



**REPORT OF THE  
NCAA COMMITTEE ON COMPETITIVE SAFEGUARDS AND MEDICAL  
ASPECTS OF SPORTS  
JUNE 12-13, 2019, MEETING**

**KEY ITEMS.**

1. **Drug testing at championships.** In order to more closely align with the policies of the World Anti-Doping Agency, the committee added narcotics to the list of drug classes that may be eligible for a medical exception. The committee also adjusted the Tetrahydrocannabinol (THC) testing threshold from 15 to 35 nanograms per milliliter in response to concerns regarding exposure to secondhand smoke resulting in a positive test.
2. **Soccer periodization study results.** The committee received a preliminary summary of the results of the soccer periodization study. The committee issued a formal statement [Attachment A] to the membership about these preliminary results and noted that the study results are still subject to the peer review process and the results should not yet be used to shape changes to playing and practice seasons in college soccer.

**ACTION ITEMS.**

1. **Legislative items.**

- None.

2. **Nonlegislative items.**

- **Committee Meeting Schedule – Committee on Competitive Safeguards and Medical Aspects of Sports – Additional In-person Meeting.**
  - (1) Recommendation. Recommend to the NCAA Board of Governors the approval of one additional in-person meeting of the Committee on Competitive Safeguards and Medical Aspects of Sports per year.
  - (2) Effective date. 2020, upon Board of Governors approval and allocation of corresponding budget.
  - (3) Rationale. At the December 2018 meeting, CSMAS reflected on its continued challenge to provide timely input to the membership on legislative proposals because its current meeting schedule is incongruous with legislative timelines in all three divisions. This incongruity has proved problematic for several recent legislative proposals including seasons of competition, fish oil supplementation, and mental

health. In addition, NCAA staff noted the often dense and complicated agenda required to support the two annual in-person meetings of the committee. These agenda typically contain many complex issues, hundreds of pages of supporting supplements and prove operationally challenging for both the committee members and supporting staff.

This recommendation is the product of a committee request 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.

- (4) Estimated budget impact. This will increase the annual committee budget equivalent to one in-person meeting, or approximately \$26,200.
- (5) Student-athlete impact. The change will make for a more effective national office by improving the efficiency and effectiveness of its policy and decision-making infrastructure in support of the established Association agenda for student-athlete health and safety.

### **INFORMATIONAL ITEMS.**

- 1. Approval of March 20, 2019 teleconference report.** The committee approved the report of its March 2019 teleconference, with one minor correction.
- 2. NCAA governance update.** The committee received updates from governance staff in each of the three divisions. The committee was provided a review of the 2018-2023 Division I Board of Directors initiatives, which include several initiatives in support of the established Division I Strategic Area of Emphasis in health and safety. The committee also received an update on Division I legislative action since its December 2018 meeting and an update on the ongoing seasons of competition review. As part of its discussion regarding the seasons of competition review, the committee was asked to develop tools and/or guidelines that will assist it in evaluating whether issues or legislative concepts have a primary health and safety nexus. In Division II, the committee received a one-year progress update on Division II University, an online educational tool for coaches and other audiences. It includes two courses related to health and safety (mental health and sexual assault and violence prevention), both of which are mandatory for Division II coaches as part of their certification requirement. Additional health and safety modules are under consideration and development. Similarly, Division III University launched in December, and will offer educational programming similar to Division II University.

- 3. Catastrophic injury.** At the request of the chair, the committee reviewed the NCAA Annual Resolution List, which honors the staff and student athletes from across the Association who passed away in the previous year. The committee also received a summary presentation highlighting findings from the second annual report from the NCAA catastrophic injury reporting mandate. The report was developed and submitted by the National Center for Catastrophic Sport Injury Research, with whom the NCAA contracts to monitor the system and produce reports for CSMAS review.
- 4. NCAA Interassociation recommendations on catastrophic injury prevention-next steps:** The committee heard updates on the “Interassociation Recommendations: Preventing Catastrophic Injury and Death in Collegiate Athletes” document, which was endorsed by the committee in March 2019 as part of the Uniform Standards of Care process. On April 30, the NCAA Board of Governor’s endorsed the document as Association-wide policy, effective August 1, and the document was circulated to the membership on May 6. Plans for distribution of a final production version of the document, as well as a standalone checklist and a companion frequently asked questions document were shared.

  - a. Acclimatization and transition periods.** The committee discussed potential topics related to the “Interassociation Recommendations: Preventing Catastrophic Injury and Death in Collegiate Athletes” that may require additional attention or possible legislation. Topics included acclimatization, transition periods, strength and conditioning credentialing, and administrative reporting models for strength and conditioning professionals and sports medicine personnel.
  - b. Prevention and Performance Subcommittee.** The committee formalized a commitment to studying the topics of acclimatization and transition periods and referred the issues to the Prevention and Performance Subcommittee (previously named the Strength and Conditioning Subcommittee). At a minimum, the subcommittee will address injury risk during the preseason, heat acclimatization, and transition periods in sports for which catastrophic injury and death are a foreseeable risk. Preliminary recommendations to the full committee are expected by December.
- 5. Soccer periodization study results:** Researchers from the Korey Stringer Institute at the University of Connecticut provided a summary of the results of the soccer periodization study. The three-year study analyzed connections between college soccer practice and competition schedules and injuries in the sport. The committee noted that the study results are still subject to the peer review process and the results should not yet be used to shape changes to playing and practice seasons in college soccer. To help guide the membership in its understanding of the study, the committee issued a formal statement [Attachment A]. The committee will continue to seek solutions/initiatives that address the health and safety challenges facing soccer student-athletes.

- 6. Office of legal affairs briefing.** The committee received a privileged and confidential update on several legal issues from the NCAA office of legal affairs.
- 7. Governmental affairs briefing.** The committee reviewed a written report submitted by the NCAA government relations office.
- 8. Insurance issues.** The committee received an overview of the NCAA Catastrophic Injury Insurance program that supports student-athletes who suffer catastrophic injuries. The committee also received an overview of emerging issues with third party reimbursement.
- 9. Update from National Federation of State High School Sports Medicine Advisory Committee.** The committee received an update on health and safety initiatives from the National Federation of State High School Associations Sports Medicine Advisory Committee.
- 10. NCAA Injury Surveillance Program.** The committee received an operational briefing on the NCAA ISP, followed by an update on current program participation levels in each of the three divisions. Specifically, participation in all three divisions has increased since the current communication and education campaign began in early 2018 (32% participation in Division I, 36% participation in Division II and 22% participation in Division III), and both Division I and Division II have satisfied the participation goals they established for the summer of 2019. The committee remained committed to continuing efforts to increase participation across the Association. The committee received an overview of the Datalys Injury Statistics Clearinghouse program, which is the program whereby researchers can request ISP data for the purpose of performing academic research. In the past year, some process and quality control issues have emerged as the program has become increasingly popular with academic researchers. In response to these issues, the DISC program was placed into a moratorium during which time new applications are not being accepted so the NCAA and Datalys Center staffs can perform a thorough review of program processes. The moratorium is expected to be lifted by the fall of 2019.
- 11. Playing rules issues.** The committee discussed two playing rules issues:
  - a. Wrestling rules.** The committee provided feedback on a proposed change to wrestling playing rule 9.3.1. The proposal would require all wrestling meet and tournament weigh-ins to occur two hours prior to the start of competition on all days of competition. Current rules require dual/tri quad competition weigh-in to occur one hour prior to the start of competition. The committee opposed the rule change proposal citing concern that having more time between weigh-ins and the start of competition will encourage unhealthy weight-loss behaviors.

- b. Update on football sideline rule.** The committee restated its position on a football sideline policy limiting the number of people allowed in the team area to 60, a number that includes medical personnel. In December 2018, CSMAS recommended that a formal exception be made for primary athletics health care providers. The committee confirmed its position and noted that any athletics health care providers present in the team area should not count against the 60-person limit imposed on other sideline personnel.
- 12. Standing drug testing appeals panel.** The committee approved a proposal to modify the existing drug testing appeals panel and rename it the NCAA Drug Test Appeal Subcommittee. The committee approved several related internal operating procedures in support of the operations of that subcommittee. Most notably, the 18-member subcommittee will be permitted to accommodate up to eight at-large members who will be appointed from a pool of volunteers composed of former CSMAS members currently employed or affiliated with a member school. The subcommittee will be chaired by a current CSMAS member. This proposal was of interest to the committee because of the growing number of annual drug appeals, which is taxing those committee members who volunteer to serve on drug appeal panel calls.
- 13. Election of CSMAS vice-chair.** Dr. Mark Stovak, University of Nevada, Reno, was elected as the CSMAS vice-chair.
- 14. Drug Free Sport International update.** The committee was briefed by Drug Free Sport International on results from the 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.
- 15. Drug testing at championships.** The committee discussed two drug-testing issues:
- a. Narcotics testing.** In 2018-19, the NCAA's list of banned drug classes was updated to align with those of WADA, with the exception of glucocorticosteroids. This alignment established narcotics as a separate banned drug class. In response, the committee decided to update NCAA Drug Testing Program policies by adding narcotics to the list of drug classes that may be eligible for a medical exception. Existing materials will be updated to reflect this change.
- b. THC drug testing threshold.** The committee adjusted the THC testing threshold for student-athletes from 15 to 35 nanograms per milliliter. This change was made to address concerns regarding secondhand smoke triggering a positive test. Further, the committee reemphasized its concerns regarding the use of marijuana. Specifically, it noted the importance of education and testing at the campus-level to deter use, the evolution of

marijuana consumption and potency, and the potential health crises associated with increased dosing.

**16. Testosterone level policy for transgender athletes.** The committee was joined by Dr. Bradley Anawalt, Chief of Medicine at the University of Washington Medical Center, for a discussion about issues related to the testosterone levels of transgender athletes, and implications for the NCAA policy for transgender athletes. The committee will resume the discussion and could recommend specific policy at its December meeting.

*Committee Chair: Doug Ramos, Creighton University, Big East Conference*  
*Staff Liaisons: John Parsons, NCAA Sport Science Institute*  
*Anne Rohlman, NCAA Academic and Membership Affairs*  
*Jessica Wagner, NCAA Sport Science Institute*

<b>Committee on Competitive Safeguards and Medical Aspects of Sports June 12-13, 2019, Meeting</b>	
<b>Attendees:</b>	
Shawn Arent, Rutgers, The State University of New Jersey, New Brunswick.	
Stevie Baker-Watson, DePauw University.	
Randy Bird, University of Virginia.	
John Chandler, Coe College.	
Stephanie Chu, University of Colorado, Boulder.	
Bob Colgate, NFHS.	
Jeff Dugas, Troy University.	
Dave Eavenson, USA South Athletic Association.	
Joshua Ellow, Swarthmore College.	
Gabe Feldman, Tulane University.	
Luis Feigenbaum, University of Miami (Florida).	
R.T. Floyd, University of West Alabama.	
Samantha Kastner, Notre Dame of Maryland University.	
Caroline Lee, Southern Louisiana University.	
Jessica Mohler, U.S. Naval Academy.	
Steve Murray, Pennsylvania State Athletic Conference.	
Doug Ramos, Creighton University.	
Mark Stovak, University of Nevada, Reno.	
LaRee Sugg, University of Richmond.	
Buddy Teevens, Dartmouth College.	
Kim Terrell, University of Oregon.	

Maureen (Mo) White, U.S. Merchant Marine Academy.
Jeff Williams, East Central University.
Mariah Wysocki, Bloomfield College.
<b>Absentees:</b>
None.
<b>Guests in Attendance:</b>
Bradley Anawalt, University of Washington Medical Center.
Mark Bockelman, Drug Free Sport International.
Christy Collins, Datalys Center.
Ryan Curtis, Director of Athlete Performance and Safety.
Michelle Dorsey, Drug Free Sport International.
Rob Huggins, President of Research and Athlete Performance and Safety.
Erin Wasserman, Datalys Center.
<b>NCAA Staff Liaisons in Attendance:</b>
John Parsons, Anne Rohlman and Jessica Wagner.
<b>Other NCAA Staff Members in Attendance:</b>
Brian Ahrens, Scott Bearby, Brian Burnsed, Amanda Dickey, LaGwyn Durden, Dan Dutcher, Ty Halpin, Brian Hainline, Kevin Lennon, Jean Merrill, Brad Robinson, Paul Roetert, Kimberly Shea, Jared Tidemann, Amy Wilson, Karen Wolf.



**STATEMENT ON THE NCAA SOCCER STUDY  
JUNE 13, 2019  
CSMAS**

In February 2015, the NCAA Sport Science Institute hosted the NCAA Soccer Summit. The purpose of the event was to develop a strategic agenda for the improvement of health and safety of not just NCAA soccer student-athletes, but soccer athletes of all ages. This summit also represented the NCAA's first attempt to address issues affecting the full breadth of the athlete development continuum within a single sport.

One objective of the event was to identify knowledge gaps that might be addressed by future research. One identified gap was the optimum amount of time between competitions to minimize the risk of injury while maximizing athletic performance. So, in 2016 the NCAA SSI commissioned a pilot study to be conducted by the Korey Stringer Institute at the University of Connecticut for the purposes of determining if there is a relationship between the soccer schedule and injuries. In 2017 and 2018, the study was expanded to a total of 12 Division I men's and women's soccer teams and was augmented by NCAA soccer schedule and injury surveillance data. The preliminary results of this study were reviewed during the CSMAS June 2019 meeting.

Given the nature of the sample, care must be taken when interpreting the results, which are limited in their generalizability. Nevertheless, the study reveals several interesting findings:

- In both the men's and women's game, preseason injuries occurring in practices were substantially higher than at any other point in the season or postseason (competition or practice).
- Both men's and women's soccer athletes experienced higher rates of injuries when matches occurred with 5 or less days of rest between games, as opposed to when there were 6 or more days of rest.
- Women's soccer athletes experienced higher rate of overuse injuries when matches occurred with 5 or less days rest between games, as opposed to when there were 6 or more days of rest.
- Large increases in the volume of activity in a single day (beyond what athletes were accustomed to) were associated with increased injury risk.
- Women reported higher levels of sleep dysfunction, anxiety and disablement than men's soccer players.

The committee notes that this study is completed at a time when some in the membership are seeking changes to the structure of the competitive soccer season. We understand that amongst these stakeholders, there is hope that this study will provide justification for their efforts. However, this study was not commissioned in anticipation of these efforts, and the committee cautions against any immediate interpretation that the study either supports or undermines such efforts. The fact is, this study suggests some change to the soccer season may be necessary. However, the study does not say what those changes should be, or how they should be implemented. The committee looks forward to the results making their way through the peer-reviewed process, and in the meantime, the committee will continue to seek solutions/initiatives, including additional research if necessary, that addresses the health and safety challenges facing soccer student athletes.