



SPORT SCIENCE
INSTITUTE™

NCAA DRUG-TESTING PROGRAM | 2019-20





BANNED SUBSTANCES:

- Stimulants
- Anabolic Agents
- Alcohol and Beta Blockers (banned for rifle only)
- Diuretics/ Masking Agents
- Narcotics
- Cannabinoids
- Peptide Hormones, Growth Factors, Related Substances and Mimetics
- Hormone and Metabolic Modulators
- Beta-2 Agonists

Go to ncaa.org/drugtesting for examples* under each class.

**Any substance that is chemically/pharmacologically related to any of the classes above, even if it is not listed as an example, also is banned!*

NCAA NUTRITIONAL/DIETARY SUPPLEMENTS WARNING:

- Nutritional/dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
- Student-athletes have tested positive and lost their eligibility using nutritional/dietary supplements.
- Many nutritional/dietary supplements are contaminated with banned drugs not listed on the label.
- Any product containing a nutritional/dietary supplement ingredient is taken at your own risk!

QUESTIONS ABOUT MEDICINES AND SUPPLEMENTS?

877-202-0769 or dfsaxis.com (password *ncaa1*, *ncaa2* or *ncaa3*)



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Editor: LaGwyn Durden, Director of Sports Medicine, NCAA Sport Science Institute

This resource is designed for athletics department staff at NCAA member schools with student-athlete drug-testing responsibilities. The Drug-Testing Program is reviewed annually by the Committee on Competitive Safeguards and Medical Aspects of Sports.

2019-20 NCAA Banned Substances

Highlighted text throughout the document indicates further clarification or new information.

The NCAA bans the following classes of substances:

- Stimulants
- Anabolic agents
- Alcohol and beta blockers (banned for rifle only)
- Diuretics and other masking agents
- Narcotics
- Cannabinoids
- Peptide hormones, growth factors, related substances and mimetics
- Hormone and metabolic modulators
- Beta-2 agonists

NOTE: Any substance that is chemically/pharmacologically related to these classes also is banned. The institution and the student-athlete shall be held accountable for all drugs within the banned-substance class regardless of whether they have been specifically identified. Examples of substances under each class can be found at ncaa.org/drugtesting. There is no complete list of banned substances.

Substances and Methods Subject to Restrictions:

- Blood and gene doping.
- Local anesthetics (permitted under some conditions).
- Manipulation of urine samples.
- Tampering of urine samples.
- Beta-2 agonists (permitted only by inhalation with prescription).

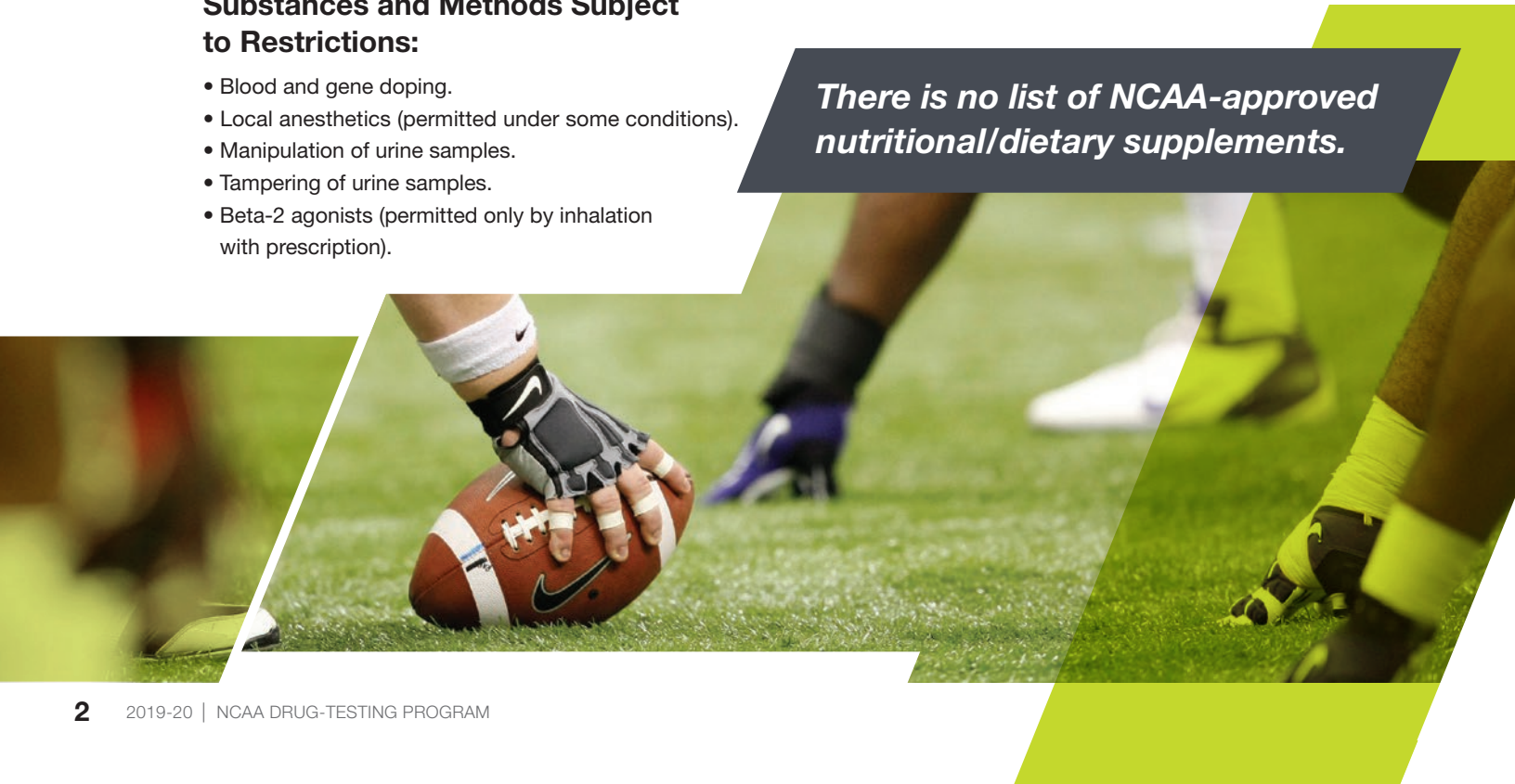
NCAA Nutritional/Dietary Supplements

Warning: Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff!

- Nutritional/dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test.
- Student-athletes have tested positive and lost their eligibility using nutritional/dietary supplements.
- Many nutritional/dietary supplements are contaminated with banned drugs not listed on the label.
- Any product containing a nutritional/dietary supplement ingredient is taken at your own risk.

Athletics department staff should provide guidance to student-athletes about supplement use, including a directive to have any product checked by qualified staff members before consuming. The NCAA subscribes only to Drug Free Sport AXIS™ for authoritative review of label ingredients in medications and nutritional/dietary supplements. Contact **Drug Free Sport AXIS** at 877-202-0769 or dfsaxis.com (password ncaa1, ncaa2 or ncaa3).

There is no list of NCAA-approved nutritional/dietary supplements.



Medical Exceptions Procedures

The NCAA recognizes that some banned substances are used for legitimate medical purposes. Accordingly, the NCAA allows exceptions to be made for those student-athletes with a documented medical history demonstrating the need for treatment with the banned substance.

Exceptions may be granted for the following classes of banned substances:

- Stimulants
- Anabolic agents
- Beta blockers
- Diuretics
- Narcotics
- Peptide hormones, growth factors, related substances and mimetics
- Hormone and metabolic modulators (anti-estrogens)
- Beta-2 agonists

No medical exception review is available for substances in the class of cannabinoids.

Procedures for Requesting a Medical Exception

1. Alternative non-banned medications for the treatment of various conditions exist and should be considered before an exception is pursued.
2. For the use of anabolic agents, hormone and metabolic modulators (anti-estrogens), or peptide hormones, growth factors or related substances and mimetics, and narcotics, the institution must seek approval by the NCAA before the student-athlete is allowed to participate in competition while taking these medications. The institution should submit to the NCAA the approval form (located at ncaa.org/drugtesting) along with medical documentation from the prescribing physician supporting the diagnosis and treatment. (Contact ssi@ncaa.org.)
3. For the use of a substance in the classes of stimulants, diuretics, beta blockers or beta-2 agonists, the institution should maintain documentation in the student-athlete's medical record on campus.

The documentation should contain information as to the diagnosis (including appropriate verification of the diagnosis), medical history, dosage and a prescription covering the date of the positive drug test.

NOTE for ADHD: To request a medical exception request for a positive test involving stimulant medication to treat Attention-Deficit/Hyperactivity Disorder, the NCAA requires the documentation be accompanied by the form, "NCAA Medical Exception Documentation Reporting Form to Support the Diagnosis of Attention-Deficit/Hyperactivity Disorder and Treatment with Banned Stimulant Medication," located at ncaa.org/drugtesting.

4. The institution may request an exception at the time of notification of the positive drug test ("A" sample) by submitting documentation to Drug Free Sport International (Drug Free Sport)™.

NOTE: If the institution fails to provide medical documentation to Drug Free Sport before the "B" sample is reported as positive to the institution, the student-athlete will be withheld from competition until such time that the documentation is received and reviewed, and the medical exception granted. (Contact info@drugfreesport.com.)

5. Requests for exceptions will be reviewed by the medical panel of the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports. If additional documentation is required, the institution must provide the additional document within 90 days of notification.
6. The NCAA will inform the director of athletics regarding the outcome of the exception request. In the event the exception is not granted, the institution may appeal this action according to Section 8.0 of the drug-testing protocol.

Additional information regarding medical exceptions procedures, including for stimulant medications for ADHD, can be found at ncaa.org/drugtesting.

There is no medical exception available for substances in the cannabinoids class.

Drug Education Guidelines

The NCAA is committed to the prevention of drug and alcohol abuse. NCAA bylaws require the director of athletics or his or her designee to educate student-athletes about NCAA banned substances and the products that may contain them. As a best practice, athletics departments should conduct drug education for all student-athletes, including student-athletes who transfer mid-year. Such education should include athletics administrators, coaches, compliance officers and sports medicine personnel. Campus colleagues working in alcohol- and other drug-prevention programs may provide additional support for athletics department efforts.

The NCAA has published the Substance Abuse Tool Kit, a resource that provides recommended approaches and evidence-based resources for athletics administrators to address alcohol, cannabis, prescription drug abuse and more. It is available at ncaa.org/substanceabuseprevention.

The following provides a drug-education framework for member schools to ensure they are conducting adequate drug education for all student-athletes.

To assure adequate preparation to deliver drug education to student-athletes throughout the year, institutions should:

- **Develop a written policy on alcohol, cannabis, tobacco and other recreational substances.** This policy should include statements on recruitment activities, drug testing, disclosure of all medications and supplements, discipline, and counseling or treatment options.
 - *The written policy and student-athlete handbook should include the following printed warning:*
“Before consuming any nutritional/dietary supplement product, review the product with your athletics department staff. Nutritional/dietary supplements are not well regulated and may cause a positive drug test result. Any product containing a nutritional/dietary supplement ingredient is taken at your own risk.”

- Review the NCAA, conference and institutional drug-testing program policies and update handbook materials accordingly.
- Include the NCAA list of banned substance classes and NCAA written policies in the student-athlete handbook.
- Identify NCAA, conference and institutional rules regarding the use of alcohol, cannabis, tobacco and narcotics, performance-enhancing substances, and nutritional/dietary supplements, and consequences for violating rules.
- Display posters and other NCAA educational materials in high-traffic areas.

Tasks and Timelines for Educating Student-Athletes

Orientation at Start of Academic Year:

- Ensure that student-athletes sign NCAA compliance forms.
- Provide student-athletes with a copy of the written drug-testing policies as outlined above.
- Verbally explain all relevant drug-testing policies with student-athletes and staff:
 - NCAA banned-substance classes. (**NOTE:** All related compounds under each class are banned, regardless if they are listed as an example.)
 - NCAA drug-testing policies and consequences for testing positive, including failure to show, manipulation or tampering with a urine sample.
 - Risks of using nutritional/dietary supplements – read the nutritional/dietary supplement warning statement.
 - NCAA tobacco use ban during practice and competition.
 - Conference and institutional drug-testing program policies, if appropriate.
 - **Alcohol, cannabis, tobacco and other recreational substance use policies and institutional sanctions for violations, if appropriate.**

Team Meetings:

- Repeat the orientation information at team meetings throughout the year.



Start of Each New Academic Term:

- Repeat the orientation information at the start of new academic terms to reinforce messages and to ensure transfer student-athletes receive this information.

Throughout the Year:

- Provide additional drug-education opportunities using NCAA resources found at ncaa.org/drugtesting.
- For authoritative information on NCAA banned substances, medications and nutritional/dietary supplements, contact **Drug Free Sport AXIS** at 877-202-0769 or dfsaxis.com (password ncaa1, ncaa2 or ncaa3).

NCAA legislation requires institutions to educate student-athletes about banned substances and the products that may contain them.

NCAA Drug-Testing Program

With their approval of Proposal No. 30 at the January 1986 NCAA Convention and Proposal Nos. 52-54 at the January 1990 Convention, NCAA institutions reaffirmed their dedication to the ideal of fair and equitable intercollegiate competition at their championships and postseason bowl games. To further the protection of competing student-athletes — specifically, so that no one participant might have an artificially induced advantage or feel pressured to use substances or methods to gain an unfair competitive advantage, the NCAA drug-testing program was created. This program provides for year-round drug testing.

All NCAA member institutions are subject to NCAA drug testing. The NCAA drug-testing program involves urine collection and laboratory analyses for substances on a list of banned-substance classes approved by the NCAA Board of Governors. This list consists of

substances generally purported to be performance enhancing and/or potentially harmful to the health and safety of the student-athlete. Notably:

- Student-athletes are held responsible for use of all banned substances at all times.
- Generally, the NCAA tests for anabolic agents, hormone and metabolic modulators (e.g., anti-estrogens), diuretics and masking agents, and peptide hormones, growth factors, and related substances and mimetics, during the year-round testing program. In championship and postseason bowl games, the NCAA also will include testing for beta-2 agonists, beta blockers (in rifle), stimulants, cannabinoids and narcotics. The NCAA may test for any banned substance at any time.
- Other testing occasions, such as reinstatement tests, follow-up tests and breach of protocol, may include testing for all banned-substance classes.

Student-athletes are responsible for anything they ingest.



NCAA DRUG-TESTING PROGRAM PROTOCOL 2019-20

1.0. Banned Substances

1.1. The NCAA bans substances by class. Related compounds are included in the class due to their pharmacological action and/or chemical structure. No substance in a banned-substance class may be used regardless of whether it is specifically listed as an example, unless specifically exempted.

1.1.1. The definition of positive for the following substances is: for caffeine, if the concentration in urine exceeds 15 micrograms/ml; for cannabis or THC, if the concentration in the urine of THC metabolites is equal to or greater than 35 nanograms/ml; for testosterone, if the administration of testosterone or use of any other substance or manipulation has the result of increasing testosterone, or the ratio of testosterone to epitestosterone, or results in an adverse finding in confirmation testing.

1.1.2. Evidence for the presence of a banned substance and/or metabolite in a student-athlete's urine will be determined by a WADA-accredited laboratory. WADA labs are accredited to conduct human doping control sample analyses.

1.2. The current NCAA list of banned-substance classes is available from the NCAA and at ncaa.org/drugtesting. In addition, other substances may be screened to gather data for making decisions as to whether additional substances should be added to the list of banned-substance classes. The NCAA Board of Governors will be responsible for reviewing and approving all revisions to the list of banned-substance classes.

2.0. Drug-Testing Administration

2.1. The NCAA Board of Governors has final authority over the procedures and implementation of the NCAA drug-testing program.

2.2. The NCAA Committee on Competitive Safeguards and Medical Aspects of Sports (CSMAS) will recommend policies and procedures to the Board of Governors and will hear drug-testing appeals.

2.2.1. Members of CSMAS and/or its consultants may be called upon for consultation during an appeal.

2.3. The NCAA president or his or her designee will approve any contracts between the NCAA and an independent drug-testing agency. The current administrator is Drug Free Sport International (Drug Free Sport)[™]. Drug Free Sport will support, coordinate and be responsible for the general administration of the drug-testing program, including training and certification of doping control officers (DCO) and determination of drug-testing sites, and contracting with NCAA-approved drug-testing laboratories.

2.3.1. DCOs may not participate in testing at an institution at which they are employed.

2.3.2. Any drug-testing laboratory(ies) will be required to demonstrate, to the satisfaction of CSMAS, proficiency in detection and confirmation of NCAA banned substances.

2.4. The host institution for an NCAA championship or the institution(s) involved in a year-round testing event will designate an individual to serve as site coordinator.

2.4.1. A site coordinator at an NCAA championship may not concurrently serve in any other capacity during drug testing (e.g., director of medical coverage).

2.5. Specimen collection by organizations other than those authorized by the NCAA is not allowed at NCAA drug-testing events and postseason bowl games.

2.5.1. Outside of NCAA prescribed testing, the cost of drug testing, in order to certify world and international records, will be assessed to the requesting institution.

3.0. Causes for Loss of Eligibility

3.1. As required in NCAA bylaws, each academic year the student-athlete shall sign a drug-testing consent form, in which the student-athlete consents to be tested for substances banned by the NCAA. Failure to complete and sign the consent form as required shall result in the student-athlete's ineligibility for participation in practice and competition in all intercollegiate athletics. The drug-testing consent form remains in effect until a subsequent form is executed.

3.1.1. The institution shall administer the consent form individually to each student-

athlete (including recruited partial qualifiers and nonqualifiers) each academic year. Details about the content, administration and disposition of the consent form are set forth in legislation.

3.2. Student-athletes who test positive for a banned substance, or who breach NCAA protocol, are subject to loss of eligibility. These student-athletes may be subject to additional testing for all NCAA banned substances by the NCAA at any time. Drug-testing penalties are legislated under NCAA Bylaw 18.4.1.4 (Division I), 18.4.1.5 (Divisions II and III). Ineligibility for Use of Banned Drugs.

3.3. Breach of Protocol. A student-athlete will be in breach of protocol and treated as if there was a positive test for a banned substance other than cannabinoids if the student-athlete:

- Fails to arrive at the collection station without justification as determined by Drug Free Sport;
- Fails to provide a urine specimen according to collection procedures;
- Leaves the collection station without authorization from the DCO before providing a specimen according to protocol; or
- Attempts to alter the integrity of the collection process.

A breach of protocol will be documented by the certified collector.

3.4. Tampering. Any student-athlete involved in a case of clearly observed tampering (e.g., urine substitution or related methods) with an NCAA drug-test sample, as documented by a doping control crew member, shall be charged with the loss of eligibility as legislated under NCAA Bylaw 18.4.1.4.3.1 (Divisions I and II); 18.4.1.5.3.1 (Division III) Tampering With a Drug-Test Sample.

4.0. Drug-Testing Selections

4.1. The annual NCAA drug-testing plan will be reviewed by CSMAS. The selection of championship events at which drug testing will occur will be reviewed by the Board of Governors or the president acting on behalf of the Board of Governors, and the NCAA chief medical officer.

4.2. Upon a published or official report involving charges for possession or distribution of banned substances by a student-athlete, coach or athletics staff, or those closely associated with the

athletics program, or in a program in which multiple student-athletes have tested positive at an NCAA testing event, the NCAA may test any student-athlete of that institution for all banned substances.

4.3. Student-athletes who have tested positive or provided multiple dilute samples at a testing event may be tested at any time, including, but not limited to, a championship or postseason bowl game at which they appear and at which drug testing is being conducted, and at any year-round testing event.

4.3.1. It is the responsibility of the institution to notify the drug-testing DCO that a student-athlete who is present on site must be tested to satisfy Section 4.3.

4.4. Student-athletes who are ineligible as a result of an NCAA positive drug test or a breach of protocol may be tested for all banned substances by the NCAA at any time during their period of ineligibility.

4.5. Selection of Student-Athletes for Year-Round Testing.

4.5.1. Student-athletes competing in Divisions I and II sports are subject to year-round testing.

4.5.2. In year-round testing events, student-athletes may be selected on the basis of sport, position, competitive ranking, athletics financial-aid status, playing time, directed testing, an NCAA-approved random selection or any combination thereof.

4.5.2.1. For selections of student-athletes during on-campus year-round testing, the institution is responsible for providing the official eligibility checklist or squad list, or complete roster if the first outside competition has not yet occurred.

4.5.2.2. For year-round summer drug testing, student-athletes will be selected from the official eligibility checklist or squad list, or other approved list.

4.5.3. Student-athletes who appear on one of the lists in 4.5.2.1 will not be selected for drug testing if they:

- have been cut or dismissed from their team;
- have exhausted eligibility in the sport;
- have graduated;
- have a medical exception resulting from career-ending injury or condition;
- have quit the team; or
- have withdrawn from the institution.

All other student-athletes with remaining NCAA

eligibility (including partial qualifiers, nonqualifiers, those with season-ending injuries and student-athletes who have expressed interest in transferring schools) are subject to testing.

4.5.4. A student-athlete who is no longer on the team (voluntarily or involuntarily) before notification of his or her selection for NCAA drug testing, and was on the institution's eligibility checklist or squad list without being identified as no longer on the team, may not participate in NCAA competition until completion of an NCAA drug test. This test, administered by Drug Free Sport, will be at the institution's expense.

4.6. Selection of Student-Athletes at NCAA Championships and Postseason Bowl Games.

4.6.1. All student-athletes are subject to NCAA testing at NCAA championships or in conjunction with postseason bowl games.

4.6.2. Student-athletes may be tested before, during or after NCAA championship events and postseason bowl games.

4.6.3. At NCAA team championships and postseason bowl games, student-athletes may be selected on the basis of position, competitive ranking, athletics financial-aid status, playing time, random selection, or other NCAA-approved selection method.

4.6.3.1. For team championship and postseason bowl-game testing, student-athletes may be selected from the official travel party roster, official gate/credential list, championship participation sheets or other approved forms.

4.6.4. At NCAA individual championship events, selection of student-athletes may be based on competitive ranking, random selection, position of finish, or other NCAA-approved selection method.

4.6.5. Student-athletes in their final year of eligibility, who are listed in one of the criteria identified in 4.6.3 and 4.6.4, are subject to NCAA drug testing.

5.0. Drug-Testing Notifications

5.1. Notification of Institutions for Year-Round Testing.

5.1.1. For on-campus year-round testing, Drug Free Sport will send notifications to the director of athletics, compliance administrator and drug-testing site coordinator not earlier than two days before the day of testing (see NCAA Year-Round Drug-Testing Site Coordinator Manual for No Advance-Notice

Testing procedure). For off-campus summer testing, institutions will not receive advance notification.

5.1.2. According to NCAA legislation, for year-round testing events and upon request from Drug Free Sport, the director of athletics or his or her designee will be required to provide an accurate and current eligibility checklist or squad list to Drug Free Sport for student-athlete selections.

5.2. Notification of Student-Athletes for Year-Round Testing.

5.2.1. For on-campus year-round testing events, student-athletes will be notified of and scheduled for testing by the institution. For off-campus summer testing, the student-athlete will be notified by the DCO.

5.2.1.1. For on-campus year-round testing, student-athletes will be notified in person or by direct telephone communication, of the date, time to report and location of the testing event and will read and sign the NCAA Student-Athlete Notification Form.

5.2.1.2. Student-athletes shall provide picture identification when entering the drug-testing station, or will be identified by another approved method.

5.2.2. For on-campus year-round testing, an institutional representative will be present in the collection station to certify the identity of student-athletes, will assist with security of the collection station, and will remain in the testing station until testing has been completed.

5.3. Notification of Host Institutions/Local Organizing Committees and NCAA Administrators for NCAA Team Championship Testing.

5.3.1. The championship event manager, championship event drug-testing site coordinator and the NCAA championship administrator will be notified before the first day of testing.

5.4. Notification of Competing Institutions for NCAA Team Championship Testing.

5.4.1. An institutional representative will be notified not earlier than two hours before the start of scheduled competition that drug testing will take place.

5.4.2. At NCAA team championship events, a separate collection site will be provided for each team. Immediately after any NCAA-established



postgame cool-down period, student-athletes selected for drug testing will be notified by a DCO or their designee. Each student-athlete will be instructed to read and sign the Team Championship Student-Athlete Notification Form. The student-athlete will be instructed to report to the collection station within one hour of notification, unless otherwise directed by the DCO or their designee.

5.4.3. An institutional representative must be in the collection station to certify the identity of the student-athletes selected. An institutional representative must remain in the collection station until all student-athletes have completed testing.

5.4.4. At NCAA team championship events, when competition begins at 10 p.m. or later local time, an institution may defer testing until the next morning. Deferred testing must begin not later than noon local time, and applies to all selected student-athletes on the team.

5.4.4.1. The institution must decide immediately after the game whether to defer testing.

5.4.4.2. The host institution/Local Organizing Committee (LOC) will be required to provide collection sites for deferred tests.

5.4.4.3. If testing is conducted after a final round at team championships, testing may not be deferred.

5.5. Notification of Student-Athletes for NCAA Team Championship Testing.

5.5.1. The DCO or their designee will present to the institutional representative the list of selected student-athletes who will be tested.

5.5.2. The institutional representative and the DCO or their designee will coordinate the notification of the student-athletes (e.g., in locker room, on field of play, etc.).

5.6. Notification of Host Institutions/LOC and NCAA Administrators for NCAA Individual Championships Testing.

5.6.1. The championships event manager, championships event drug-testing site coordinator and the NCAA championships administrator will be notified before the first day of testing.

5.7. Notification of Competing Institutions for NCAA Individual Championships Testing.

5.7.1. Institutions will not be notified in advance whether testing will occur or not occur at individual championships.

5.8. Notification of Student-Athletes for NCAA Individual Championships Testing.

5.8.1. At NCAA individual championships events, student-athletes will be notified of their selection for drug testing and will sign a Student-Athlete Notification Form. The student-athlete will be instructed to accompany a courier to the collection station within one hour of notification, unless



otherwise directed by the DCO or their designee.

5.8.2. The DCO or their designee will direct the selected student-athlete to test immediately, to defer testing until the completion of their final event of that session or day, or to defer testing until the completion of their final event of the championship.

5.8.3. The courier and selected student-athlete will obtain an institutional representative's signature on the notification form if testing is deferred until completion of the student-athlete's final event of that session or day, or completion of his or her final event of the championship. An institutional representative must present the student-athlete to the collection station and certify identification of the student-athlete not later than one hour after completion of their final event of the session or day, or final event of their championship.

5.8.4. A declared witness may accompany the student-athlete to the collection station; such witness must remain during the entire collection process.

6.0. Specimen Collection Procedures

6.1. Only those persons authorized by the DCO will be allowed in the collection station.

6.2. Upon notification of academic obligation, the certified collector must release a student-athlete to meet that obligation. The DCO may release a student-athlete from the collection station for the following reasons: sickness

or injury; to return to competition; or for other compelling reason as approved by Drug Free Sport. In all cases, appropriate arrangements for having the student-athlete tested will have been made and recorded by the DCO.

6.3. Upon entering the collection station, the student-athlete will be identified by an NCAA courier, an institutional representative or through other appropriate identification methods.

6.3.1. The student-athlete will select a sealed beaker and attach a unique barcode to the beaker.

6.3.2. The DCO will direct the student-athlete to rinse and dry his or her hands.

6.3.3. The DCO will fully observe the provision of the student-athlete specimen.

6.3.4. The student-athlete will be responsible for keeping the collection beaker closed and controlled.

6.3.5. Fluids and food provided by the DCO to student-athletes must be from individual sealed containers; these containers are only opened and consumed in the station. These items must be caffeine-free, alcohol-free and free of all banned substances.

6.4. If the specimen is incomplete, the student-athlete must remain in the collection station unless otherwise directed by the DCO. During this period, the student-athlete is responsible for keeping the collection beaker closed and controlled, unless otherwise directed by the DCO.

6.4.1. If the student-athlete must leave the

collection station for a reason approved by the DCO, the partial specimen may be discarded at the discretion of the DCO.

6.4.1.1. Upon return to the collection station, the student-athlete will continue the collection procedure.

6.4.1.2. At individual championship events, if the student-athlete has produced a partial urine sample and must leave the collection station for a reason approved by the DCO, the DCO may temporarily defer the student-athlete's collection until they return. The student-athlete's partial sample will be securely packaged with tamper-evident seals and remain with the DCO in the testing room. Upon return, the student-athlete will verify the integrity of the sample prior to resuming their collection.

6.5. Once a specimen is provided, the DCO who observed the provision of the specimen will sign that the specimen was validated, and a DCO will check the specific gravity of the urine in the presence of the student-athlete.

6.5.1. If the urine specimen is dilute (has a specific gravity below 1.005), the specimen will be processed and sent to the laboratory.

6.5.1.2. If the urine has a specific gravity below 1.005, the specimen is inadequate and will not be sent to the lab unless otherwise directed by Drug Free Sport. The student-athlete must remain in the collection station until an adequate specimen is provided, unless otherwise directed by the DCO.

6.5.1.3. Final determination of specimen adequacy is made by the laboratory.

6.5.1.3.1. If the laboratory determines that a student-athlete's specimen is inadequate for analysis, at the discretion of the NCAA and/or Drug Free Sport, another specimen may be collected.

6.6. Once a specimen has been provided that meets the on-site specific gravity criteria, the student-athlete will select a specimen collection kit and a uniquely numbered set of barcodes.

6.6.1. The DCO or their designee will record the specific gravity.

6.6.2. The DCO or their designee will split the specimen into the "A" vial and the "B" vial in the presence of the student-athlete. The DCO or their

designee will place the cap on each vial in the presence of the student-athlete; the DCO or their designee will then seal each vial under the observation of the student-athlete (and witness, if present).

6.7. Vials sent to the laboratory shall not contain the name of the student-athlete or the institution.

6.8. All sealed vials will be secured for shipping by the DCO.

6.9. The student-athlete and DCO or their designee (and witness, if present) will sign the athlete custody and control form, certifying that the procedures were followed as described in the protocol. Any deviation from the procedures must be described and recorded at that time. If deviations are alleged, the student-athlete will be required to provide another specimen.

6.10. After the collection has been completed, the specimens will be forwarded to the laboratory.

6.11. All specimens are the property of the NCAA.

7.0. Chain of Custody

7.1. The DCO will deliver the shipping case(s) to the carrier or directly to the drug-testing laboratory.

7.2. A laboratory employee will record that the shipping case(s) has been received.

7.3. The laboratory will record whether the numbered barcode seal on each vial arrived intact.

7.3.1. If a vial arrives at the laboratory with security seals not intact, the NCAA may collect another specimen.

7.4. The laboratory will document the handling of the vials throughout the analytical process.

7.5. If chain of custody is broken at any point in the process, the NCAA and/or Drug Free Sport may collect another specimen.

8.0. Laboratory Procedures, Notification of Results and Appeal Process

8.1. Laboratory Procedures. Each vial contains urine, to be referenced as sample A and sample B. The laboratory will

use a portion of sample A for its initial analysis.

8.1.1. The laboratory director or designated certifying scientist will review all results showing a banned substance and/or metabolite(s) in sample A.

8.1.2. The lab will inform Drug Free Sport of all results by specimen barcode number.

8.2. Notifications. Upon receipt of the results, Drug Free Sport will break the specimen barcode to identify any individuals with positive findings.

8.2.1. For NCAA individual championships, only positive test results will be reported to the institution. Positive test results should be made available within 30 days of collection.

8.2.2. For positive findings of sample A, Drug Free Sport will notify the director of athletics and/or their designee of the positive findings. Drug Free Sport will report that sample B will be tested, and will provide options for representation at the opening of sample B.

8.2.3. The institution shall, without delay, notify the student-athlete of the findings and secure the student-athlete's preference for representation at the opening of sample B.

8.2.4. The institution shall notify Drug Free Sport of the intent regarding representation at the opening of sample B.

8.2.4.1. In year-round testing and in championship and postseason bowl game testing when the team or the individual student-athlete is not advancing, the institution must inform Drug Free Sport within two business days of notification that it desires representation. It will identify who will attend the opening of sample B, and present itself at the lab as directed by Drug Free Sport.

8.2.4.2. In championship testing when there is advancement in the tournament and postseason bowl game, the institution must inform Drug Free Sport within 24 hours of notification whether a representative will attend the opening of sample B and will present the representative as directed by Drug Free Sport.

8.2.4.3. Upon notification by the institution that its representative will not be present for the opening of sample B, a lab surrogate who is not involved with the analysis of the sample will attend the opening of sample B.

8.2.5. The student-athlete, student-athlete's representative, the institution's representative or the

surrogate will attest by signature as to the barcode on sample B, that the security seal has not been broken, and that there is no evidence of tampering of the sample.

8.2.6. Drug Free Sport will inform the lab to proceed with the analysis of sample B.

8.2.7. Sample B findings will be final; no additional analysis will be permitted. The laboratory will inform Drug Free Sport of the results.

8.2.7.1. For student-athletes who have a sample B positive finding, Drug Free Sport will contact the director of athletics or their designee. The institution shall notify the student-athlete of the finding. At this point, normal NCAA eligibility procedures will apply.

8.2.7.2. Upon notification of the sample B positive finding, the institution shall be required to declare the student-athlete ineligible, and the institution will be obligated to withhold the student-athlete from all intercollegiate competition.

8.2.8. In the event that a student-athlete tests positive for a substance for which the institution desires an exception (see Medical Exceptions), and documentation has been submitted before the notification of the positive sample B, the eligibility of the student-athlete may be maintained while the exception request is under review.

8.3. Appeals. A positive finding may be appealed by the institution to CSMAS. The institution shall notify the student-athlete of the right to appeal. The student-athlete will remain ineligible pending the outcome of the appeal.

8.3.1. The institution shall appeal if so requested by the student-athlete.

8.3.2. The request for an institutional appeal shall be submitted by the director of athletics and/or their designee to Drug Free Sport **within two business days** of the confirmation of the positive drug test unless an extension is granted by Drug Free Sport. Required documentation must be submitted by the institution within 45 days of the notice to appeal. All required documentation, including a written summary describing the institution's drug-education policy and practices and the grounds for the appeal, must be submitted prior to scheduling the appeal. Additional information about the NCAA drug-test appeal procedures can be found at ncaa.org/drugtesting.

8.3.3. Copies of the lab report will be forwarded to the director of athletics and/or their designee before the appeal call.

8.3.4. If the student-athlete's next competition is imminent and if the institution so requests, CSMAS shall make a reasonable effort to hear the appeal before the student-athlete's next contest or within 48 hours of the institution's notice of intent to appeal.

8.3.4.1. A student-athlete who has appealed an original positive and subsequently tests positive may request an administrative review in lieu of an appeal conference call if the subsequent positive test is a result of declining values. The decision to conduct an administrative review is determined by the chair of the original appeal conference call or chair of CSMAS.

8.3.5. Appeals will be conducted by telephone conference with the student-athlete and an athletics administrator from the institution required to participate. The student-athlete and the institution may have others participate on the call.

8.3.6. Technical experts may serve as consultants to CSMAS in connection with such appeals.

8.3.7. If an appeal is denied, the student-athlete remains ineligible.

8.3.8. In the event of an analytical positive when the appeal is granted, prior to returning to competition, the student-athlete must test negative on an NCAA-administered drug test at the institution's expense. This test will be conducted only after the appeal is heard and granted.

8.3.9. The NCAA will notify the institution's director of athletics and/or their designee of the final outcome of a student-athlete's drug-testing case. It is the institution's responsibility to inform the student-athlete of the final outcome.

8.3.10. Appeal decisions are final. In the event new information related to the student-athlete's responsibility for testing positive becomes evident, the institution may request CSMAS to re-open the

appeal. The chair of the appeal panel will determine if the new information is relevant, or is material information that could not have reasonably been ascertained prior to the hearing. CSMAS may request additional information of the institution or consultants.

8.3.11. The NCAA may release the results of a student-athlete's final positive test to the involved institution's conference office upon the approval of the institution.

9.0. Restoration of Eligibility

9.1. Student-athletes must test negative in an NCAA-administered reinstatement test in order to restore eligibility from a positive drug test. The date for this reinstatement test, which includes testing for all NCAA banned substances, shall be scheduled through Drug Free Sport.

9.2. It is the responsibility of the institution to initiate the request to Drug Free Sport for the reinstatement test.

9.2.1. For a one-year sanction, the institution should initiate the request to Drug Free Sport for the reinstatement test not sooner than the start of the 11th month of the period of ineligibility.

9.2.2. For a suspension of less than one year, the institution should initiate the request to Drug Free Sport for the reinstatement test not sooner than six weeks from the end of the suspension. Institutional requests for reinstatement testing should be made in advance to allow for 2-4 weeks to schedule the test.

NOTE: For initial positive tests conducted after Aug. 1, 2016, the requirements to submit paperwork to the NCAA student-athlete reinstatement staff no longer will apply; a negative reinstatement test will be required prior to reinstatement.

9.3. Drug tests for reinstatement of eligibility are conducted at the institution's expense and must be administered by Drug Free Sport.

If the institution receives inquiries concerning a positive test that results in a student-athlete's ineligibility, the following statement may be considered:

"The student-athlete in question was found in violation of the NCAA eligibility rules and has been declared ineligible."



Institutional Drug Testing

The following are suggested guidelines for consideration by NCAA member institutions contemplating an in-house drug-testing program:

1. A member institution considering drug testing of student-athletes should involve the institution's legal counsel at an early stage, particularly regarding right-to-privacy statutes, which may vary from one state and locale to another. With the use of proper safeguards such as those listed below, drug testing is considered legally acceptable; however, the legal aspects involved at each individual institution should be clarified.
2. Before initiating drug-testing activity, a specific written policy on drug testing should be developed, distributed and publicized. The policy should include such information as: (a) a clear explanation of the purposes of the drug-testing program; (b) who will be tested and by what methods; (c) the substances to be tested for, how often and under what conditions (i.e., announced, unannounced or both); and (d) the actions to be taken against those who test positive. It is advisable that a copy of such a policy statement be given to all student-athletes entering the institution's intercollegiate athletics program and that they confirm in writing that they have received and read the policy. This written confirmation should be kept on file by the athletics department.
3. At many institutions, student-athletes sign waiver forms regarding athletics-department access to academic and medical records. It is recommended that specific language be added to such waiver forms wherein the student-athlete agrees to submit to drug testing at the request of the institution in accordance with the published guidelines. The NCAA Drug-Testing Consent Form covers NCAA drug testing only.
4. An institution considering substances testing should develop a list of substances for which the student-athlete will be tested. The NCAA list of banned-substance classes may be used as a guide.
5. Any institution considering substances testing of student-athletes confronts several logistical, technical and economic issues, including:
 - a. When and how samples will be collected, secured and transported.
 - b. Laboratory(ies) to be used.
 - c. How samples will be stored and for how long before analysis.
 - d. Analytical procedures to be used in the laboratory.
 - e. Cost.
 - f. Test validity.
 - g. How medical exceptions and appeals will be handled.
 - h. Who will receive the results and how the results will be used.
6. The NCAA recommends that each institution considering drug testing of student-athletes appoint a committee of representatives from various relevant academic departments and disciplines (e.g., pharmacy, pharmacology, chemistry, medicine) to address the issues.
7. Sample analysis is critical. Data on false-positive and false-negative rates for the specific tests to be used should be provided by the selected drug-testing laboratory. If the laboratory cannot provide such information, another laboratory should be considered. The NCAA recommends that institutions use laboratories that are certified and/or accredited.
8. The NCAA recommends that before any action is taken on a positive result from screening tests, the results should be confirmed by appropriate laboratory analysis. By doing so, the institution reduces the risk of a claim of false-positive result.

ARTICLE 10.2 KNOWLEDGE OF USE OF BANNED SUBSTANCES

A member institution's athletics department staff members or others employed by the intercollegiate athletics program who have knowledge of a student-athlete's use at any time of a substance within the banned-substances classes, **as set forth in Bylaw 18 (Division I) and Bylaw 31 (Divisions II and III)**, shall follow institutional procedures dealing with substance abuse or shall be subject to disciplinary or corrective action **as set forth in Bylaw 19**.

REPORT ALL MEDICINES

DON'T PLAY WITH YOUR ELIGIBILITY



WARNING: Some medications contain NCAA banned substances. Report all over-the-counter and prescription medicines — including ADHD medications — to your athletic trainer. Visit ncaa.org/drugtesting for more information.

