that a final plan to reinstate the process will be available for CSMAS to review later this year.

- (2) Institutional Performance Program Health and Safety Survey update. CSMAS received an update from the Research Subcommittee on the completion of the 2023-24 IPP Health and Safety survey, noting that 100-percent of NCAA Division I and II schools completed the survey
7. **NCAA Injury Surveillance Program.** CSMAS received an update on membership participation in the NCAA Injury Surveillance Program. Specifically, noting efforts to promote membership participation. One hundred and thirty-five schools are reporting data for at least one sport. CSMAS noted its interest in exploring options to further increase participation. CSMAS also received a report on the most recent seasonal sport injury reports.
8. **National Federation of State High School Associations Sports Medicine Advisory Committee.** CSMAS received an update on the work of the National Federation of State High School Associations' Sports Medicine Advisory Committee.
9. **Drug-Free Sport International report.** CSMAS received an update from Drug-Free Sport International on the NCAA year-round and championship drug-testing programs for the 2023-24 academic year. The program summary included the rate of NCAA banned substances detected, the number of conducted appeals and the number of administrative reviews conducted for student-athlete exit tests.
10. **Headgear efficacy in women's lacrosse.** CSMAS received a presentation on the efficacy of headgear in women's lacrosse from Dr. Daniel C. Herman MD, PhD, FACSM, FAMSSM, FAAPMR, FISBS.
11. **Nutrition education update.** CSMAS provided feedback on two nutrition fact sheets developed to provide guidance on nutrition fact labels and dietary supplements (Attachment B). It is anticipated that the fact sheets will be provided to the membership this summer.
12. **2024 NCAA-DoD Grand Alliance Concussion Conference.** CSMAS received an update on the 2024 NCAA-DoD Concussion Conference, which was hosted virtually April 24, 2024, in partnership with the Big Ten Conference and the University of Michigan.
13. **NCAA sports-betting initiatives update.** CSMAS received an update on the landscape of sports betting, including the following NCAA initiatives: National sports wagering study; review of legislation; statute advocacy; social media abuse monitoring; educational resources and collaboration with the NFHS. CSMAS noted its interest in the topic, specifically providing guidance on the ways the Association can promote harm-reduction strategies.

14. **Mental Health Best Practices – Education and socialization update.** CSMAS received an update on the education and socialization initiatives related to the second edition of the Mental Health Best Practices, in anticipation of the Aug. 1, 2024, effective date.
15. **Advisory Groups.**
 - a. NCAA Mental Health Advisory Group. CSMAS noted its Mental Health Advisory Group will meet again to review resources, additional data and literature related to its charge and begin discussion around recommended updates to the NCAA Substance Abuse Prevention and Intervention Toolkit.
 - b. NCAA Training and Performance Advisory Group. CSMAS approved the report of the NCAA Training and Performance Advisory Group’s May 2024 videoconference (Attachment C). CSMAS also supported the future agenda of the Training and Performance Advisory Group and affirmed performance technologies, including wearables, as a priority topic.
 - c. NCAA Concussion Safety Advisory Group. CSMAS received an update on the work of the NCAA Concussion Safety Advisory Group.
16. **NCAA Sports Medicine Handbook update.** CSMAS received an update on the next edition of the NCAA Sports Medicine Handbook, which is expected to be completed by the end of 2024.

Committee Chair: James Houle, The Ohio State University
Staff Liaisons: Leilani Hubbard, NCAA Academic and Membership Affairs
John Parsons, NCAA Sport Science Institute
Anne Rohlman, NCAA Sport Science Institute

NCAA Committee on Competitive Safeguards and Medical Aspects of Sports June 17-18, 2024 Meeting	
Attendees:	
Matt Barany, University of Richmond.	
Pam (Hinton) Bruzina, University of Missouri, Columbia.	
Leah Carey, Brown University.	
Deena Casiero, University of Connecticut.	
Jami Clinton, University of Texas at Dallas.	
Timothy Coffey, Longwood University.	
Sarah Dowd, Michigan Technological University.	
Jack Entriiken, Kutztown University of Pennsylvania.	
Kenneth Ferguson, University of Missouri-Kansas City.	

Deanna Hand, Houghton University.
Richard Hendricks, Shorter University.
James Houle, The Ohio State University.
Marybeth Lamb, Bridgewater State University.
Nadine Mastroleo, Binghamton University.
Austin Mondello, Colorado Mesa University.
Amanda Phillips, University of Louisiana at Lafayette.
Jaime Potter, University of California, Irvine.
Sarah Ramey, West Texas A&M University.
Leah Thomas, Georgia Institute of Technology.
Jack Turban, University of California, San Francisco.
Rohan Springer, University of Texas at Dallas.
Rich Wanninger, Patriot League.
Absentees:
Brad Anawalt, University of Washington.
Alan Hirahara, California State University, Sacramento.
Guests in Attendance:
Daniel Herman.
NCAA Staff Liaisons (or Staff Support if subcommittee) in Attendance:
Leilani Hubbard, John Parsons and Anne Rohlman.

Other NCAA Staff Members in Attendance:
Laura Arnett, Geoff Bentzel, LaGwyn Durden, Amanda Dickey, Alicia Fine, Clint Hangebrauck, Mark Hicks, Greg Johnson, Leilyn Miles, Greg Pottorff, Alex Purcell, Stephanie Quigg, Crystal Rogers and Carey Wheelhouse.