



**REPORT OF THE
NCAA COMMITTEE ON COMPETITIVE SAFEGUARDS
AND MEDICAL ASPECTS OF SPORTS
SEPTEMBER 16-17, 2024, MEETING**

ACTION ITEMS.

1. **Legislative items.**
 - None.
2. **Nonlegislative items.**
 - None.

INFORMATIONAL ITEMS.

1. **Approval of June 17-18, 2024, meeting report.** The NCAA Committee on Competitive Safeguards and Medical Aspects of Sports approved the report of its June 2024 meeting.
2. **NCAA Chief Medical Officer briefing.** The CMO provided the Committee with an overview of the Sport Science Institute's vision and goals for the upcoming academic year.
3. **Litigation update.** CSMAS received a briefing about ongoing litigation involving the NCAA that is relevant to its work.
4. **NCAA governance updates.** CSMAS received a governance update from each of the divisions.
5. **CSMAS subcommittee reports.**
 - a. **Administrative Subcommittee.**
 - (1) Subcommittee activity review. CSMAS received the reports of its Administrative Subcommittee videoconferences since June 2024.
 - (2) NCAA Division I Core Guarantees education resource and attestation update. CSMAS noted the question and answer document it developed in collaboration with the NCAA Division I Strategic Vision and Planning Committee on the NCAA Division I Core Guarantees – Health, Safety and Performance Requirements was published on August 20, 2024, as an [educational column](#).

- (3) NCAA Division II Legislative Proposal No. 2025-5. CSMAS opposed NCAA Division II Proposal No. 2025-5 (recruiting and playing and practice seasons – tryouts and general playing-season regulations – mandatory medical examinations – timing of medical examination) per a recommendation by the AdCom, which affirms the position and feedback CSMAS provided in 2007 on a similar proposal. As stated in CSMAS’ 2007 feedback, ideally a medical examination should be performed within six weeks prior to the start of any physical activity; however, the six-month time period was adopted to provide schools reasonable flexibility. Extending the six-month timeframe to one year is inconsistent with existing standards of care for pre-participation medical examinations. Further, Bylaw 17.1.5 (mandatory medical examination) is a common provision and should remain consistent across divisions. Lastly, education on the rule has provided additional clarity about the available flexibility to implement the legislation while maintaining the integrity of the rule.
- (4) Sickle cell solubility testing. CSMAS discussed a letter it received from the Association of Public Health Laboratories’ Ethical, Legal, Social and Policy Issues Subcommittee regarding the use of newborn screening results for documentation of sickle cell trait status. Importantly, CSMAS confirmed that the letter does not impact the applicability of the Association’s sickle cell legislation, and the existing legislation is not under further consideration. CSMAS supported AdCom’s recommendation to develop a response to the letter, as well as a recommendation to develop a question-and-answer document that may assist the membership in meeting existing NCAA sickle cell legislation.

Additionally, CSMAS noted relatively infrequent requests from the membership for sickle cell solubility test scheduling assistance and supported further evaluation of the topic.

b. Research Subcommittee.

- (1) Subcommittee activity review. CSMAS received the reports of its Research Subcommittee videoconferences since June 2024.
- (2) Injury Surveillance Program Data Requests. CSMAS approved a plan developed by the Research Subcommittee to reinstate the Injury Surveillance Program Data Requests process. The approved two-phase pilot program aims to open for submissions as early as January 2025.

The ISP Data Requests process provides de-identified injury surveillance data to researchers affiliated with academic institutions. The previous iteration of the process, which has been in a moratorium since 2018, resulted in the publication of more than 100 peer-reviewed scientific manuscripts on the epidemiology of sport-related injuries in college athletics. Following a thorough review of the program, the Research Subcommittee recommended restructured policies and procedures to guide an updated version of the data sharing program. These new policies and procedures enhance CSMAS' ability to assess the relevance and quality of data use requests from the application process through to project completion.

- (3) Research Subcommittee charter revision. CSMAS approved updates to the Research Subcommittee charter that address the newly approved ISP Data Request process and removed outdated language (see Attachment).

2024-25 Institutional Performance Program Health & Safety Survey. CSMAS was notified that the Research Subcommittee updated and approved the 2024-25 IPP Health and Safety Survey and distribution schedule.

- (4) Injury Surveillance Program Codebook update. CSMAS approved updates to the 2025-26 Injury Surveillance Program Codebook, as recommended by the Research Subcommittee. The ISP codebook is reviewed and updated annually. The updates reflect the anticipated addition of an NCAA championship in women's wrestling, additional variables for protective equipment and new injury diagnoses.

c. Prevention and Performance Subcommittee.

- (1) Subcommittee activity review. CSMAS received the reports of its Prevention and Performance Subcommittee videoconferences since June 2024.

- (2) Division I legislative concepts.

- i. **Playing and practice season – men's and women's ice hockey.** CSMAS supported a legislative concept to amend the playing season in Division I men's and women's ice hockey, noting it may have positive impacts on student-athlete health and safety. Specifically, CSMAS noted the concept would enhance the preseason transition period and create additional days off during the playing season that may provide additional recovery time for student-athletes. In its feedback, CSMAS also identified concerns about missed class time

and the potential for a slight increase in time demands for sports medicine staff.

- ii. **Playing and practice season – women’s soccer.** CSMAS affirmed its [February 2024 opposition](#) to the concept. CSMAS noted that the concept’s sponsors made changes to the concept; however, the changes did not adequately address CSMAS’ original concerns. Specifically, CSMAS noted that there is no evidence to support significant amendments to the women’s soccer playing and practice season for health and safety reasons. Further, it emphasized the previously noted potential for unintended health and safety consequences.

Importantly, CSMAS recognized and supported the sponsors’ intent to increase opportunity for schools to implement appropriate transition periods. CSMAS also noted that schools are already required to consider transition periods consistent with guidance provided in the *Preventing Catastrophic Injury and Death in Collegiate Athletes* document, which is existing Association-wide policy.

- (3) Division II Proposal No. 2025-7 (season of competition – wrestling). As recommended by the Prevention and Performance Subcommittee, CSMAS took no position on NCAA Division II Proposal No. 2025-7 (season of competition – wrestling), noting that the proposal did not have a health and safety rationale nor is CSMAS aware of any evidence on how this change would impact student-athlete health and safety.

d. Drug-Testing Subcommittee.

- (1) Subcommittee activity review. CSMAS received the reports of its Drug-Testing Subcommittee videoconferences since June 2024.
- (2) Medical Exception Pre-Approval submission process update. CSMAS noted efforts to modernize the Medical Exception Pre-Approval process by moving it to the Request/Self-Reports Online system. While the method used to submit, track and communicate about MEPAs will be streamlined through RSRO, the protocol and related documentation will stay the same. Schools will be required to submit MEPAs through RSRO, starting in January 2025. More information will be provided, including step-by-step instructions on how to submit MEPAs through RSRO.

6. NCAA Injury Surveillance Program.

- a. Operational update. CSMAS received an update on membership participation in the NCAA Injury Surveillance Program. Association-wide participation has remained stagnant since the pandemic, hovering at around 12% of all schools voluntarily participating in the ISP.
- b. Seasonal Injury Surveillance report review. CSMAS received a report on the most recent seasonal sport injury reports.

7. Sports betting. CSMAS discussed sports betting and the current divisional discussion on whether the NCAA should deregulate legislation around betting on professional sports.

CSMAS heard educational presentations related to current research, policy and education strategies for sports betting. In its discussion, CSMAS noted a variety of health, safety and wellbeing issues related to sports betting and the potential for deregulation:

- a. Sports betting can present risk at multiple levels: For the 6-10% of college students predisposed to problematic or disordered gambling, participating in sports betting presents risk and can cause individual harm. Additionally, harm from sports betting can extend beyond the person gambling (e.g., harassment, integrity).
 - Problem or disordered gambling often occurs alongside comorbid disorders like anxiety, depression and sleep disturbances.
- b. Generally, policy prohibitions are ineffective at stopping unwanted gambling behaviors, and there is little evidence to suggest that current prohibitions have effectively prevented student-athlete gambling.
- c. It is unclear how deregulation would impact gambling behaviors; however, harm reduction strategies, including additional resources and education for schools as they support their student-athletes are, and will continue to be, important.
 - Harm reduction strategies include incorporating gambling use disorder into mental health action plans, which should include clear processes for identification of problem gambling (e.g., screening), creation of referral pathways and establishing treatment options.
- d. Incidence of sports betting amongst collegiate student populations, specifically men, is highest amongst any age group.

- e. Changing culture and legal landscape create new challenges for prevention initiatives and contribute to rising rates of gambling, though those rates are not rising as fast as was originally predicted.
 - However, significant stigma exists around self-reporting problem gambling which can exacerbate harm.
- f. Consistency and clarity in policy and rules is important, especially for student-athletes who are trying to follow rules. The current prohibition has been simultaneously interpreted as both clear and consistent and unclear and inconsistent.

CSMAS will continue discussing sports betting and provide additional feedback at its December meeting.

8. **Drug-Free Sport International report.** CSMAS noted that the NCAA and Drug-Free Sport International recently extended their contract for five-years. DFSI provided an overview of services, as well as an update 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.
9. **Substance Misuse Prevention and Harm Reduction resources and strategy overview.** CSMAS discussed trends in public health approaches to substance misuse prevention and noted the current state of the Association's substance misuse prevention resources and initiatives. CSMAS noted the relevance of harm reduction approach to substance misuse discussions (e.g., recent recommendation to remove cannabinoids from NCAA list of banned substances) and application to other health promotion topics.
10. **NCAA women's wrestling.** CSMAS heard educational presentations on relevant research and policy impacting weight management in women's wrestling. CSMAS noted that the number of schools sponsoring women's wrestling is rapidly increasing and the membership will soon consider establishing an NCAA national collegiate championship in women's wrestling starting 2026.
11. **NCAA Advisory Groups.**
 - a. NCAA Mental Health Advisory Group. CSMAS received an overview on the work of the Mental Health Advisory Group and noted the August 2024 effective date of the Mental Health Best Practices, second edition. CSMAS also received an update on anticipated work of the MHAG, including review of, and possible recommendations for, updating mental health resources and the NCAA Substance Misuse Tool Kit.

- b. NCAA Training and Performance Advisory Group. CSMAS received an update on the recent work of the Training and Performance Advisory Group, including initial plans for a meeting on Performance Technologies that may happen during the 2024-25 academic year.
12. **Education update.** CSMAS noted work being done to create resources on mental health (e.g., e-learning module related to the Mental Health Best Practices), cannabinoids (e.g., one-pager on myths), NCAA Convention session topics and upcoming SSI Spotlight webinar topics.
13. **New business.** CSMAS did not have any new business.
14. **Future meeting schedule.** CSMAS reviewed its future meeting dates through 2027.
15. **Adjournment.** The meeting was adjourned at 11:30 a.m. Eastern time on Tuesday, September 17.

Committee Chair: Nadine Mastroleo, Binghamton 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 September 16-17, 2024, Meeting	
Attendees:	
Matt Barany, University of Richmond.	
Rhonda Beemer, Northwest Missouri State University.	
Leah Carey, Brown University.	
Timothy Coffey, Longwood University.	
Lee Dorpfeld, University of South Florida.	
Sarah Dowd, Michigan Technological University.	
Jack Enriken, Kutztown University of Pennsylvania.	
Kenneth Ferguson, University of Missouri-Kansas City.	
Deanna Hand, Houghton University.	
Richard Hendricks, Shorter University.	
Alan Hirahara, California State University, Sacramento	
Josey Johnson, Otterbein 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, University of Texas of Permian Basin
Marie Schaefer, Cleveland State University
Leah Thomas, Georgia Institute of Technology.
Rich Wanninger, Patriot League.
Absentees:
Brad Anawalt, University of Washington.
Bob Colgate, National Federation of State High School Association.
Ryan Kelly, Rochester Institute of Technology.
Jack Turban, University of California, San Francisco.
Guests in Attendance:
Jagim Andrew, Adrian Boltz, Anna Bottoms, Paul Buck, Kody Campbell, Avinash Chandran, Michelle Dorsey, Tim Fong, Jim Fallis, Elliot Hopkins, Craig Horswill, Jackie Pacquette and Keith Whyte.
NCAA Staff Liaison (or Staff Support if subcommittee) in Attendance:
Leilani Hubbard, John Parsons and Anne Rohlman.
Other NCAA Staff Members in Attendance:
Laura Arnett, Geoff Bentzel, Deena Casiero, Rachel Denton, Amanda Dickey, LaGwyn Durden, Alicia Fine, Ashlee Follis, Mark Hicks, Corey Jackson, Greg Johnson, Kevin Lennon, Jackson Marcotte, Mallory Mickus, Leilyn Miles, Jeff Myers, Greg Pottorff, Alex Purcell, Bill Regan, Michelle Robison, Rachel Seewald, Stephanie Quigg, Crystal Rogers, Jerry Vaughn, Carey Wheelhouse and Leeland Zeller.